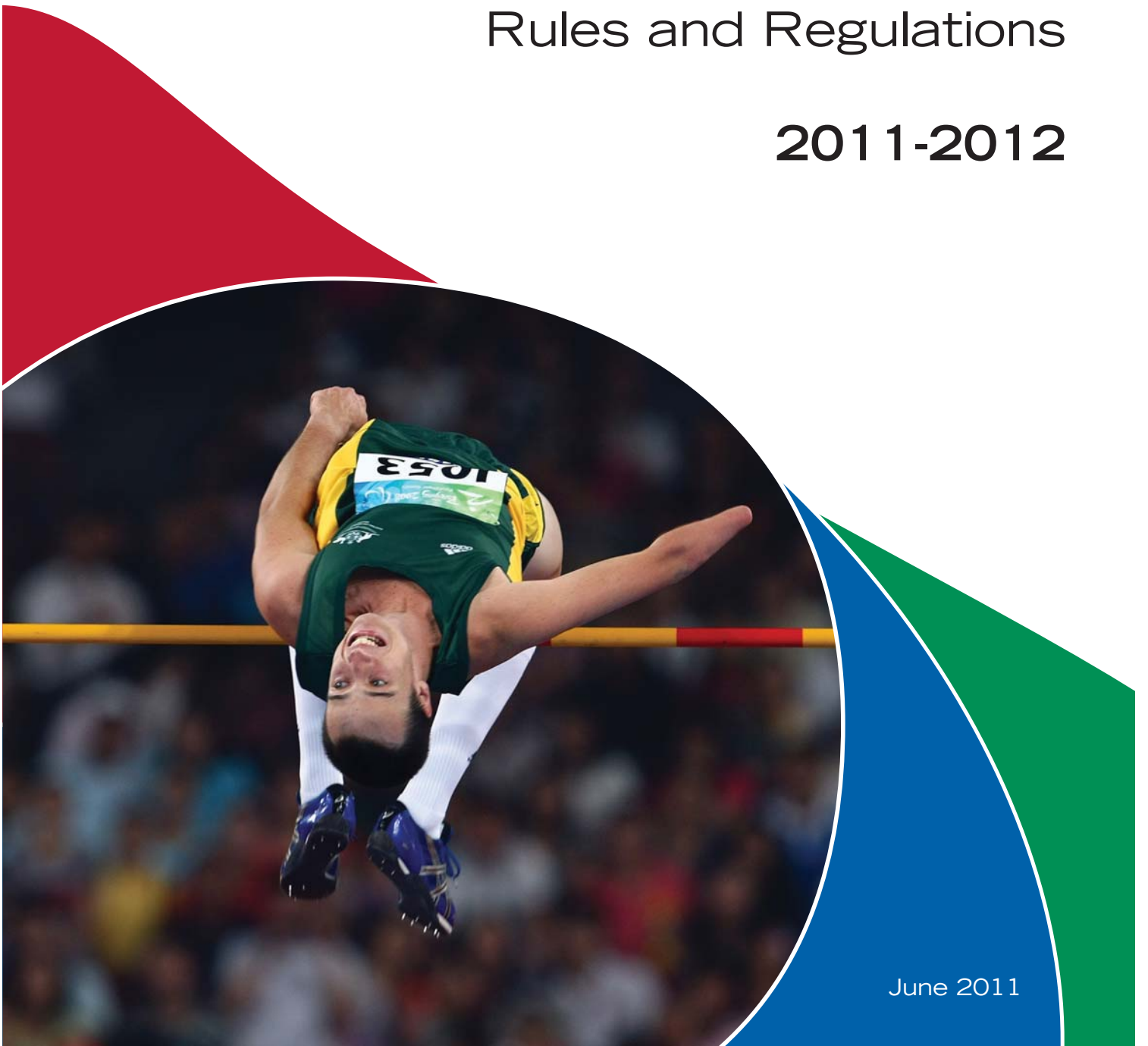


IPC Athletics Rules and Regulations

2011-2012



June 2011

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Changes to these Rules and Regulations

Please note that these rules may be changed at any time as a result, for example, of changes in the IAAF rules, or classification related matter or where IPC Athletics otherwise considers it necessary to do so.

Changes may therefore be effective before 31 December 2012 and proper notice of any changes will be given.

PART 1 – IPC ATHLETICS REGULATIONS

These IPC Athletics Regulations and the IPC Athletics Competition Rules (together referred to as ‘the Rules’) set out below are mandatory for IPC Athletics Recognized Competitions. The overall governance and management of all IPC Sports is subject to the detailed provisions of Chapter 2.7 of the IPC Handbook.

CHAPTER 1 – IPC ATHLETICS RECOGNIZED COMPETITIONS

1.1 IPC Athletics Recognized Competitions

IPC Athletics Recognized Competitions consist of:

- a) Paralympic Games;
- b) IPC Athletics World Championships;
- c) IPC Athletics Regional Championships;
- d) IPC Sanctioned Competitions;
- e) IPC Athletics Approved Competitions – International or National competitions for Athletes with a Disability and IAAF / NF Endorsed competitions

(together referred to as ‘Recognized Competitions’).

The competitions listed at (a), (b) and (c) above will be referred to as ‘IPC Competitions’.

1.2 Application of the IPC Athletics Rules & Regulations

These Rules and Regulations will be in effect from 1 July 2011 to 31 December 2012.

1.3 IPC Athletics Recognized Competitions Requirements

For information regarding the organizational requirements for Recognized Competitions refer to the IPC Athletics website at: www.ipc-athletics.paralympic.org

1.4 Recognition of Competition Results

IPC Athletics only accepts results achieved at Recognized Competitions by athletes holding a Licence issued in accordance with the applicable Registration and Licensing Policy of IPC Athletics, and in accordance with the other provisions of that policy, for the purposes of:

- a) IPC Athletics Rankings;
- b) IPC Athletics Records;

- c) Allocation of qualification slots for IPC Athletics World Championships and Paralympic Games, and/or;
- d) Achieving qualification standards for entry into IPC Athletics World Championships and Paralympic Games.

For detailed information regarding the current IPC Athletics Athlete License Requirements refer to the Registration and Licensing Policy on the IPC Athletics website:

<http://ipc-athletics.paralympic.org/Downloads/>.

1.5 Advertising and Displays during IPC Athletics Recognized Competitions

The IPC and, with the approval of the IPC, any organizing committee for a Recognized Competition will be entitled to adopt requirements on advertising and commercial or other displays including the specific specifications for the size and placing of advertising and branding on clothing and equipment.

Note: For the purposes of advertising requirements the:

- *Racing wheelchair (i.e., Sports Classes T32-34 & T51-54) shall be regarded as three pieces of equipment (i.e., two large wheels and a frame).*
- *Throwing frame (i.e., Sports Classes F32-34 & F51 – 58) shall be regarded as one piece of equipment."*

1.6 Anti-Gambling (i.e., Betting) Requirements

All IPC Athletics Licensed Athletes are obliged to sign the IPC Eligibility Code and are bound by Item 8 of the Code, which states that they agree "*not to participate or assist in any gambling or betting activities associated with any IPC event*".

The IPC may adopt additional Anti-Gambling Codes or requirements from time to time, which will also be binding on participants in Recognized Competitions.

1.7 Competitions Fees

IPC Athletics will publish a Competition Fee Structure and will update the fees from time to time. Fees due must be paid without delay to IPC Athletics.

CHAPTER 2 - ELIGIBILITY & CLASSIFICATION

2.1 IPC Athletics Eligibility Requirements

In order to compete in Recognized Competitions an athlete must:

- a) In respect of the IPC Competitions, hold a Licence issued in accordance with the applicable Registration and Licensing Policy of IPC Athletics;
- b) Be Internationally Classified;
- c) Be entered by their NPC, the NPC being a member in good standing of the IPC;
- d) Satisfy the nationality requirements of the IPC Nationality Code;
- e) Be 14 by 31 December in the year of competition to compete;
- f) Not be otherwise disqualified or under suspension or other sanction affecting his status.

In order to compete in Competitions organized under Chapter 1.1 a), b), c) and d) an athlete guide must meet the criteria in Chapter 2.1 a), c), d), e), f) above.

2.2 IPC Athletics Classification Requirements

In order to compete in Recognized Competitions an athlete must have been assessed by an IPC Athletics Classification Panel and must ordinarily have been assigned an IPC Athletics Sport Class with the status of either Review (R) or Confirmed (C).

For detailed information regarding the current IPC Athletics Classification Rules and Regulations refer to the IPC Athletics website: <http://ipc-athletics.paralympic.org/Classification/> .

2.3 Entering Athletes with a New (N) Status

Athletes who have not been assessed by an IPC Athletics Classification Panel can be entered in Recognized Competitions for the Sport Class that they have previously competed in and/or that appears to be suitable based on a simple observation of activity limitation, and they will be given the Sport Class Status of New (N) providing:

- a) They meet the remaining IPC Athletics Eligibility Requirements, and;
- b) They have achieved the entry/qualification standards (where applicable) for the respective event or events they intend to

enter in accord with requirements stipulated by the Local Organizing Committee (LOC).

Note: It is not mandatory for an IPC Athletics Classification Panel to be offered at every IPC Athletics Recognized Competition. One of the objectives of IPC Athletics is to minimize or, if possible, eliminate the procedure whereby athletes undergo IPC Athletics Classification assessment at IPC Competitions.

2.4 Participation in IPC Athletics' Recognized Competitions is Conditional

Only eligible athletes that meet the Qualification Standards, Qualification Criteria and any Sport Entry Rules applicable to each Recognized Competition will be entitled to compete.

2.5 Eligibility Requirements at IAAF / NF Endorsed Competitions

Athletes with a Disability competing in events incorporated in IPC Athletics Approved IAAF / NF Endorsed Competitions must meet the eligibility and qualification requirements stipulated by the Local Organizing Committee (LOC) and/or overseeing Federation.

CHAPTER 3 – ANTI-DOPING – MEDICAL SERVICES – TECHNOLOGY AND EQUIPMENT

3.1 Anti-Doping

3.1.1 IPC Anti-Doping Code

The IPC Anti-Doping Code (IPC Handbook, Section 2, Chapter 1.2, http://www.paralympic.org/IPC/IPC_Handbook/) applies to all IPC Competitions.

3.1.2 Anti-Doping Requirements at IPC Approved Competitions

The Anti-Doping Code of the respective overseeing Federation applies to events for athletes with a disability in:

- a) IPC Athletics Approved Competition – including International and National competitions for Athletes with a Disability, and/or;
- b) IPC Athletics Approved Competition - IAAF / NF Endorsed Competitions.

IPC Athletics recommends that at all IPC Approved competitions:

- c) As a minimum deterrent, random in-competition anti-doping testing, and;
- d) That the respective competition will be conducted in accord with World Anti-Doping Agency (WADA) Anti-Doping Code and International Standards applicable to the Federation endorsing the competition.

Note: although (c) and (d) above are recommendations only, for record recognition purposes Chap. 5 paragraph 6 (b) below requires that there must have been an anti-doping control operating at the competition.

3.2 Medical Services

3.2.1 Competition Medical Services

It shall be the responsibility of the LOC in each case to ensure that suitable medical provision is provided at all Recognized Competitions.

3.2.2 Medical Delegate

The Medical Delegate shall have the final authority on all medical matters.

3.2.3 Autonomic Dysreflexia and “Boosting”

Any deliberate attempt to induce Autonomic Dysreflexia (i.e., “Boosting”) is forbidden at IPC Athletics Recognized Competitions.

The IPC Position Statement on “Autonomic Dysreflexia and Boosting” applies to all IPC Athletics Recognized Competitions.

(IPC Handbook, Section 2, Chapter 4.3,

http://www.paralympic.org/IPC/IPC_Handbook/)

3.2.4 Gender

At IPC Competitions, male and female athletes are not permitted to be mixed (i.e., contested concurrently) in any event held completely in the stadium:

At the IPC Competitions the Medical Delegate (if there is one) and the Technical Delegate shall have the authority to determine any question related to the gender of an athlete. It shall be an exceptional matter for there to be a determination against the gender for which the athlete was entered. The Medical Delegate and the Technical Delegate will make their decision based on the best evidence available to them at the time, and they may choose to suspend an athlete from competition based on a serious concern over their gender status pending further examination and evidence.

Where any question of disputed gender arises all parties will observe the highest degree of confidentiality and even the fact that there is a question, query or protest concerning an issue of gender will be treated as confidential. The identity of the athlete concerned will be protected to the best of IPC’s ability.

3.3 Technology and Equipment

3.3.1 Fundamental Principles

The fundamental principles that IPC Athletics is promoting regarding the evolution of equipment used during Recognized Competitions are:

- a) **Safety** (i.e., to the user, other competitors, officials, spectators and the environment);
- b) **Fairness** (i.e., the athlete does not receive an unfair advantage that is not within the “spirit” of the event they are contesting);
- c) **Universality** (e.g., reasonably commercially available to all);
- d) **Physical Prowess** (i.e., human performance is the critical endeavor not the impact of technology and equipment).

Note: The IPC is currently investigating ways to define and regulate equipment in order to secure the above goals and to establish valid and reliable methods for testing equipment to ensure that it complies with the above fundamental principles and any other regulations laid down.

These principles apply in particular (but not exclusively) in relation to the development of:

- a) Sports specific prosthesis;
- b) Specification for Throwing Frames and materials for Holding Bars;
- c) Wheelchair componentry.

3.3.2 Monitoring of the Use of Technology and Equipment

The IPC Athletics Technical Delegate, or his designee, will monitor the use of technology and equipment at IPC Athletics Recognized Competitions to ensure that it conforms to the principles outlined in 3.3.1 above. This monitoring may include the assessment of (but will not be limited to):

- a) Unrealistic enhancement of height of release in throwing events;
- b) Unrealistic enhancement of stride length;
- c) Whether or not equipment and/or prosthetic components are commercially available to all athletes (i.e., prototypes that are purpose built by manufactures exclusively for the use of a specific athlete should not be permitted, and;
- d) Whether equipment used contains materials or devices that store, generate or deliver energy and/or are designed to provide function to enhance performance beyond the natural physical capacity of the athlete.

3.3.3 Prohibited Technology

Use of the following technology is prohibited at IPC Athletics Recognized Competitions:

- a) Equipment that breaches the above fundamental principles;
- b) Equipment that results in athletic performance being generated by machines, engines or robotic mechanisms, and;
- c) Osteo-integrated prosthesis.

At any Recognized Competition the IPC Athletics Technical Delegate shall be entitled to prohibit the use of equipment prohibited by these

Regulations and he shall in every case of a suspected breach (whether the equipment is in fact prohibited or not) report the matter to the IPC Athletics Sport Manager. Upon receiving such a report the IPC Athletics Sports Manager should refer the matter to the Sports Technical Committee and the IPC Medical & Scientific Director for further investigation and action on a case-by-case basis.

The STC shall be entitled to prohibit the use of equipment either permanently or on a temporary basis (to allow for further investigation) where it considers, acting reasonably, that any of the fundamental principles of equipment design and availability are breached.

CHAPTER 4 - PROTESTS AND PROTEST APPEALS

These Protest Regulations do not cover Classification or Anti-Doping issues which will be dealt with exclusively under their respective Codes.

4.1 Protests

(IAAF Rule 146 1-4)

1. Protests concerning the status of an athlete to participate in a competition (other than relating to Classification and Anti-Doping) must be made to the Technical Delegate prior to the commencement of the competition. Once the Technical Delegate makes a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete "under protest" and the matter shall be referred to the IPC. In such cases IPC Athletics will be entitled to rule conclusively on an athlete's status after the event has been completed and the results may then be adjusted retrospectively.
2. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event.
The Organizing Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.
3. Any protest shall, in the first instance, be made orally to the Referee by an athlete or by someone acting on his behalf or by an official representative of a team. Such an athlete or team must have a bona fide interest in the event(s) in question. To arrive at a fair decision, the Referee should consider any available relevant evidence. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not available, the protest should be made to him through the Technical Information Centre (TIC), or other administrative base where official competition administration is being carried out.
4.
 - a) In a Track Event, if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may allow the athlete to compete "under protest" in order to preserve the rights of all concerned. Competing under protest shall not be allowed if the false start was detected by IAAF approved false start control apparatus, unless exceptionally the Referee determines that the information provided by the apparatus may be inaccurate.

- b) A protest may be based on the failure of the Starter to recall a false start. If such a protest is upheld, any athlete who committed the false start, with the exception in the case of a combined event, shall be disqualified. If the false start occurred within a combined event then the race will be re-run, unless the athlete has previously committed a false start, in which case the athlete shall be disqualified and the race result adjusted accordingly.
- c) In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, at his discretion, order that the trial be measured and the result recorded, in order to preserve the rights of all concerned. If the protested trial occurred:
 - (i) During the first three rounds of trials of a horizontal jumping Event in which more than eight athletes are competing, and the athlete would advance to the final three rounds of trials only if the protest or subsequent appeal was upheld, or;
 - (ii) In a vertical jumping Event, where the athlete would advance to a higher height only if the protest or subsequent appeal is upheld, the Referee may allow the athlete to continue competing to preserve the rights of all concerned. The protested performance of the athlete and any other performance achieved while competing under protest will become valid only if the athlete is subsequently found to have competed within the rules such that the trial is no longer judged a failure.

4.2 Protest Appeals

(IAAF Rule 146 5-9)

1. An appeal against a Protest decision is possible and such appeal must be made to the Jury of Appeal within 30 minutes:
 - a) Of the official announcement of the amended result of an event arising from the decision made by the Referee, or;
 - b) Of the advice being given by or on behalf of the Referee to those making the protest, where there is no amendment of any result.

The Appeal shall be in writing, signed by a responsible NPC official on behalf of the athlete or team, and shall be accompanied by an appeal fee of €200 or its equivalent in the currency of the country where the competition is being held. The appeal fee will be forfeited if the appeal is not allowed / accepted?.

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

2. The Jury of Appeal shall consult all relevant persons and consider what other available evidence should be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.
3. The Jury of Appeal may consider the matter 'de novo' (afresh) and may consider any evidence even if it was not available to the Referee.
4. Decisions involving points that are not covered by these Rules shall be reported subsequently by the Chairman of the Jury to IPC Athletics Sport Manager.
5. Decisions of the Referee (subject to appeal under these Regulations) and of the Jury of Appeal shall be final and there shall be no further right of appeal to any other body, including to CAS.

4.3 Dispute Procedures at IPC Athletics Recognized Competitions

As part of the IPC Athletics Competition Approval Process the Local Organizing Committee (LOC) in consultation with the IPC Athletics Sport Manager may stipulate specific dispute resolution procedures for disputes falling outside the Protest and Protest appeal procedures at IPC Recognized Competitions

For information regarding the dispute procedures for a specific competition please liaise with the respective Competition Manager and/or the IPC Athletics Technical Delegate.

CHAPTER 5 - WORLD AND REGIONAL RECORDS

(IAAF Rule 260)

For detailed information regarding the procedures for Claiming IPC Athletics World & Regional Records refer to the IPC Athletics website: <http://ipc-athletics.paralympic.org/>.

General Conditions

1. IPC Athletics World and Regional Records can only be achieved at IPC Athletics Recognized Competitions by athletes holding a current IPC Athletics Athlete License and either a:
 - a) Sports Class Status of Confirmed (C), or;
 - b) Sports Class Status of Review (R), if a decision is taken by the IPC Athletics Classification Panel, and recorded on the athlete's IPC Athletics Classification Card, that the Review Status is allocated due to:
 - (i) The progressive nature of impairment, or;
 - (ii) Impairment of fluctuating nature, or;
 - (iii) A maturity review process.
2. The athlete achieving the Record must have been eligible to compete under these Rules, the other provisions of these Rules have been duly observed, and must have been under the jurisdiction of an IPC Member.
3. The IPC Athletics Technical Delegate appointed to IPC Athletics Recognized Competitions will be responsible for ratifying that all of the IPC Athletics procedural requirements are followed regarding:
 - a) For individual events, at least three athletes and for relay events, at least two teams must be bona fide competitors in the event;
 - b) The Record was achieved in an athletics facility which conforms to the specifications contained in the IAAF Track and Field Facilities Manual;
 - c) For Records in Track Events the following conditions for the timing must be respected:
 - (i) The Records shall be timed by official Timekeepers, by an approved Fully Automatic Photo Finish System or Transponder System;
 - (ii) For races up to and including 800m, only performances timed by an approved Fully Automatic Photo Finish System shall be accepted.
 - d) In the case of a Track Record where Fully Automatic Timing was in operation, the photo finish image and the zero control

test must be included in the documentation sent to IPC Athletics.

- e) For all Track Records up to and including 200m, information concerning wind speed, measured as indicated in these rules, shall be submitted. If the wind velocity, measured in the direction of running, behind the athlete averages more than 2 metres per second during the race, the Record will not be accepted.
- f) For Records in Field Events:
 - (i) The performances shall be measured either by three Field Judges using a calibrated and certified steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed by a qualified Measurement Judge;
 - (ii) In the Long Jump and Triple Jump, information concerning wind speed, measured as indicated in these rules shall be submitted. If the wind velocity measured in the direction of jumping behind the athlete averages more than 2 metres per second during the jump (including the run-up), the Record will not be accepted;
 - (iii) World Records may be credited for more than one performance in a competition, provided that each Record so recognized shall have been equal or superior to the best previous performance at that moment;
- g) For Records in Road Racing Events:
 - (i) The course must be measured by an "A" or "B" grade IAAF/AIMS approved measurer as defined in Rule 2.5;
 - (ii) 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;
 - (iv) The overall decrease in elevation between the start and finish shall not exceed 1:1000 (i.e., 1m per km);
 - (v) Either the course measurer who measured the course or another "A" or "B" grade measurer in possession of the complete measurement data and maps must validate that the course measured was the course run, normally by riding in the lead vehicle;
 - (vi) The course must be verified (i.e., re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, preferably by a different "A" or "B" grade measurer from the one that did the original measurement;

- (vii) Records in Road Race Events set at intermediate distances within a race; the intermediate distances must have been measured and marked during the course measurement and must have been verified.
- h) For Records in Combined Events:

The conditions shall have been complied with in each of the individual events, except that, in events where wind velocity is measured, the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 metres per second
- 4. The official Record Application Form of IPC Athletics shall be completed and dispatched to the IPC Athletics Office within thirty (30) days of a record being achieved. Forms are available, on request, from the IPC Athletics Office, or may be downloaded from the IPC Athletics website.
- 5. The NPC/NF where the Record was set shall send, with the official application form:
 - a) The printed programme of the competition;
 - b) The official result of the event;
 - c) The photo finish image of the event.
- 6. IPC Athletics World & Regional Records will only be ratified if they are achieved at:
 - a) Paralympic Games, IPC Athletics World Championships or IPC Regional Championships conducted in accord with the IPC Anti-Doping Code, or;
 - b) IPC Athletics Approved Competitions providing the IPC Athletics Technical Delegate confirms that doping control at the competition follows the Anti-Doping Code of the respective overseeing federation in accord with the IPC Athletics Approved Competition Application Process.

Note: IPC Athletics World & Regional Records will be ratified even though the athlete who sets the record performance may not have been tested at that moment. (See under Chapter 3 Anti-Doping Requirements at IPC Approved competitions "as a minimum deterrent, random in-competition anti-doping testing is required").
- 7. For the purpose of recognition of World or other records, and any individual results, where an anti-doping rule violation has been proven then the provisions of the IPC Anti-Doping Code will be applied.

8. The following categories of Records are accepted by IPC Athletics: World and Regional Outdoor Records.
9. The Record shall be better than or equal to the existing Record for that event. If a Record is equaled, it shall have the same status as the original Record.
10. Records made in preliminary rounds, in deciding ties, in any event which is subsequently decreed void, or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, may be submitted for ratification.
11. IPC Athletics Management and the Sport Technical Committee together are authorized to recognize Records.
12. When a Record has been ratified, IPC Athletics will supply the official World Record certificate, for presentation to World Record Holders and the performance will be updated and available on the official IPC Athletics website.
13. If the record is not ratified, IPC Athletics will give the reasons.
14. IPC Athletics shall update the official List of Records every time a new Record has been ratified. This list shall represent the performances regarded by IPC Athletics as being, from the date of the list, the best performances yet set by an athlete or team of athletes in each of the recognized events.
15. IPC Athletics shall publish this list on 1 January of each year.

Specific Conditions

16. Except in Road Events:
 - a) The Record shall be made in an athletics facility, which conforms to Rule 3 with or without roof;
 - b) For any Record at any distance of 200m or more to be recognized, the track on which it was made shall not exceed 402.3m (440 yards) and the race shall have started on some part of the perimeter;
 - c) The Record shall be made on a track, the running line radius of the outside lane of which does not exceed 50m, except where the bend is formed with two different radii, in which case the longer of the two arcs should not account for more than 60° of the 180° turn.
17. Records outdoors may be made only on a track which conforms to Rule 15.
18. In a race run in lanes, no Record will be accepted where the athlete has run on or inside the inner curved border of his lane;
19. For all Records up to and including 400m (including 4x400m), where available starting blocks linked to an IAAF approved false start control apparatus shall have been used and where used have functioned correctly so that reaction times were obtained.

Events for which World Records are Recognized

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

Hand Timed performances (H.T.)

Men

F.A.T. only: 100m; 200m; 400m; 800m;
4x100m Relay; 4x400m Relay;
F.A.T. or H.T.: 1500m; 5000m; 10,000m;
Road Races: 10km; Half Marathon; Marathon
Jumps: High Jump; Long Jump; Triple Jump.
Throws: Shot Put; Discus Throw; Javelin Throw, Club Throw.
Combined: Pentathlon

Women

F.A.T. only: 100m; 200m; 400m; 800m;
4x100m Relay; 4x400m Relay;
F.A.T. or H.T.: 1500m; 5000m; 10,000m;
Road Races: 10km; Half Marathon; Marathon
Jumps: High Jump; Long Jump; Triple Jump.
Throws: Shot Put; Discus Throw; Javelin Throw, Club Throw.
Combined: Pentathlon

CHAPTER 6 – AWARDING MEDALS AND DIPLOMAS

1. At IPC Athletics Recognized competitions only finalists are eligible for medals even in events where there are only 4 finalists (i.e., T11-12 100m, 200m or 400m or wheelchair relays). Consequently in events where there are four (4) finalists and two (2) or more disqualifications occurred during the final only the “non-disqualified finalists would receive medals (i.e., the full set of medals would not be awarded).

Note: “B” Finals are no longer required under IPC Athletics Rules. Local Organizing Committees should use their discretion whether or not to hold “B” Finals.

2. In events where athletes with a visual impairment are allowed to compete using multiple guide runners, only those guides who have completed the full event with the athlete shall be eligible to receive the medal alongside the athlete. Should the athlete choose to use more than one guide runner in the event, then these guides will not be eligible to receive a medal. Only guides participating in track or road events are eligible (applying the above criteria) to receive a medal.
3. In events where athletes with a visual impairment are allowed to compete using multiple guide runners, all athletics guide runners in track and road events (including events in which multiple guides have competed), are eligible to receive diplomas according to the diploma policy as stipulated in the Technical Manual on Protocol and IPC Protocol Guide (Section 5.4.3) Only guides who run the finals and who have not been provided by the LOC or another organization (such as another NPC), will receive the medals and diplomas.

PART 2 – IPC ATHLETICS COMPETITION RULES

Interpretation – where a number appears in brackets next to the heading of any of the following Rules it shall generally refer to the corresponding IAAF Rule. This is for guidance only and the IAAF rule must not be used to determine any issue at an IPC Recognized Competition, except in the limited number of places where these IPC Rules clearly specify that the IAAF Rule shall apply.

SECTION I – INTERNATIONAL OFFICIALS

(IAAF Rule 110)

RULE 1: Appointment of Officials

1. Appointment of Officials for IPC Recognized Competitions:
 - a) At IPC Competitions the following international officials should be appointed by the IPC based on recommendations from the IPC Athletics Sports Technical Committee;
 - b) IPC Athletics Technical Delegate and Assistant Technical Delegate;
 - c) IPC Athletics International Technical Officials;
 - d) Medical Delegate;
 - e) Doping Control Delegate;
 - f) Chief Classifier;
 - g) International Classifiers;
 - h) International Photo Finish Judge;
 - i) Jury of Appeal.

Note: Where possible these officials should not be citizens of the host country, but it is accepted that this may not always be achievable.

2. Appointment of Officials for IPC Approved Competitions:
 - a) At IPC Athletics Approved International and National Competitions which are for Athletes with a Disability (or where these events form a part of a wider programme);
 - b) An IPC Athletics Technical Delegate(s) for International and National Disability Competitions must be appointed by IPC Athletics Sports Technical Committee;
 - c) If IPC Athletics Classification is being conducted in conjunction with the respective competition, then the Chief

Classifier and International Classifiers must be appointed by IPC Athletics Sports Technical Committee;

- d) Such other officials as the STC and the TD shall (in consultation with the LOC) decide is necessary.

Note: These officials may be from the host nation.

RULE 2: Description of Officials and Their Duties

2.1 Technical Delegate

(IAAF Rule 112)

The Technical Delegate, in conjunction with the Organizing Committee, which shall afford them all necessary help, is responsible for ensuring or deciding:

- a) That all technical arrangements are in conformity with these Rules and the IAAF Track and Field Facilities Manual;
- b) That the final timetable of events is concluded and published together with any entry standards for the competition;
- c) For field events, the implements to be used and the qualifying standard for finals;
- d) For track events the basis on which preliminary rounds shall be arranged;
- e) That the Technical Regulations are issued to all competing delegations in good time before the competition;
- f) All other technical preparations necessary for the holding of the athletics events;
- g) To reject entries for technical reasons;
- h) Arrangements for preliminary rounds and the groups for the Combined Events competitions, and;
- i) That written reports (as appropriate) are submitted on the preparations for the competition.

2.2 Medical Delegate

(IAAF Rule 113)

The Medical Delegate shall have ultimate authority on all medical matters.

He shall ensure that adequate facilities for medical examination, treatment and emergency care will be available at the site of the competition and that medical attention can be provided where athletes are accommodated.

2.3 Doping Control Delegate (IAAF Rule 114)

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

2.4 International Technical Officials (ITOs) (IAAF Rule 115)

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

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

If a problem arises or if they observe any matter which in their opinion requires comment, they should, in the first instance, bring it to the attention of the Referee of the event and if necessary, offer advice as to what should be done. If the matter is not resolved as between the Referee and the ITO it shall be referred to the Technical Delegate(s).

At the conclusion of Field Events they shall also sign the result cards.

Note (i): In competitions organized on a Regional or national basis the above shall also apply to the appointment and authority of 'Area Technical Officials'.

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

2.5 International Road Course Measurer (IAAF Rule 117)

An International Road Course Measurer may be appointed to verify the courses where road events are held entirely or partially outside the stadium.

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

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

The measurer will check and certify the course.

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

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

2.6 International Starter and International Photo Finish Judge (IAAF Rule 118)

At all IPC competitions an International Starter and an International Photo Finish Judge shall be appointed by IPC Athletics. The International Starter shall start the races and undertake any other duties assigned to him by the Technical Delegate(s). The International Photo Finish Judge shall supervise all Photo Finish functions.

2.7 Jury of Appeal (IAAF Rule 119)

At all IPC Competitions a Jury of Appeal shall be appointed. The Jury should normally consist of three, five or seven persons. One of its members shall be the Chairman and another the Secretary. If and when considered as appropriate, the Secretary may be a person not included in the Jury.

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

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

IPC Athletics or other organization responsible for the competition shall appoint one or more alternative Jury members to substitute for any Jury member(s) who are not able to participate in an Appeal.

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

The primary functions of the Jury shall be to deal with all protest appeals, and any matters arising during the course of the competition that are referred to it for decision.

2.8 Officials of the Competition (IAAF Rule 120)

The Organizing Committee of a competition shall appoint all other officials, subject to these Rules.

The following list comprises the officials considered necessary and or desirable for major International Competitions. The Organizing Committee may, however, vary this according to local circumstances.

MANAGEMENT OFFICIALS

- One Competition Director
- One Meeting Manager
- One Technical Manager
- One Event Presentation Manager

COMPETITION OFFICIALS

- One (or more) Referee(s) for the Call Room
- One (or more) Referee(s) for Track Events
- One (or more) Referee(s) for Field Events
- One (or more) Referee(s) for Combined Events
- One (or more) Referee(s) for events outside the Stadium
- One Chief Judge and an adequate number of Judges for Track Events
- One Chief Judge and an adequate number of Judges for each Field Event
- One Chief Umpire and an adequate number of Umpires
- One Chief Timekeeper and an adequate number of Timekeepers
- One Start co-ordinator and an adequate number of Starters and Recallers
- One (or more) Starter's Assistant(s)
- One Chief and an adequate number of Lap Scorers
- One Competition Secretary and an adequate number of assistants
- One Chief and an adequate number of Marshals
- One (or more) Wind Gauge Operator(s)
- One Chief Photo Finish Judge and an adequate number of Assistant Photo Finish Judges
- One (or more) Measurement Judge(s) (Scientific)
- One Chief and an adequate number of Call Room Judges

ADDITIONAL OFFICIALS

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

Referees and Chief Judges should wear a distinctive attire or insignia. Care should however be taken to limit the number of officials present within the field of play to that number necessary for the smooth running of the competition.

Where women's events are held, a woman doctor shall be appointed when possible.

2.9 Competition Director (IAAF Rule 121)

The Competition Director shall plan and implement the technical organization of a competition in cooperation with the Technical Delegate(s).

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

2.10 Meeting Manager

(IAAF Rule 122)

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

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

2.11 Technical Manager

(IAAF Rule 123)

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

2.12 Event Presentation Manager

(IAAF Rule 124)

The Event Presentation Manager shall plan and implement, in conjunction with the Competition Director, the event presentation arrangements for a competition. 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.

2.13 Referees

(IAAF Rule 125)

1. One (or more) Referee(s) shall be appointed respectively for the Call Room, for Track Events, for Field Events, and for Combined Events
2. Referees shall ensure that these Rules are observed and shall decide upon any matters which arise during the competition (including in the Call Room) in accordance with these rules and regulations and where provision has not been made in these Rules they shall refer the matter to the TD.

The Referees for Track Events and for events outside the stadium shall have jurisdiction to decide placings in a race where

the Judges of a disputed place(s) are unable to arrive at a decision. The relevant Track Referee has the power to decide on any facts related to the starts if he does not agree with the decisions made by the start team, except in cases involving a false start detected by approved false start control apparatus, unless for any reason the Referee determines that the information provided by the apparatus is obviously inaccurate.

A Track Referee appointed to oversee the starts is designated the Start Referee. The Referee shall not act as a Judge or Umpire.

3. The appropriate Referee shall check all final results, shall deal with any disputed points and, in conjunction with the Measurement Judge (Scientific) where appointed, shall supervise the measurements of Record performances. At the conclusion of each event, the result card shall be completed immediately, signed by the appropriate Referee and handed to the Competition Secretary.
4. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition.
5. A Referee shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner.
Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card. Those warnings and exclusions decided by a Referee shall be communicated to the Competition Secretary and to the other Referees.
6. If, in the opinion of the appropriate Referee, circumstances arise at any competition such that justice demands that any event or any part of an event should be contested again, he shall have authority to declare the event void and it shall be held again, either on the same day or on some future occasion, as he shall decide.
7. The Combined Events Referee shall have jurisdiction over the conduct of the Combined Events competition.
8. The Road Race Referee shall, wherever practicable give a warning prior to disqualification.

2.14 Judges

(IAAF Rule 126)

General

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

Track Events and Road Events

2. The track and road Judges should all operate from the same side of the track or course, and they 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

3. The field event Judges shall judge and record each trial and measure each valid trial of athletes in all Field Events. In the High Jump 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.

2.15 Umpires (Running and Wheelchair Racing Events)

(IAAF Rule 127)

1. Umpires are assistants to the Referee, without authority to make final decisions.
2. The Umpires shall be placed by the Referee in such a position that they may observe the competition closely and, in the case of a failure or violation of the Rules by an athlete or other person, make an immediate written report of the incident to the Referee.
3. Any such breach of the Rules should be communicated to the relevant Referee by the raising of a yellow flag or any other reliable means approved by the Technical Delegate(s).
4. A sufficient number of Umpires shall also be appointed to supervise the take-over zones in relay races.

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

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

2.16 Timekeepers and Photo Finish Judges

(IAAF Rule 128)

1. In the case of hand timing, a sufficient number of timekeepers for the number of athletes entered shall be appointed. One of them shall be designated the Chief Timekeeper. He shall allocate duties to the Timekeepers. These Timekeepers shall act as back-up Timekeepers when Fully Automatic Photo Finish System is in use.
2. When Fully Automatic Photo Finish System is used, a Chief Photo Finish Judge and at least two Assistant Photo Finish Judges shall be appointed.

2.17 Start Co-ordinator, Starter and Recalls

(IAAF Rule 129)

1. The Start Co-ordinator shall:
 - a) Allocate the duties of the start team judges;
 - b) Supervise the duties to be fulfilled by each member of the team;
 - c) Inform the Starter, after receiving the relevant order from the Competition Director, that everything is in order to initiate the start procedure (e.g., that the Timekeepers, the Judges and, when applicable, the Chief Photo Finish Judge and the Wind Gauge Operator are ready);
 - d) Act as an interlocutor between the technical staff of the timing equipment company and the Judges;
 - e) Keep all papers produced during the start procedure including all documents showing the reaction times and/or false start waveform images if available.
2. The Starter shall have entire control of the athletes on their marks. When a false start control apparatus is used, the Starter and/or an assigned Recaller shall wear headphones in order to hear clearly any acoustic signal emitted in the case of a false start.
3. The Starter shall position himself so that he has full visual control over all athletes during the start procedure. It is recommended, especially for staggered starts, that loudspeakers in the individual lanes be used for relaying the commands to the athletes.

Note: The Starter shall place himself so that the whole field of athletes falls into a narrow visual angle. For races using crouch starts it is necessary that he is placed so 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 these Rules.) Where loudspeakers are not used in races with a staggered start, the Starter shall place himself so that the distance between him and each of the athletes is approximately the same. Where, however, the Starter cannot place himself in such a position, the gun shall be placed there and discharged by electric contact.

4. One or more Recallers shall be provided to assist the Starter.
Note: For events of 200m, 400m, 4x100m, 4x200m, 4x400m Relays, there shall be at least two Recallers.
5. Each Recaller shall place himself so that he can see each athlete assigned to him.
6. Warning and disqualification may be made only by the Starter.
7. The Start co-ordinator shall assign a specific task and position to each Recaller, who is obliged to recall the race if any infringement of the Rules is observed. After a recalled or aborted start the Recaller shall report his observations to the Starter who decides whether and to whom a warning or disqualification shall be issued.

2.18 Starter's Assistants

(IAAF Rule 130)

1. The Starter's Assistants shall check that the athletes are competing in the correct heat or race and that their number bibs are worn correctly.
2. They must place each athlete in his correct lane or station, assembling the athletes approximately 3m behind the start line (in the case of races started in echelon, similarly behind each start line). When this has been completed, they shall signal to the Starter that all is ready. When a new start is ordered, the Starter's Assistants shall assemble the athletes again.
3. The Starter's Assistants shall be responsible for the readiness of batons for the first athletes in a relay race.
4. When the Starter has ordered the athletes to their marks, the Starter's Assistants must ensure that Rules 17.4 and 17.5 are observed.
5. In case of a false start, the Starter's Assistants shall proceed in accordance with Rule 17.10.

2.19 Lap Scorers

(IAAF Rule 131)

1. Lap Scorers shall keep a record of the laps completed by all athletes in races longer than 1500m. For races of 5000m and longer, a number of Lap Scorers under the direction of the Referee shall be appointed and provided with lap scoring cards

on which they shall record the times over each lap (as given to them by an official Timekeeper) of the athletes for whom they are responsible. When such a system is used, no Lap Scorer should record more than four athletes. Instead of manual lap scoring, a computerized system, which may involve a transponder carried or worn by each athlete, may be used.

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

2.20 Competition Secretary

(IAAF Rule 132)

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

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

A Technical Information Centre (TIC) will be established for IPC Recognized Competitions and is recommended for other competitions held over more than one day. The main function of the TIC is to ensure smooth communication between each team delegation, the organizers, the Technical Delegates and the competition administration regarding technical and other matters relating to the competition.

2.21 Marshal

(IAAF Rule 133)

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

2.22 Announcer

(IAAF Rule 134)

The Announcer shall inform the public of the names and numbers of the athletes taking part in each event, and all relevant information

such as the composition of the heats, lanes or stations drawn, and intermediate times.

The result (placings, times, heights, distances and points) of each event should be announced at the earliest possible moment after receipt of the information.

Announcers shall be appointed by the LOC. In conjunction with the Event Presentation Manager and under the general direction of the Organizational and/or the Technical Delegate, these appointees shall be responsible for all matters of announcing protocol.

2.23 Official Surveyor

(IAAF Rule 135)

The Official Surveyor shall check the accuracy of the markings and installations and shall furnish appropriate certificates to the Technical / Competition Manager before the competition. He shall be given full access to stadium plans and drawings and the latest measurement report for the purpose of this verification.

2.24 Wind Gauge Operator

(IAAF Rule 136)

The Wind Gauge Operator shall ensure that the gauge is placed in accordance with Rule 18.12 (Track Events) and 27.5 (Field Events). He shall ascertain the velocity of the wind in the running direction in appropriate events and shall then record and sign the results obtained and communicate them to the Competition Secretary.

2.25 Measurement Judge (Scientific)

(IAAF Rule 137)

One (or more) Measurement Judge(s) shall be appointed when Electronic or Video Distance Measurement or other scientific measurement device is to be used. Before the start of the competition, he will meet the technical staff involved and familiarize himself with the equipment. Before each event he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the technical staff. To ensure that the equipment is operating correctly, he shall, before and after the event, supervise a set of measurements in conjunction with the Judges and under the supervision of the Referee (and if possible, the ITO assigned to the event), to confirm agreement with results achieved using a calibrated certified steel tape. A form of conformity shall be issued and signed by all those involved in the test and attached to the results card. During the competition he shall remain in overall charge of the operation.

He will report to the Field Events Referee to certify that the equipment is accurate.

2.26 Call Room Judges

(IAAF Rule 138)

The Call Room Chief Judge shall supervise the transit between the warm-up area and the competition area to ensure that the athletes after being checked in the Call Room, be present and ready at the competition site for the scheduled start of their event.

The Call Room Judges shall ensure that athletes are wearing the national or Club uniform clothing officially approved by their [National Paralympic Committee], that the bibs are worn correctly and correspond with start lists, that shoes, number and dimension of spikes, advertising on clothing and athletes' bags comply with the Rules and Regulations and that unauthorized material is not taken into the arena.

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

2.27 Advertising Commissioner

(IAAF Rule 139)

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

SECTION II – GENERAL COMPETITION RULES

RULE 3: The Athletics Facility

(IAAF Rule 140)

Any firm, uniform surface that conforms to the specifications in the IAAF Track and Field Facilities Manual, may be used for Recognized Competitions. Paralympic Games and World Championships must be held only on synthetic surfaced facilities that hold a current valid IAAF Class 1 or Class 2 Athletics Facility Certificate.

In any case, a current national track certificate from an accredited surveyor shall be required for all facilities intended for use for Regional Championships, Sanctioned and Approved Competitions.

Note (i): The IAAF Track and Field Facilities Manual, which may be downloaded from the IAAF website, contains more detailed and defined specifications for the planning and construction of track and field facilities including further diagrams for track measurement and marking.

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

RULE 4: Age Groups

(IAAF Rule 141)

The following age groups are recognized by IPC Athletics:

- a) Junior Males and Females: Any athlete of 18 or 19 years on 31 December in the year of the competition;
- b) Youth Boys and Girls: Any athlete of 16 or 17 years on 31 December in the year of the competition;
- c) Under 16 Boys and Girls: Any athlete of 14 or 15 years on 31 December in the year of the competition.

Note: An athlete must be 14 by 31 December in the year of competition to compete in an open event.

RULE 5: Entries

(IAAF Rule 142)

1. Competitions under the Rules are restricted to eligible athletes.

Simultaneous Entries

2. If an athlete is entered in both a Track and Field Event, or in more than one Field Event taking place simultaneously, the

appropriate Referee may, for one round of trials at a time, or for each trial in the High Jump, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed. In the case of the High Jump if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.

Failure to Participate

3. At IPC Competitions except as provided below, an athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
 - a) A final confirmation was given that the athlete would start in an event but then failed to participate;
 - b) He qualified in a preliminary round of an event for further participation in that event but then failed to participate further.

The provision of a medical certificate, endorsed by a medical officer appointed or approved by IPC Athletics and/or the Organizing Committee, may be accepted as sufficient evidence that the athlete became unable to compete due to illness or injury, even if he is able to compete in further events on a subsequent day of the competition. Other justifiable reasons (e.g., factors independent of the athlete's own actions, such as problems with the official transport system) may also be accepted by the Technical Delegate(s).

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

Note (ii): Failure to participate includes failure to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results. The situation foreseen in this Note will not apply to Combined Events individual events.

RULE 6: Clothing, Shoes and Athlete Bibs

(IAAF Rule 143)

Clothing

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

the Judges. Athletes' vests should have the same colour on the front and back.

Where appropriate athletes shall participate in the uniform clothing approved by their NPC or NF. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.

Note: In field events clothing must be close fitting, and not loose, so that the view of the judges is not impeded.

Shoes

2. Athletes may compete barefoot or with footwear on one or both feet.

The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give an athlete any unfair additional assistance, including by the incorporation of any technology that could give the wearer any unfair advantage. A shoe strap over the instep is permitted. Competition shoes are subject to approval by IPC Athletics.

Number of Spikes

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

Dimensions of Spikes

4. When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge.

The Sole and the Heel

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

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

Inserts and Additions to the Shoe

6. Subject to the permission granted under Rule 6.10 below, athletes may not use any appliance, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum, or which can give the wearer any advantage which he would not obtain from the type of shoe described in the previous paragraphs.

Athlete Bibs

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

Note: Wheelchair Athletes shall be provided with an additional number bib to be worn visibly on the back of their racing chair or throwing frame.

8. These bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals that appear on them.
9. Where Photo Finish System is in operation, the Organizing Committee may require athletes to wear additional number identification of an adhesive type on the side of their shorts. No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.

Note: For athletes competing in a wheelchair in races of 800m or longer (including the 4x400m relay), these additional number identifications shall be worn on the helmet.

Prosthetics & Orthotics

10. For Sport Classes T/F35-38 & T/F42-46 athletes may wear a prosthetic/s or orthotic/s in order to ensure both legs are of equal length but not for any other purpose, and they must not otherwise provide assistance to the athlete.
11. Prosthetics Compulsory for T42-44 Track Events.
In track events athletes in Sports Classes T42-44 must use leg prostheses. Hopping is not allowed in track events.
12. Prosthetics Optional for F42-44 Field Events.
In field events athletes in Sports Classes F42-44 the wearing of prostheses is optional.

13. Athletes in Sport Classes T/F11 must wear approved opaque glasses or an appropriate substitute during all track and/or field events. The opaque glasses or their substitute must be approved by the responsible technical official and must in their opinion be effective in blocking out sufficient light to compete fairly.
14. Helmets for Sport Classes T32-34, T51-54.
The wearing of helmets is compulsory in all individual and team track races of 800m or longer, including the 4x400m relay and in all road races. The helmet shall be a hard protective shell that meets or exceeds any one of the following standards; Snell b-84/90/95, BSI 6863, EN 1078.

RULE 7: Assistance to Athletes

(IAAF Rule 144)

Indication of Intermediate Times

1. Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee. This approval shall be given only when there are no time displays visible to athletes at the relevant point and in circumstances where such times will be provided to all athletes in the race. The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and to personnel authorized in accordance with the relevant Rules and Regulations.
For Sport Classes T11-T12 in events of 800m and above, athletes may have assistance from personnel other than from competition officials, who will be permitted to call intermediate times from an area inside the competition area that has been designated for that purpose by the appropriate Referee.

Giving Assistance - General

2. For the purpose of this Rule the following shall be considered assistance, and are therefore not allowed:
 - a) Save as otherwise permitted below, pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device;
 - b) Possession or use of any equipment capable of playing or displaying audio or video images, including mobile phones, 'iPods', 'iPads', Netbooks, mp3 players or similar devices in the arena;

- c) Except for shoes complying with Rule 6.10, the use of any technology or appliance that provides the user with an advantage which he would not have obtained using the equipment specified in the Rules.

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

The following should not be considered assistance:

- a) Communication between the athletes and their coaches not placed in the competition area. In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the immediate site of each Field Event, should be reserved to the athletes' coaches;
- b) Medical examination / treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation once on the competition area. Such medical examination / treatment and/or physiotherapy may be provided either on the competition area itself by the official medical staff appointed by the Organizing Committee and identified by armbands, vests or similar distinctive apparel or in designated medical treatment areas outside the competition area by accredited team medical personnel specifically approved by the Medical or Technical Delegate for the purpose. In neither case shall the intervention delay the conduct of the competition or an athlete's trial in the designated order. Such attendance or assistance by any other person whether during competition or immediately before competition once athletes have left the Call Room is assistance;
- c) Any kind of personal safeguard (e.g., bandage, tape, belt, support, etc.) for protection or medical purposes.

Giving Assistance – Guide Runners and Method of Guidance

- 3. Guide runners for athletes in Sport Classes T/F11-12 shall be permitted and shall not therefore be considered assistance or pacing. The Local Organizing Committee shall provide distinctive vests to identify guide runners.
- 4. When a T12 athlete starts the event with a guide runner, the athlete & guide must both finish the event in accord with these rules for the performance to be recognized.

5. Athletes are encouraged to provide their own Guide-runners. However, at IPC Competitions the organizers should provide an appropriate Guide-runner if the athlete's National Paralympic Committee has requested such assistance and followed the associated "request for a Guide-runner" requirements of the Local Organizing Committee. (refer to Chapter 6 - Awarding Medals and Diplomas)
6. The method of guidance for athletes permitted to use a guide-runner is the choice of the athlete. The athlete may use an elbow lead or a tether. In addition, the athlete may receive verbal instruction from the Guide-runner. The Guide-runner must complete his task while running (or walking) and is not allowed to use a bicycle or other mechanical means of transport.
7. The Guide-runner is not allowed to push, pull or otherwise propel athletes in order to gain an advantage at any stage during a race.
8. Athletes and their Guide-runner must not be more than 0.5m apart, except:
 - a) Under exceptional circumstances at the discretion of the Technical Delegate, or;
 - b) During the last 10m of an event the 0.5m rule does not apply provided interference does not occur.
9. For races of 800m or longer athletes are allowed to use two Guide-runners. However, only one interchange of Guide-runners is permitted for each athlete per race. The interchange must take place without any hindrance to other athletes, and must take place only on one of the straights. The intention to interchange Guide-runners must be notified in advance to the Referee and Technical Delegate. The technical officials will determine the conditions of the interchange and will communicate these in advance to the athletes.

Giving Assistance - Throws

10. Guides for athletes in Sport Classes F31-32 & F51-53 will be permitted (one Guide per athlete per event) who can assist the athlete and the Officials to ensure the athlete transfers safely to the throwing frame, and Assist athletes to strap themselves to their throwing frame.

Note: Strapping must be only to the frame with non elastic material.

11. The Guide must withdraw from the competition area once they have completed these tasks and must follow any directives from officials of the event while they are in the competition area.
12. Sport class F54 athletes may also have a guide provided that they can show medical evidence of their need for a guide to the satisfaction of the IPC Medical Committee.

13. For athletes in Sport Classes F11 and F12 a Guide may bring athletes to the throwing circle or runway. The Guide may assist the athlete by orientating them with the throwing circle or on the runway before each attempt. The Guide must leave the circle or runway before each attempt begins. Acoustic orientation is permitted before, during and after each attempt. Athletes may only be guided from the circle or runway after the officials have determined whether or not the attempt was a valid one.

Note: If the official in charge of the event decides that a Guide who is providing acoustic orientation is in an unsafe location then the official has the right to require the Guide to move.

14. For athletes in Sports Class F11 acoustic signals are permitted during Long Jump, Triple Jump and High Jump. However, no visual modification to the existing facility is permitted. In events where acoustic assistance is being used complete silence shall be requested from spectators.

Note: Whenever possible, to ensure silence, events in which acoustic assistance is being utilised should not be timetabled together with other running events.

15. For athletes in Sports Class T12 visual modification of the existing facility is permitted during Field Events (i.e., Paint, chalk, powder, cones, flags, etc) at the discretion of the Technical Delegate. Acoustic signals may also be used.
16. Some athletes in Sports Classes T35-38, T42-46 & T20 may require their starting blocks to be set for them, or their runway markers to be at a pre-set distance from the take-off board, prior to the competition. The Technical Delegate will provide the appropriate athletes with a document on which to show their requirements.
17. IPC Athletics recognizes the special needs of deaf-blind athletes, and is keen to encourage and facilitate their participation in competition. In cases where deaf-blind athletes are competing in an event the Technical Delegate shall have the authority to make appropriate modification to these rules as may be necessary to facilitate the effective participation those deaf-blind athletes. In principal, no rule modification that disadvantages any other athlete will be allowed.

Wind Information

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

Drinking / Sponging

19. In Track Events of 5000m or longer, the Organizing Committee may provide water and sponges to athletes if weather conditions warrant such provision.

RULE 8: Disqualification

(IAAF Rule 145)

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

1. If an athlete is disqualified 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 (unless the specific rule provides otherwise).
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 for acting in an unsporting or improper manner in an event, he shall be disqualified from that event. If the athlete's second warning occurs in a different event, he shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall be considered valid. Disqualification from an event for unsporting or improper behaviour shall render the athlete liable to disqualification by the Referee from participation in all further events, including individual events of a Combined Event, in that competition. If the offence is considered serious, the Competition Director shall report it to IPC Athletics for potential further sanction.
3. Athletes must ensure that urine is not allowed to drain from storage devices such as leg bags onto the competition or warm-up areas. Failure to do so may result in disqualification

RULE 9: Competing Outside Sport Class – Eligibility

In accordance with the IPC Classification Code, and general principles of classification, athletes will generally compete against athletes with the same Sport Class.

The competition entry, qualification and/or eligibility documentation for Recognized Competitions may identify events where more than one Sports Class are eligible to compete together. Where events are made available to more than one Sports Class the Sports Classes that have been grouped together must exhibit at least two of the following three characteristics (in the reasonable opinion of the IPC):

- a) Use methods of impairment assessment that are substantially the same (i.e., assessment of muscle strength, or assessment of spastic hypertonia);
- b) Use methods of impairment assessment that assess the same body regions;
- c) Have a comparable level of sport performance in the relevant event.

This rule will not apply to Recognized Competitions taking place after the adoption of this version of IPC Athletics Rules and Regulations where entry criteria have been committed to prior to the date of adoption.

Where more than one Sports Class competes together in field events the Raza Points System may be used to determine placings (as shall be determined by the LOC and the TD, depending on whether the event is organized as a 'single class event' or a 'combined class event'). When using the Raza Points System the numbers after the decimal place should be rounded down. E.g. 1000.501 and 1000.499 would both be 1000pts. Only in the case of a tie would the numbers after the decimal place be considered.

In exceptional and limited circumstances the IPC shall be entitled to permit the grouping of Sport Classes that do not satisfy the above criteria.

RULE 10: Measurements

(IAAF Rule 148)

All measurements shall be made with a calibrated certified steel tape or bar or with a scientific measuring device. The accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organization accredited by a national measurement authority, such that all measurements can be traced back to national and international measurement standards.

Note: At competitions other than IPC Competitions fiberglass tapes may also be used. This is not allowed in case of World and/or Regional Record

RULE 11: Validity of Performances

(IAAF Rule 149)

No performance accomplished by an athlete will be valid unless it is accomplished at an IPC Athletics Recognized Competition.

RULE 12: Video Recording

(IAAF Rule 150)

Whenever possible an official video recording of all events to the satisfaction of the Technical Delegate(s) shall be made. It should be sufficient to demonstrate the accuracy of performances and any violation of the Rules.

RULE 13: Scoring

(IAAF Rule 151)

In a match where the result is to be determined by the scoring of points, the method of scoring shall be set out in the entry and eligibility documentation.

SECTION III – TRACK EVENTS

RULE 14: Wheelchair Requirements

(Sport Classes T32-34 & T51-54)

1. At IPC Competitions the wheelchair shall have two (2) large wheels and one (1) small wheel. In other Recognized Competitions the wheelchair may have two (2) large wheels and a maximum of two (2) small wheels. In all competitions the small wheel/s must be at the front of the chair.
2. Wheelchair Dimensions.
No part of the main body (defined as the vertical plane of the back edge and wheels including the seat) of the wheelchair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels.
The maximum height from the ground of the main body of the wheelchair shall be 50 cm.
No part of the wheelchair may protrude behind the vertical plane of the back edge of the rear tyres.
3. Wheel Dimensions.
The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm.
The maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm.
4. Only one plain, round, push-rim is allowed for each large wheel.
Note: This rule may be waived for persons requiring a single arm drive wheelchair, if so stated on their IPC Athletics Classification Card or at the discretion of the Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available.
5. No mechanical gears or levers are allowed to propel the wheelchair.
6. The use of mirrors is not permitted in wheelchair track or road races.
7. Only hand operated, mechanical steering devices are allowed.
8. In all races of 800m or longer, the athlete must be able to turn the front wheel(s) manually both to the left and to the right.
9. The use of fairings or similar devices specifically designed to improve the aerodynamic performance of the athlete in the wheelchair are not permitted.
10. Wheelchairs will be measured and inspected in the Call Room and once inspected must not be taken from the competition area before the start of the event. Wheelchairs can be re-examined by the officials before or after the event.
11. It is the responsibility of the athlete to ensure that no part of their lower limbs can fall from their wheelchair to the ground or track during the event.

12. It is the responsibility of the athlete to ensure that their wheelchair conforms to the requirements stipulated above. No event shall be delayed while an athlete makes adjustments to their wheelchair.
13. If the Technical Officials believe that a wheelchair and/or the athlete using it represent a safety risk they shall be authorized to disqualify the athlete from an event.
14. Notwithstanding the above provisions for T32 athletes:
 - a) In all competitions the wheelchair configuration may have two (2) large wheels and a maximum of two (2) small wheels;
 - b) The athlete may propel the chair with their feet and can do so forwards or backward;
 - c) Are exempt from any rules insisting that no part of their limbs should fall to the ground or track during an event.

RULE 15: Track Measurements

(IAAF Rule 160)

1. The length of a standard running track shall be 400m. It shall consist of two parallel straights and two bends whose radii shall be equal.

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

If a section of the kerb on a bend has to be temporarily removed for field events, its place shall be marked with a white line 5cm in width and by cones or flags, minimum height 20cm, placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track, and placed at intervals not exceeding 4m to prevent any athlete running on the line.

(Flags shall be placed at an angle of 60° with the ground away from the track). This shall also apply to the outer half of the track in the case of starts for distance races where the field is started in two groups under Rule 17.13 and optionally to the straights, in this latter case, at intervals not exceeding 10m.
2. The measurement must be taken 30cm outward from the kerb or, where no kerb exists on a bend, 20cm from the line marking the inside of the track.

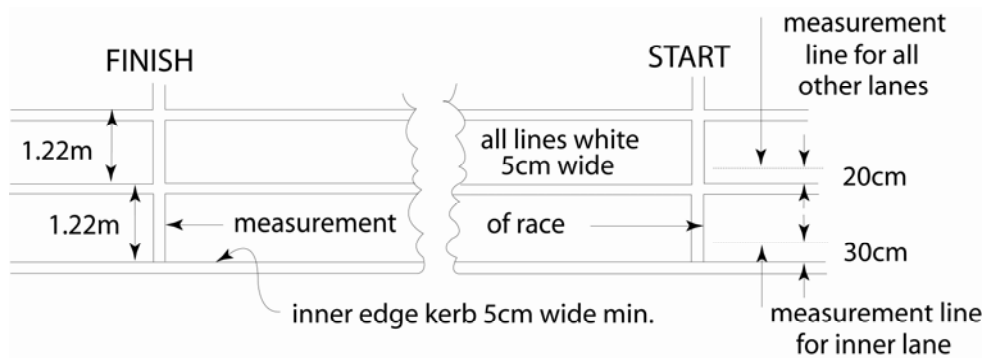


Figure 1 – Track Measurements (infield view)

3. The distance of the race shall be measured from the edge of the start line farther from the finish to the edge of the finish line nearer to the start.
4. In all races up to and including 400m, each athlete shall have a separate lane, with a width of $1.22\text{m} \pm 0.01\text{m}$, including the lane line on the right, marked by white lines 5cm in width. All lanes shall be of the same nominal width. The inner lane shall be measured as stated in Rule 15.2, but the remaining lanes shall be measured 20cm from the outer edges of the lines.

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

5. In IPC Competitions the track should allow for eight lanes minimum.
6. The lateral inclination of tracks should not exceed 1:100 and the overall inclination in the running direction shall not exceed 1:1000 downwards.

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

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

RULE 16: Starting Blocks

(IAAF Rule 161)

1. Starting blocks may be used for sport classes 35-38 and 42-46 in all races up to and including 400m (including the first leg of the 4x200m and 4x400m) but shall not be used for any other race. Starting Blocks must be used for sport classes T11-13 in all races up to and including 400m. When in position on the track, no part of the starting block shall overlap the start line or extend

into another lane. Starting blocks shall comply with the following general specifications:

- a) They shall be entirely rigid in construction and shall give no unfair advantage to the athlete;
- b) They shall be fixed to the track by a number of pins or spikes, arranged to cause the minimum possible damage to the track. The arrangement shall permit the starting blocks to be quickly and easily removed. The number, thickness and length of pins or spikes depend on the track construction. The anchorage shall permit no movement during the actual start;
- c) When an athlete uses his own starting blocks, they shall comply with the above general description. They may be of any design or construction, provided that they do not interfere with other athletes;
- d) When starting blocks are provided by the Organizing Committee, they shall, in addition, comply with the following specifications.

The starting blocks shall consist of two foot plates, against which the athlete's feet are pressed in the starting position. The foot plates shall be mounted on a rigid frame, which shall in no way obstruct the athlete's feet as they leave the blocks. The foot plates shall be sloped to suit the starting position of the athlete, and may be flat or slightly concave. The surface of the foot plates shall accommodate the spikes in the athlete's shoes, either by using slots or recesses in the face of the foot plate or by covering the surface of the foot plate with suitable material permitting the use of spiked shoes.

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

2. For any performances submitted for ratification as a World Record, the starting blocks shall be linked to an IAAF approved false start control apparatus.
3. The Organizing Committee may insist that only starting blocks provided by them may be used.

Note: Some athletes in Sports Classes T35-38, T42-46 and T20 may require their starting blocks to be set for them. The Technical Delegate will provide the appropriate athletes with a document on which they will be able to indicate their requirements.

RULE 17: The Start

(IAAF Rule 162)

1. The position of the start of a race shall be denoted by a white line 5cm wide. In all races not run in lanes the start line shall be curved, so that all the athletes start the same distance from the finish. Stations in events at all distances shall be numbered from left to right, facing the direction of running.
In all races (other than wheelchair races) up to and including 400m (including the first leg of the 4x200m and 4x400m), a crouch start and the use of starting blocks is compulsory.
2. All races shall be started by the report of the Starter's gun fired upwards after he has ascertained that athletes are steady and in the correct starting position.
If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter's Assistants shall place them on the assembly line again.

Note: If an athlete has a hearing impairment the starter or his assistant may use a flag or other visual device as well as a pistol to signal the start. In some circumstances, for athletes with both a visual and a hearing impairment, an official may touch an athlete to signal the start.
3. The commands of the Starter must be in English only. For all races up to and including 400m (including 4x200m and 4x400m) the command will be "On your marks" and then "Set". When all athletes are "Set", the gun shall be fired. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his marks. In races longer than 400m, the command will be "On your marks" and when all athletes are steady, the gun will be fired. In races longer than 400m athletes shall not touch the ground with their hand or hands during the start.
4. In races up to and including 400m after the "On your marks" command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the "Set" command, an athlete should immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks.
In case of wheelchair races (classes T32-34 and T51-54) the following commands and positions are required. After the 'On Your marks' command, an athlete shall approach the start line, assume a position entirely within his allocated lane and behind the start line. At the 'Set' command, an athlete should

immediately take up his final starting position retaining the contact of the front wheel with the ground behind the line”.

5. On the command “Set” for races up to 400m and “On your marks” for longer races all athletes shall at once and without delay assume their full and final set position.

Where an athlete in the judgment of the Starter,

- a) After the command “Set” for races up to 400m and “On your marks” for longer races, and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee), or;
- b) Fails to comply with the commands “On your marks” or “Set” as appropriate, or does not place himself in his final starting position after a reasonable time, or;
- c) After the command “On your marks” or “Set” disturbs other athletes in the race through sound or otherwise, the Starter shall abort the start.

The Referee may warn the athlete for improper conduct in relation to the required start procedure and may disqualify an athlete in case of a second infringement of this Rule during the same competition.

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

Note (i): A four-point stance is not required by athletes in Sport Classes T35-38 & T42-46.

Note (ii): It is acceptable for arm amputee athletes or those with short arms to use pads on which to rest stumps at the start or to improve balance. Pads must be completely behind the start line and not interfere with any other athlete. The pads should be a similar colour to the track or of a neutral colour.

False Start.

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

Note: When an IAAF approved false start control apparatus is in operation, the Starter shall normally accept the evidence of this equipment as conclusive by the starter.

7. When using this control apparatus the Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus detects a false start (i.e., when reaction time is less than 100/1000ths of a second. As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun is fired, there shall be a recall and the Starter shall immediately examine the reaction times on the false start control apparatus in order to confirm which athlete(s) is/are responsible for the false start.

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

8. Except in Combined Events, any athlete responsible for a false start shall be disqualified.
9. In Combined Events, any athlete responsible for a false start shall first be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified.
10. 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 card (diagonally halved) shall be raised in front of him and a corresponding indication shown on the respective lane marker(s). In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow and black card (diagonally halved) raised in front of him and a corresponding indication shown on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with a yellow and black card raised in front of them by one or several Starter's Assistants in order to notify them that anyone committing further false starts will be disqualified. In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and a red card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).

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.

11. In wheelchair races of 800m or longer the starter has the authority to recall a race for a restart (but is not obliged to do so)

if a collision involving any athletes in the race occurs in the first 50m. This does not reduce or remove the authority of the Referee to take appropriate action on reports received from umpires during this portion of the race.

12. The Starter or any Recall Starter, who is of the opinion that the start was not a fair one, for what ever reason, shall recall the athletes by firing a gun.

5000m and 10,000m

13. When there are more than 12 athletes in a distance race, they may be divided into two groups for the purpose of the start. One group comprising approximately 65% of the field shall be placed on the regular arced start line and the second group on a separate arced start line marked across the outer half of the track. The outer group shall run as far as the end of the first bend on the outer half of the track, which shall be marked by cones or flags. The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance. Any athlete in the second group who fails to keep within the marked outer lanes during such a start will be disqualified on the same grounds as any athlete who runs out of his lane.

The break line for an 800m race indicates where the athletes in the second/outer group may join the athletes using the regular start in races which start at the normal (home straight) start finish line. For races that start in the back straight (200m start position) the track shall be marked at the beginning of the finish straight for group starts to indicate where athletes starting in the second/outer group may join the athletes using the regular start. This mark may be a 5cmx5cm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed.

RULE 18: The Race

(IAAF Rule 163)

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

Obstruction

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

consequence of jostling or obstruction should have completed the event with bona fide effort.

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

3. During wheelchair races propulsion by any other method except the athlete pushing on the wheels or push-rims will result in disqualification.
4. During wheelchair races an athlete coming from behind in an attempt to overtake carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The athlete being overtaken has the responsibility not to obstruct or impede the incoming athlete once the front wheel(s) of the athlete are in sight.

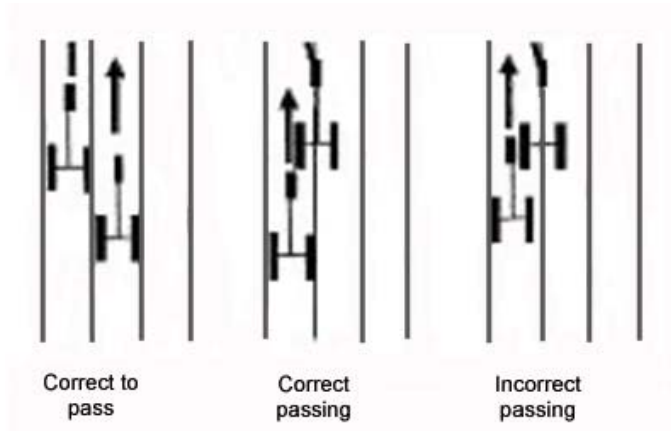


Figure 2 - Wheelchair overtaking

Running in Lanes

5. In all races run in lanes, each athlete or the athlete's guide shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race where there is a requirement to run in lanes.
6. An athlete or the athlete's guide shall not be disqualified for running out of his lane if he:
 - a) Is pushed or forced by another person to run outside his lane or on or inside the kerb or line marking the applicable border, or;
 - b) Runs outside his lane in the straight or outside the outer line of his lane on the bend, with no material advantage thereby being gained and no other athlete being obstructed.
7. In IPC Competitions the start of the 800m event must be run in lanes for as far as the break line marked after the first bend

after which athletes may leave their respective lanes. In other Recognized Competitions the start of the 800m event may be run in lanes for as far as the break line marked after the first bend after which athletes may leave their respective lanes

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

8. Athletes in Sport Class T11 shall compete accompanied by a Guide-runner for all track events. In the 100m, 200m, 400m events each athlete and Guide-runner shall be allocated one lane each. The start lines in a staggered start will be lanes 1, 3, 5, 7 or 9. This rule also applies to 800m events started in lanes. Athletes in Class T12 have an option of being accompanied by a Guide-runner for all track events. In the 100m, 200m, 400m events each athlete who has chosen to use a Guide runner shall be allocated two lanes. The start lines in a staggered start will be lanes 1, 3, 5, 7 or 9. This rule also applies to 800m events started in lanes.

Leaving the Track

9. An athlete or the athlete's guide who during the course of a race voluntarily leaves the track will not be allowed to continue in the race.

Check-Marks

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

Wind Measurement

11. The periods for which the wind velocity shall be measured are as follows:
In the 100m event - for 10 seconds immediately following the start.
In the 200m event - the wind velocity shall be measured for a period of 10 seconds commencing when the first athlete enters the straight.
12. The wind gauge for Track Events shall be placed beside the straight, adjacent to lane 1, 50m from the finish line. It shall be positioned 1.22m high and not more than 2m away from the track.
13. The wind gauge shall be read in meters per second, rounded to the next higher tenth of a meter per second, unless the second decimal is zero, in the positive direction (that is, a reading of +2.03 meters per second shall be recorded as +2.1; a reading of

- 2.03 meters per second shall be recorded as -2.0). Gauges that produce digital readings expressed in tenths of meters per second shall be constructed so as to comply with this Rule.
14. All wind gauge equipment shall have been identified on the IAAF certified equipment list, and the accuracy of the gauge used shall have been verified by an appropriate organization accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.
 15. Ultrasonic wind gauges shall be used at all IPC Competitions and for any performance submitted for ratification as a World Record.
A mechanical wind gauge should have appropriate protection to reduce the impact of any crosswind. Where tubes are used, their length on either side of the measuring device should be at least twice the diameter of the tube.
 16. The wind gauge may be started and stopped automatically and/or remotely, and the information conveyed directly to the competition computer.

RULE 19: The Finish
(IAAF Rule 164)

1. The position of the finish of a race shall be denoted by a white line 5cm wide.
2. The athletes shall be placed in the order in which any part of their torso (not the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
3. In wheelchair races the athletes shall be placed in the order in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.
4. In races for athletes in Sports Class 11 or 12 competing with a Guide-runner then the athlete must cross the finish line in front of the Guide-runner or the athlete will be disqualified.
5. Event Time Limits (Sport Classes T32-34 & T51-54)
In wheelchair races of 1500m or longer, officials may conclude the event and clear the track after an agreed time limit has expired. Any athlete who has not completed the set distance when an event is concluded shall be shown in the official results as “DNF” (i.e., Did Not Finish). The referee has the authority to remove any athlete who has been overlapped.

RULE 20: Timing and Photo Finish
(IAAF Rule 165)

1. Three alternative methods of timekeeping shall be recognized as official:

- a) Hand Timing;
 - b) Fully Automatic Timing obtained from a Photo Finish System;
 - c) For road races only - timing provided by a Transponder System.
2. Save for wheelchair races, the time shall be taken to the moment at which any part of the body of an athlete (i.e., torso as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
 3. In wheelchair races the time shall be taken to the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.
 4. Times for all finishers shall be recorded. In addition, whenever possible, lap times in races of 800m and over shall be recorded.

Hand Timing

5. The Timekeepers shall be in line with the finish and where possible, they should be placed at least 5m from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.
6. Timekeepers shall use manually operated electronic timers with digital readouts. All such timing devices are termed "watches" for the purpose of the Rules.
7. The lap and intermediate times shall be recorded either, by designated members of the timekeeping team using watches capable of taking more than one time, or by additional Timekeepers.
8. The time shall be taken from the flash / smoke of the gun.
9. Three official Timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional Timekeepers shall time the winner of every event. (For Combined Events, see Rule 38.4) The times recorded by the additional Timekeepers' watches shall not be considered unless one or more of the official Timekeepers' watches fail to record the time correctly, in which case the additional Timekeepers shall be called upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official winning time.
10. Each Timekeeper shall act independently and without showing his watch to, or discussing his time with, any other person, shall enter his time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported times.
11. For all hand-timed races, times shall be read and recorded as follows:

- a) For races on the track, unless the time is an exact 1/10th of a second, the time shall be read and recorded to the next longer 1/10th of a second;
 - b) For races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second, e.g., for the Marathon 2:39:44.3 shall be recorded as 2:39:45.
12. If, after converting as indicated above, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time. If all three watches disagree, the middle time shall be official. If only two times are available and they disagree, the longer time shall be official.
 13. The Chief Timekeeper, acting in accordance with the Rules mentioned above, shall decide the official time for each athlete and provide the result to the Competition Secretary for distribution.

Fully Automatic Timing and Photo Finish System

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

The System

15. The System shall be started automatically by the Starter's gun, so that the overall delay between the report from the muzzle or its equivalent visual indication and the start of the timing system is constant and less than 1/1000th of a second.
16. A system that operates automatically at either the start or the finish, but not at both, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times. In this case, the times read on the image will not, under any circumstances, be considered as official, but the image may be used as a valid support in order to determine placings and adjust time intervals between athletes.

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

17. The System must record the finish through a camera with a vertical slit, positioned in the extension of the finish line, producing a continuous image. The image must also be synchronized with a uniformly marked time-scale graduated in 1/100th of a second.
In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the

- intersection, for no more than 2cm beyond, and not extended before, the leading edge of the finish line.
18. The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.
 19. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of every athlete.

Operation of the System

20. The Chief Photo Finish Judge shall be responsible for the functioning of the System. Before the start of the competition, he will meet the technical staff involved and familiarize himself with the equipment. In cooperation with the Track Referee and the Starter, he shall initiate a zero control test, before the beginning of each session, to ensure that the equipment is started automatically by the Starter's gun within the limit of 1/1000th second. He shall supervise the testing of the equipment and ensure that the camera(s) is correctly aligned.
21. There should be at least two photo finish cameras in action, one from each side. Preferably, these timing systems should be technically independent, i.e., with different power supplies and recording and relaying the report of the Starter's gun, by separate equipment and cables.

Note: Where two or more Photo Finish cameras are used, one should be designated as official by the Technical Delegate (or International Photo Finish Judge where appointed) before the start of the competition. The times and places from the images of the other camera(s) should not be considered unless there is reason to doubt the accuracy of the official camera or if there is need to use the supplementary images to resolve uncertainties in the finishing order (i.e., athletes wholly or partially obscured on the image from the official camera).

22. In conjunction with his Assistants, the Chief Photo Finish Judge shall determine the placing of the athletes and, as a consequence, their official times. He shall ensure that these results are correctly entered in or transferred to the competition results system and conveyed to the Competition Secretary.
23. Times from Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. At the discretion of the TD, such back-up Timekeepers may be appointed where any possibility exists of failure of the timing system.

24. Times shall be read and recorded from the Photo Finish image as follow:
- a) For all track races, the time shall be read and recorded to 1/100th of a second. Unless the time is an exact 1/100th of a second, it shall be read and recorded to the next longer 1/100th of a second;
 - b) For all races held partly or entirely outside the stadium, the time shall be read to 1/100th of a second and recorded to the next longest whole second, e.g., for the Marathon, 2:39:44.32 shall be recorded as 2:39:45.

Transponder System

25. The use of Transponder Timing Systems approved by IPC for road race events is permitted provided that:
- a) None of the equipment used at the start, along the course or at the finish line constitutes a material obstacle or barrier to the progress of an athlete;
 - b) The weight of the transponder and its housing carried on the athletes' uniform, bib or shoe is not significant;
 - c) The System is started by the Starter's gun or synchronized with the start signal;
 - d) The System requires no action by an athlete during the competition, at the finish or at any stage in the result processing;
 - e) The resolution is 1/10th of a second (i.e., it can separate athletes finishing 1/10th of a second apart). For all races, the time shall be read to 1/10th of a second and recorded to the nearest longer whole second, e.g., for the Marathon, 2:39:44.3 shall be recorded as 2:39:45;
- Note: The official time shall be the time elapsed between the firing of the starting gun and the athlete reaching the finish line. However, the time elapsed between an athlete crossing the start line and the finish line can be made known to him, but will not be considered an official time.*
- f) It is recommended that judges and/or video recording(s) also be provided to assist in determining the finishing order.

RULE 21: Seedings, Draws and Qualification in Track Events Rounds and Heats

(IAAF Rule 166)

1. Preliminary rounds shall be held in Track Events in which the number of athletes is too large to allow the competition to be

conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds.

2. The preliminary rounds shall be arranged by the appointed Technical Delegates. If no Technical Delegates have been appointed they shall be arranged by the Organizing Committee. The following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure, i.e., those to advance by place (P) and time (T), for each round of Track Events:

100m, 200m, 400m,

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

800m, 4x100m, 4x400m

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

1500m

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

5000m

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

10,000m

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

Sports Class/es	Distance/s	No. of entries	Rounds	Progressions
T11-12	100m, 200m & 400m	1-4	Final	Only Finalists eligible for medals
		5-8	2 Semis	1 st in each Semi + 2 Fastest Losers to Final
		9-12	3 Semis	1 st in each Semi + 1 Fastest Loser to Final
		13-16	4 Heats + 2 Semis	1 st in each Heat + 4 Fastest Losers to 2 Semis (as above)
		17-20	5 Heats + 3 Semis	1 st in each Heat + 7 Fastest Losers to 3 Semis (as above)
		21-24	6 Heats + 3 Semis	1 st in each Heat + 6 Fastest Losers to 3 Semis (as above)
		25-28	7 Heats + 3 Semis	1 st in each Heat + 5 Fastest Losers to 3 Semis (as above)
		29-32	8 Rounds + 4 Heats + 2 Semis	1 st in each Round + 8 Fastest Losers to 4 Heats (as above)
T11-12	800m	1-5	Final	Only Finalists eligible for medals
		6-10	2 Semis	1 st in each Semi + 2 Fastest Losers to Final
		11-15	3 Semis	1 st in each Semi + 1 Fastest Loser to Final
		16-20	4 Heats + 2 Semis	1 st & 2 nd in each Heat + 2 Fastest Losers to 2 Semis (as above)
T11-12	1500m	1-6	Final	Only Finalists eligible for medals
		7-12	2 Semis	1 st & 2 nd in each Semi + 2 Fastest Losers to Final
		13-18	3 Semis	1 st in each Semi + 3 Fastest Losers to Final
T11-12	5000m & 10000m	1-10	Final	Only Finalists eligible for medals
		11-20	2 Semis	1 st , 2 nd & 3 rd in each Semi + 4 Fastest Losers to Final
		21-30	3 Semis	1 st & 2 nd in each Semi + 4 Fastest Losers to Final

Sports Class/es	Distance/s	No. of entries	Rounds	Progressions
T32-34 & T51-54	1500m & 5000m	1-10	Final	
		11-20	2 Semis	1 st , 2 nd & 3 rd in each Semi + 4 Fastest Losers to Final
		21-30	3 Semis	1 st , 2 nd & 3 rd in each Semi + 1 Fastest Loser to Final
		31-40	4 Heats + 2 Semis	1 st , 2 nd , 3 rd & 4 th in each Heat + 4 Fastest Losers to 2 Semis (as above)
T32-34 & T51-54	10000m	1-12	Final	
		13-24	2 Semis	1 st , 2 nd , 3 rd & 4 th in each Semi + 4 Fastest Losers to Final
		25-36	3 Semis	1 st , 2 nd & 3 rd in each Semi + 3 Fastest Losers to Final
		37-48	4 Semis	1 st , 2 nd & 3 rd in each Semi to Final
T11-13, T32-34, T51-52 & T53-54	4x100m 4x400m	5-8 Entries	2 Semis	Fastest 4 Times proceed to the Final
		9-12	3 Semis	Fastest 4 Times proceed to the Final
		13-16	4 Heats + 2 Semis	Fastest 8 Times proceed to 2 Semis (as above)

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

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

Note (ii): For World Championships and Paralympic Games, alternate tables may be included in the relevant Technical Regulations.

Track events for athletes in Sports Classes T11, T12 or T13 should have the following maximum number of athletes (i.e., excluding guides) on an eight-lane track:

Event	T11	T12	T13
100m	4	4	8
200m	4	4	8
400m	4	4	8
800m	4/6*	4/6*	8
1,500m	8	10	12
5,000m	12	12	15
10,000m	12	12	20

*denotes depending on starting arrangements.

Ranking and Composition of Heats

3. For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from the relevant list of valid performances achieved during the predetermined period.

After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:

a) For events of 100m to 400m inclusive, and relays up to and including 4x400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:

- i) Fastest heat winner
- ii) 2nd fastest heat winner
- iii) 3rd fastest heat winner, etc.
- iv) Fastest 2nd place
- v) 2nd fastest 2nd place
- vi) 3rd fastest 2nd place, etc.
(Concluding with)
- vii) Fastest time qualifier
- viii) 2nd fastest time qualifier
- ix) 3rd fastest time qualifier, etc.

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

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

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

Draw for Lanes

4. For events 100m to 800m inclusive, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows:

- a) In the first round, the lane order shall be drawn by lot;
- b) For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown above.

Three draws will then be made:

- a) One for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
- b) Another for the fifth and sixth ranked athletes or teams to determine placings in lanes 7 and 8, and;
- c) Another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

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

Note (ii): In Sanctioned and Approved Competitions the 800m event may be run with one or two athletes in each lane, or with group start behind an arced line. This should normally be applied only in the first round, unless because of ties or advancement by the Referee, there are more athletes in a heat of a subsequent round than were anticipated.

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

6. In all preliminary rounds, at least the first and second places in each heat shall qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify. Any other athletes may qualify by place or by time according to the particular Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.

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

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

Lanes Drawn by lot

8. For events longer than 800m, relays longer than 4x400m and any event where only a single round (final) is required, lanes / starting positions shall be drawn by lot.

RULE 22: Ties

(IAAF Rule 167)

1. If the Judges or the Photo Finish Judges are unable to separate the athletes for any place according to these Rules, the tie shall remain.
2. In determining whether there has been a tie between athletes in different heats for a ranking position or for a qualifying position for a subsequent round based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 1/1000th of a second. If there has still been a tie for a ranking position the tie shall be broken by draw. Where there is a tie for a qualifying position for a subsequent round based on time or place, the tying athletes shall be placed in the next round or, if that is not practicable, lots shall be drawn to determine who shall be placed in the next round.

RULE 23: Relay Races

(IAAF Rule 170)

1. Lines 5cm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.
2. Each take-over zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
3. The scratch lines of the first take-over zones for the 4x400m (or the second zones for the 4x200m) are the same as the start lines for the 800m.
4. The take-over zones for the second and last take-overs (4x400m) will be the 10m lines either side of the start / finish line.
5. The arc across the track at the entry to the back straight showing the positions at which the second leg athletes (4x400m) and third leg athletes (4x200m) are permitted to leave their respective lanes, shall be the same as the arc for the start of the 800m event.
6. 4x100m and, where possible, 4x200m relay races, shall be run entirely in lanes.
In 4x200m (if this event is not run entirely in lanes) and 4x400m relay races, the first lap, as well as that part of the second lap up to the line after the first bend (break line), will be run entirely in lanes.

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

7. In relay races of 4x100m and 4x200m, members of a team other than the first athlete may commence running not more than 10m

outside the take-over zone. A distinctive mark shall be made in each lane to denote this extended limit.

In wheelchair relay races of 4x100m and 4x400m members of a team, other than the first athlete, may commence pushing not more than 20m outside the take-over zone. A distinctive mark shall be made in each lane to denote this extended limit.

8. In the 4x400m relay race, at the first take-over, which is carried out with the athletes remaining in their lanes, the second athletes are not permitted to begin running outside their take-over zones, and shall start within this zone. Similarly, the third and fourth athletes shall begin running from within their take-over zones. The second athletes in each team shall run in lanes as far as the nearer edge of the break line marked after the first bend where athletes may leave their respective lanes. The break line shall be an arced line, 5cm wide, across all lanes other than lane 1. To assist athletes identify the break line small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the break line and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the break line.
9. The athletes in the third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they complete 200m of their legs. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. If an athlete does not follow this Rule, his team shall be disqualified.

Note: In the 4x200m relay race (if this event is not run entirely in lanes) the athletes in the fourth leg shall line up in the order of the start list.
10. For wheelchair relays and relays for Sports Classes T11-13 (i.e., involving Guide-runners), where it is required for the relay to be run in lanes, each team shall be allocated two adjacent lanes. The athletes may use either of their two allocated lanes. The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distances of the stages and to denote the scratch lines. Changes will take place as for lanes 1, 3, 5 and 7. The extension-of-start and exchange box lanes should be done with tape of the same colour and width as the existing lane markings.
11. In any relay race, when lanes are not being used, including when applicable, in 4x200m and 4x400m, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to

impede his progress. In 4x200m and 4x400m, waiting athletes shall maintain their order.

12. Check-Marks. When all or the first portion of a relay race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.
13. The baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 28 to 30cm. The circumference shall be 12 to 13cm and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.
14. The baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place substances on their hands in order to obtain a better grip of the baton. If dropped, the athlete who dropped it shall recover it. He may leave his lane to retrieve the baton provided that, by doing so, he does not lessen the distance to be covered. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification.
For wheelchair relays (T33-34, T51-52 & T53-54) and amputee relays (T42-46) the Take-over shall be by a touch on any part of the body of the outgoing athlete. The first touch must be within the Take-over Zone.
15. In all Relay Races, the baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the take-over zone, it is only the position of the baton that is decisive, and not the position of the bodies of the athletes. Passing of the baton outside the take-over zone shall result in disqualification.
16. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or zones, in the case of athletes who have handed over the baton, until the course is clear to avoid obstruction to other athletes. If an athlete willfully impedes a member of another team by running out of position or lane at the finish of his leg, his team shall be disqualified.
17. Assistance by pushing or by any other method shall result in disqualification.
18. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.
19. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the

published first call time for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the Organizing Committee and may be made only until the final call time for the particular heat in which the team is competing. If a team does not follow this Rule, it shall be disqualified.

At Recognized Competitions relays can be contested in accord with clusters of Sports Classes and associated team composition requirements stipulated in the Table below

Sports Class/es	Relay Team Composition Requirements
T11-13	Must include a minimum of one (1) Sports Class T11 athlete and one (1) Sports Class T12 athlete. Can only include a maximum of one (1) Sports Class 13 athlete
T33-34	Must include at least one (1) Sports Class T33 athlete
T35-38	Can only include a maximum of two (2) Sports Class T38 athletes
T42-46	Can only include a maximum of two (2) Sports Class T46 athletes
T51-52	Must include at least one (1) Sports Class T51 athlete
T53-54	Must include at least one (1) Sports Class T53 athlete

20. Baton Exchange for T11-13 Relays

- a) Either the athlete or the Guide-runner can carry the baton;
- b) The baton exchange may take place between either Guide-runners or athletes without restriction, except that the conditions of the method of guidance must be met (i.e., athlete and Guide-runner must be within 0.5m of each other);
- c) A fair exchange is established when the baton carrier passes the baton to the baton receiver within the take-over zone;
- d) The outgoing athlete and their Guide-runner must both be inside the take-over zone at the moment when the baton is exchanged;
- e) Once the outgoing runner leaves the take-over zone they cannot re-enter the take-over zone to receive the baton (i.e., if they go too early);
- f) One (1) Guide per take-over zone will be allowed on the track to help with the positioning of any T12 athlete competing

without a Guide-runner. The Guide must remain in a position which does not interfere with the conduct of the race.

SECTION IV - FIELD EVENTS

RULE 24: General Conditions

(IAAF Rule 180)

Warm-up at the Competition Area

1. At the competition area and before the beginning of the event, each athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges.
2. Once a competition has begun, athletes are not permitted to use, for practice purposes,
 - a) The runway or take-off area;
 - b) Implements;
 - c) The circles or the ground within the sector with or without implements.

Markers

3.
 - a) In Field Events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organizing Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything that leaves indelible marks;
 - b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete's own trial, and shall not impair the view of the judges. No personal markers may be placed in or beside the landing area;
 - c) During Jump Events athletes in Sports Classes F11 can be accompanied onto the field of play by two persons to:
 - i) Act as a caller to provide acoustic orientation during the approach run in High Jump, Long Jump and Triple Jump, and/or;
 - ii) Assist in positioning the athlete on the runway.During throwing events athletes in Sport Class F11 can be accompanied onto the field of play by one person only to act as caller and/or guide

In Sports Class F12 only one person can accompany an athlete onto the field of play to act as caller and/or guide for Jumping and Throwing Events.

Note (i): The caller must stand in a position that does not hinder the officials. The caller must not run along-side or behind the athlete during a trial.

Note (ii): Class 35-38, 42-46 and 20 athletes may require assistance in setting their runway markers prior to the competition. This would also apply in the javelin. The Technical Delegate will provide the appropriate athletes with a document on which the athletes can identify their requirements.

Competing Order

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

Trials

5. In all Field Events, except for the High Jump, where there are more than eight athletes, each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials. Except for the High Jump, no athlete shall have more than one trial recorded in any one round of trials of the competition. In the case of a tie for the last qualifying place, it shall be resolved as described in Rule 24.19 below.

Where there are eight athletes or fewer, each athlete shall be allowed six trials. If more than one fails 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 the fourth and fifth rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials. The competing order for the final round of trials shall be in the reverse ranking order recorded after the fifth round of trials;
- b) When the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw;

Note (i): For Vertical Jumps, see Rule 25.

Note (ii): If one or more athlete(s) is permitted by the Referee to continue in a competition under, such athletes shall compete in all subsequent rounds of trials before all other

athletes continuing in the competition and if more than one, in the same relative order according to the original draw.

- c) Six Throws in Succession Option (Sport Classes F31-34, F51-58).

In competitions other than Paralympic Games or IPC Athletics World Championships, the Technical Delegate may decide, in cooperation with the Competition Organizers, to stage six throws for each athlete consecutively. The Technical Delegate may, to guarantee a quick conduct of the event, also decide this in a competition with more than eight (8) athletes. In that situation all athletes will have six (6) attempts. The Technical Delegate may not decide this in cases where the first three Rounds are held in two or more pools;

- d) Reverse Order Procedures for Secured Throwing Events (Sport Classes F31-34, F51-58).

During Secured Throwing Events no reversal of throwing order will take place after the 3rd or 5th rounds except where the first three rounds are held in two or more pools. In such circumstances the final three Rounds will be held in reverse order of performance.

Completion of Trials

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

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

- a) In the case of vertical jumps, once the Judge has determined that there is no failure according to these Rules;
- b) In the case of horizontal jumps, once the athlete leaves the landing area in accordance with these Rules;
- c) In the case of throwing events for ambulant athletes, once the athlete leaves the circle or runway in accordance with these Rules;
- d) In the case of throwing events for seated athletes, once the implement has landed within the permitted zone.

Qualifying Competition (Preliminary Round)

- 7. A preliminary round shall be held in Field Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). When a preliminary round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a preliminary round shall not be considered as part of the final.
- 8. The athletes shall normally be divided into two or more groups.

Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its warm-up immediately after the previous group has finished.

9. It is recommended that, in competitions of more than three days, a rest day be provided between qualifying competitions and the finals in the high jump.
10. The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Technical Delegate(s). If no Technical Delegate(s) have been appointed the conditions shall be decided by the Organizing Committee. It is desirable that there should be at least 12 athletes in the final.
11. In a qualifying competition, apart from the High Jump, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, he shall not continue in the qualifying competition.
12. In the qualifying competition for the High Jump, the athletes, not eliminated after three consecutive failures, shall continue to compete 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.
13. If no athletes, or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to that number by adding athletes according to their performances in the qualifying competition. In the case of the last qualifying place, if two or more athletes have the same best distances or heights in the overall results of the competition Rule 24.19 shall be applied. If it is determined that there is still a tie, the tying athletes shall be placed in the final.
14. When a qualifying competition for the High Jump is held in two simultaneous groups, it is recommended that the bar be raised to each height at the same time in each group. It is also recommended that the two groups be of approximately equal strength.

Obstruction

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

Delay

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

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

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

The following times should not normally be exceeded:

Individual Events

Number of athletes left in the competition

	<u>High Jump</u>
More than 3	1min
2 or 3	1.5min
1	3min
Consecutive trials	2min

Combined Events

Number of athletes left in the competition

	<u>High Jump</u>
More than 3	1min
2 or 3	1.5min
1 or consecutive trials	2min

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

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

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

Note (v): In field events where athletes receive assistance from Callers or Guides, the time allowed shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation. Should any athlete request verbal confirmation of the starting of the timing clock; an official shall give such confirmation.

Note (vi): If the athlete loses orientation and requires to be re-oriented, the clock shall be stopped and only restarted (to include any elapsed time already recorded) once orientation has again been completed.

Absence during Competition

17. An athlete may, with the permission of, and accompanied by, an official, leave the immediate area of the event during the progress of the competition.

Change of Competition Area

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

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

Ties

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

Result

20. Each athlete shall be credited with the best of all his trials, including those achieved in resolving a tie for the first place.
21. Athletes in Classes F42-44 may use a running, hopping or standing start in jumping events.

A. VERTICAL JUMP

RULE 25: General Conditions (IAAF Rule 181)

1. Before the competition begins, the Chief Judge shall announce to the athletes the starting height and the subsequent heights to which the bar will be raised at the end of each round of trials, until there is only one athlete remaining having won the competition, or there is a tie for first place.

Trials

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

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

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

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

These Rules shall not apply once the athletes still competing agree to raise it to a World Record height directly.

After an athlete has won the competition, the height or heights to which the bar is raised shall be decided by the athlete, in consultation with the relevant Judge or Referee.

In a Combined Events Competition each increase shall be uniformly 3cm in the High Jump throughout the competition.

Measurements

5. All measurements shall be made, in whole centimeters, perpendicularly from the ground to the lowest part of the upper side of the bar.
6. Any measurement of a new height shall be made before athletes attempt such height. In all cases of Records, the Judges shall

also re-check the measurement before each subsequent Record attempt if the bar has been touched since last measured.

Crossbar

7. The crossbar shall be made of fiberglass, or other suitable material but not metal, and shall be circular in cross-section except for the end pieces. The overall length of the crossbar shall be 4.00m \pm 2cm in the High Jump.

The maximum weight of the crossbar shall be 2kg in the High Jump. The diameter of the circular part of the crossbar shall be 30mm \pm 1mm.

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

These end pieces shall have one clearly defined flat surface on which the bar rests on the crossbar supports.

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

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

Control of elasticity: Hang a 3kg weight in the middle of the crossbar when in position. It may sag a maximum of 7cm.

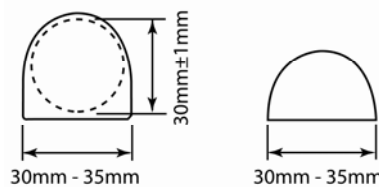


Figure 3 - Alternative ends for crossbar

Placings

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

- a) The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place;
- b) If the athletes are equal following the application of the above Rule the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place;
- c) If the athletes are still equal following the application of this Rule the athletes concerned shall be awarded the same place unless it concerns the first place;

- d) If it concerns the first place a jump-off between these athletes shall be conducted in accordance with Rule 25.9, unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

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

Jump-off

9.

- a) If a jump-off is arranged, the Athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decide not to jump further;
- b) Each athlete shall have one jump at each height;
- c) The jump-off shall start at the next height determined in accordance with Rule 25.1 after the height last cleared by the athletes concerned;
- d) If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm;
- e) If an athlete does not attempt a height in a jump-off he automatically forfeits any claim to the first place. If only one other athlete then remains he is declared the winner regardless of whether he clears that height.

High Jump – Example

What follows is a ‘worked example’ only

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

Athlete	Heights (m)							Failures	Jump Off			Pos
	1.75	1.80	1.84	1.88	1.91	1.94	1.97		1.91	1.89	1.91	
A	O	XO	O	XO	X-	XX		2	X	O	X	2
B	-	XO	-	XO	-	-	XXX	2	X	O	O	1
C	-	O	XO	XO	-	XXX		2	X	X		3
D	-	XO	XO	XO	XXX			3				4

O = Cleared

X = Failed

- = Did not Jump

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

The Rule regarding ties now comes into operation; the Judges add up the total number of failures, up to and including the height last cleared,

i.e., 1.88m. “D” has more failures than “A”, “B” or “C”, and is therefore awarded fourth place. “A”, “B” and “C” still tie and as this concerns the first place, they shall have one more jump at 1.91m which is the next height after the height last cleared by the athletes tying. As all the athletes tying failed, the bar is lowered to 1.89m for another jump-off. As only “C” failed to clear 1.89m, the two other tying athletes, “A” and “B” shall have a third jump-off at 1.91m which only “B” cleared and is therefore declared the winner.

Extraneous Forces

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

RULE 26: High Jump

(IAAF Rule 182)

The 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 should not be considered a failure.

Note (i): 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.

Note (ii): Athletes in Sport Class F11 may touch the bar as an aid to orientation before commencing the run up. If, on so doing, the athlete dislodges the bar this will not count as an attempt.

Note (iii): Athletes in Sport Class F12 and F13 may place an appropriate visual aid on the bar.

The Runway and Take-off Area

3. The minimum length of the runway shall be 15m.
Where conditions permit, the minimum length should be 25m.
4. The maximum overall downward inclination in the last 15m of the runway and take-off area shall not exceed 1:250 along any radius of the semicircular area centred midway between the uprights. The landing area should be placed so the athlete's approach is up the inclination.
5. The take-off area shall be generally level and free from any material inclination and shall be in accordance with the IAAF Track and Field Facilities Manual.

Apparatus

6. Uprights. Any style of uprights or posts may be used, provided they are rigid. They shall have supports for the crossbar firmly fixed to them. They shall be sufficiently tall as to exceed the actual height to which the crossbar is raised by at least 10cm. The distance between the uprights shall be not less than 4.00m no more than 4.04m.
7. The uprights or posts shall not be moved during the competition unless the Referee considers that either the take-off or landing area has become unsuitable. In such a case, the change shall be made only after a round of trials has been completed.
8. Crossbar supports. The supports shall be flat and rectangular, 4cm wide and 6cm long. They shall be firmly fixed to the uprights and immovable during the jump and shall each face the opposite upright. The ends of the crossbar shall rest on them in such a manner that, if the crossbar is touched by an athlete, it will easily fall to the ground, either forwards or backwards. The supports shall not be covered with rubber or with any other material which has the effect of increasing the friction between them and the surface of the crossbar, nor may they have any kind of springs. The supports shall be the same height above the take-off area immediately below each end of the crossbar.

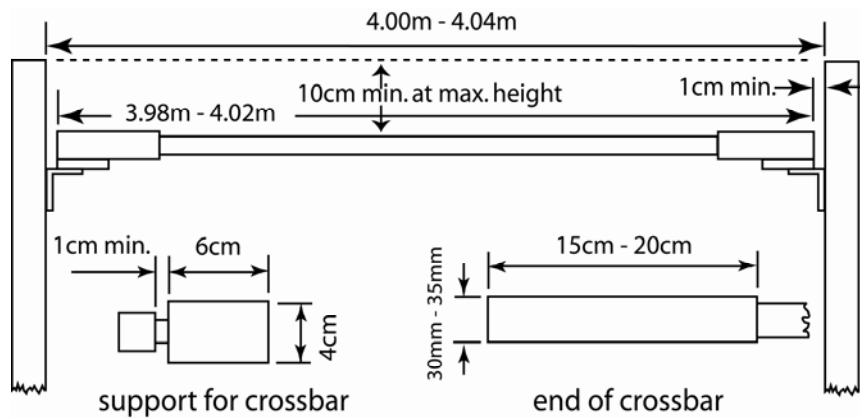


Figure 4 – High Jump uprights and crossbar

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

The Landing Area

10. The landing area should measure not less than 5m long x 3m wide behind the vertical plane of the crossbar. It is recommended that the landing area be not smaller than 6m long x 4m wide x 0.7m high.

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

B. HORIZONTAL JUMPS

RULE 27: General Conditions (IAAF Rule 184)

Measurements

1. In all horizontal jumping events, distances shall be recorded to the nearest 0.01m, rounded down to the nearest 0.01m if the distance measured is not a whole centimeter.

Runway

2. The minimum length of the runway shall be 40m, measured from the relevant take-off line to the end of the runway. It shall have a width of 1.22m \pm 0.01m and shall be marked by white lines 5cm in width.

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

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

Wind Measurement

4. The wind speed shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m.
If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time he commences his run.
5. The wind gauge shall be placed 20m from the take-off line. It shall be positioned 1.22m high and not more than 2m away from the runway.

Prosthesis Considerations

(Sport Classes F42-44)

6.
 - a) If the prosthesis is lost during the run-up then the athlete can try to adjust it and continue within the allowed time or continue without the prosthesis;
 - b) If in the process of jumping an athlete loses their prosthesis and the mark where the prosthesis lands is the closest mark to the take-off board in the landing area, then that is the mark that the trial will be measured from;
 - c) If the prosthesis lands behind the closest mark in the landing area, but outside the landing area, it shall be counted as a foul and recorded as such.

RULE 28: Long Jump
(IAAF Rule 185)

The Competition

1. An athlete fails if:
 - a) He while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping, or;
 - b) He takes off from outside either end of the board, whether beyond or before the extension of the take-off line or;
 - c) He touches the ground between the take-off line and the landing area or;
 - d) He employs any form of somersaulting whilst running up or in the act of jumping or;
 - e) In the course of landing, he touches the ground outside the landing area closer to the take-off line than the nearest break made in the sand or;
 - f) When leaving the landing area, his first contact by foot with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing.

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

Note (ii): It is not a failure under Rule 28.1(b) if a part of an athlete's shoe/foot is touching the ground outside either end of the take-off board, before the take-off line.

Note (iii): It is not a failure if in the course of landing, an athlete touches, with any part of his body, the ground outside the landing area, unless such contact is the first contact or contravenes Rule 28. 1(e).

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

Note (v): Except as described in Rule 28.1(b), if an athlete takes off before reaching the board it shall not, for that reason, be counted as a failure.

2. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand (see Rule 28. 1(f)).

Note: This first contact is considered leaving.

3. All jumps shall be measured from the nearest break in the landing area made by any part of the body to the take-off line, or take-off line extended (see Rule 28.1(f)). The measurement shall be taken perpendicular to the take-off line or its extension.

Note: For athletes in Sport Classes F11 and F12 athletes the takeoff area shall consist of a rectangle 1.00m x 1.22m as depicted in the diagram below which must be prepared in such a way (by use of chalk, talcum powder, light sand, etc) that the athlete leaves an impression on the area with his/her takeoff foot.

The Take-off Board

4. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.
5. The distance between the take-off line and the far end of the landing area shall be at least 10m.
6. The take-off line shall be placed between 1m and 3m from the nearer end of the landing area.
7. Construction. The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure 1.22m \pm 0.01m long, 20cm (\pm 2mm) wide and not more than 10cm deep. It shall be white.
8. Plasticine Indicator Board. This shall consist of a rigid board, 10cm (\pm 2mm) wide and 1.22m \pm 0.01m long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area.
The surface shall rise from the level of the take-off board to a height of 7mm (\pm 1mm). The edges shall either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45°.

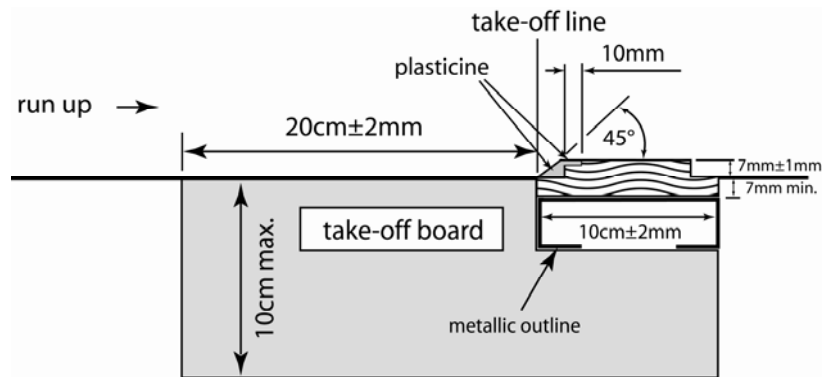


Figure 5 – Take-off board and plasticine indicator board

The upper part of the indicator board shall also be covered for the first 10mm approximately and along its entire length, by a plasticine layer.

When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot.

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

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

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

For athletes in Sport Classes F11 and F12 all jumps shall be measured from the nearest impression left by the take-off foot. Where an athlete does not take off from the take off area, but before it, measurement will be made to the edge of the takeoff area furthest from the pit.

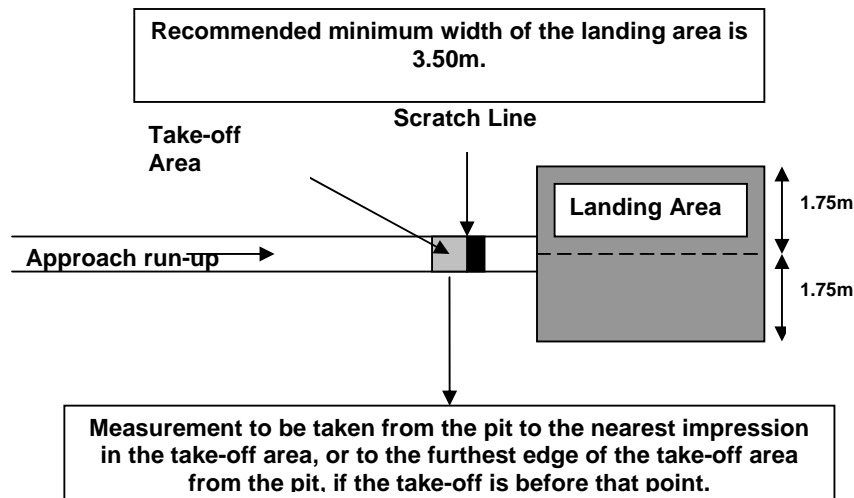


Figure 6 – Take-off Area for athletes in sport classes F11 and F12

The Landing Area

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

Note (i): When the axis of the runway is not in line with the centre line of the landing area, a tape, or if necessary, two tapes, should be placed along the landing area so that the above is achieved (see Figure below).

Note (ii): For Sport Classes F11-12 and the purposes of safety, it is strongly recommended that the minimum distance between the axis of the runway and the sides of the landing area be 1.75m. If this recommendation cannot be met the Technical Delegate may require additional safety measures.

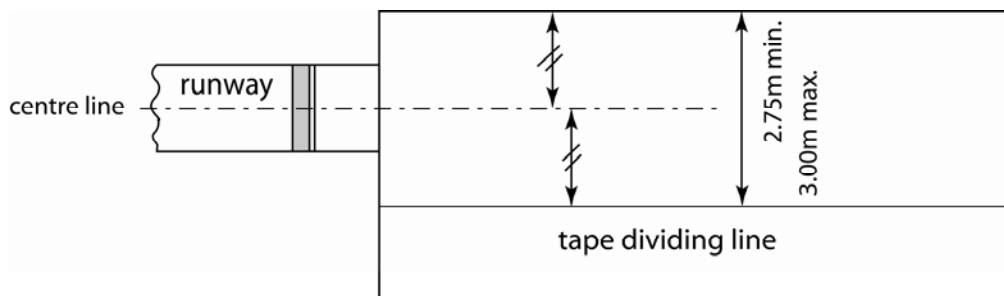


Figure 7 – Centralized Long Jump / Triple Jump landing area

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

RULE 29: Triple Jump
(IAAF Rule 186)

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

The Competition

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

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

Note: Rule 28.1(c) does not apply to the normal landings from the hop and step phases.

The Take-off Board

3. The distance between the take-off line for men and the far end of the landing area shall be at least 21m.
4. For athletes in Sport Classes F46 it is recommended that the takeoff board will normally be set at 9m for females and 11m for males.

For athletes in Sport Classes F11-13 it is recommended that the takeoff board shall be the following distances:

- a) Sport Class 11 a minimum 9m;
- b) Sport Classes F12 and F13 a minimum 11m.

Note: the exact distance from the board to pit shall be determined for each competition in consultation with the Technical Delegate.

5. Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of 1.22m ± 0.01m wide providing firm and uniform footing.

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

C. THROWING EVENTS FOR AMBULANT ATHLETES

RULE 30: Official Implements

(IAAF Rule 187)

1. The implements used shall comply with IAAF specifications. Only implements which hold a current valid IAAF certificate of approval may be used at Recognized Competitions. Refer to the IPC Athletics Implement Weights lists, which may be downloaded from the IPC Athletics website and are set out at Appendix A.
2. Implements listed in Appendix A and not otherwise identified as IAAF specifications must be verified by the Technical Delegate to confirm the implement is compliant.
3. Except as provided below, all such implements shall be provided by the Organizing Committee. The Technical Delegate(s) may, based on the relevant Technical Regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organizing Committee before the competition and made available to all athletes. Such implements will not be accepted if the same model is already on the list of those provided by the Organizing Committee.
4. No modification shall be made to any implements during the competition.

Assistance

5.
 - a) An athlete shall not use any device of any kind - e.g., the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts;
 - b) Athletes must not use gloves;
 - c) In order to obtain a better grip, an athlete may use a suitable substance on his hands only. Shot putters may use such substances on their neck. In addition, in the Shot Put and Discus Throw, athletes may place chalk or a similar substance on the implement.

Throwing Circle

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

outside. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material. The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and $2\text{cm} \pm 6\text{mm}$ lower than the upper edge of the rim of the circle.

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

7. The inside diameter of the circle shall be $2.135\text{m} \pm 5\text{mm}$ in the Shot Put and $2.50\text{m} \pm 5\text{mm}$ in the Discus Throw. The rim of the circle shall be at least 6mm thick and shall be white.

Note: The circular ring should preferably be coloured other than white so that the white lines required by Rule 30.8 are clearly visible.

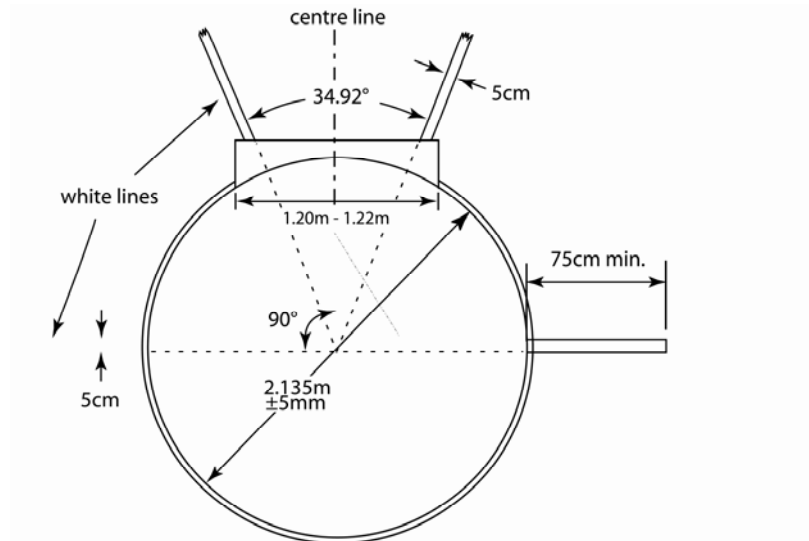


Figure 8 – Layout of Shot Put circle

8. A white line 5cm wide shall be drawn from the top of the rim extending for at least 75cm on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

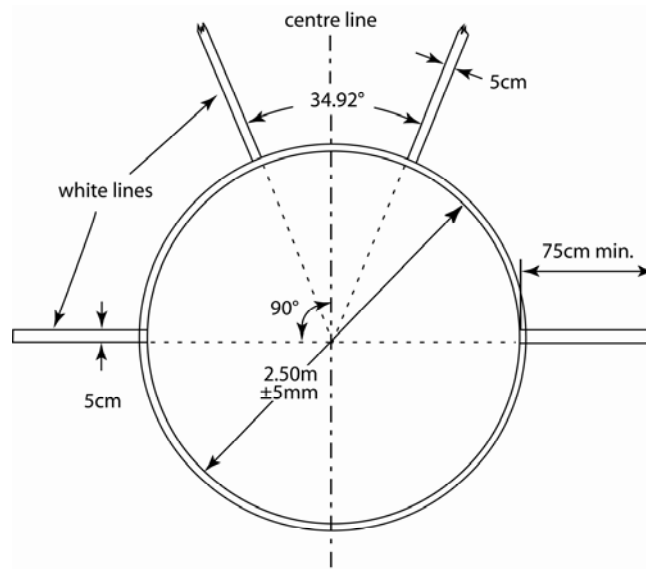


Figure 9 – Layout of Discus circle

9. An athlete may not spray nor spread any substance on the surface of the circle or on his shoes nor roughen the surface of the circle.

Javelin Throw Runway

10. In the Javelin Throw the minimum length of the runway shall be 30m. Where conditions permit, the minimum length shall be 33.5m. It shall be marked by two parallel white lines 5cm wide and 4m apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8m. The arc shall consist of a 7cm wide strip painted or made of wood or a suitable non-corrodible material like plastic. It shall be white and be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 75cm long and 7cm wide. The maximum lateral inclination of the runway shall be 1:100 and in the last 20m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000.

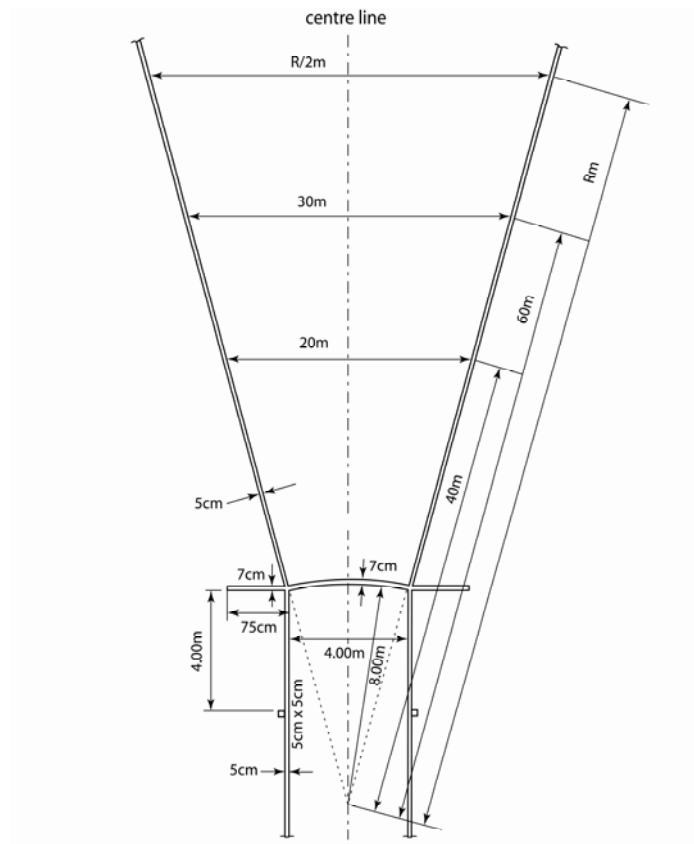


Figure 10 – Javelin Throw runway and landing sector (not to scale)

Landing Sector

11. The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.
12. The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000.
- 13.

- a) Except for the Javelin Throw, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the inner edge of lines, if extended, would pass through the centre of the circle.

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

- b) In the Javelin Throw, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the

runway and intersect at the centre of the circle of which the arc is part (see Figure 16). The sector is thus about 29°.

Trials

14. In the Shot Put and Discus 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.
15. It shall be a failure if an athlete in the course of a trial:
 - a) Improperly releases the shot or the javelin;
 - b) After he has stepped into the circle and begun to make a throw, touches with any part of his body the top of the rim or the ground outside the circle;
 - c) In the Shot Put, touches with any part of his body any part of the stop board other than its inner side;
 - d) 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 strikes the cage after release provided that no other Rule is infringed.

16. 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 30.18 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 24.16.

17. It shall be a failure if the shot, the discus, or the tip of the javelin in contacting the ground when it first lands touches the sector line or the ground outside the sector line.
18. An athlete shall not leave the circle or runway until the implement has touched the ground.
 - a) For throws made from a circle, when leaving the circle, an athlete's first contact with the top of the rim or the ground outside the circle shall be completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.

- b) In the case of the Javelin Throw, when an athlete leaves the runway, the first contact with the parallel lines or the ground outside the runway shall be completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
19. After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

Measurements

20. In all throwing events, distances shall be recorded to the nearest 0.01m, rounded down to the nearest 0.01m if the distance measured is not a whole centimetre.
21. The measurement of each throw shall be made immediately after the trial:
 - a) From the nearest mark made by the fall of the shot or discus, to the inside of the circumference of the circle along a line to the centre of the circle;
 - b) In Javelin Throw, from where the tip of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

Markers

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

RULE 31: Shot Put (IAAF Rule 188)

The Competition

1. The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position

during the action of putting. The shot shall not be taken behind the line of the shoulders.

Note: Cartwheeling techniques are not permitted.

The Stop Board

2. Construction. The board shall be white and made of wood or other suitable material in the shape of an arc so that the inner surface aligns with the inner edge of the rim of the circle and is perpendicular to the surface of the circle. It shall be placed so that its centre coincides with the centre line of the landing sector (see Rule 30.7 Figure 8), and shall be firmly fixed to the ground or to the concrete surrounding the circle.

Note: Stop boards to the 1983/84 IAAF specifications remain acceptable.

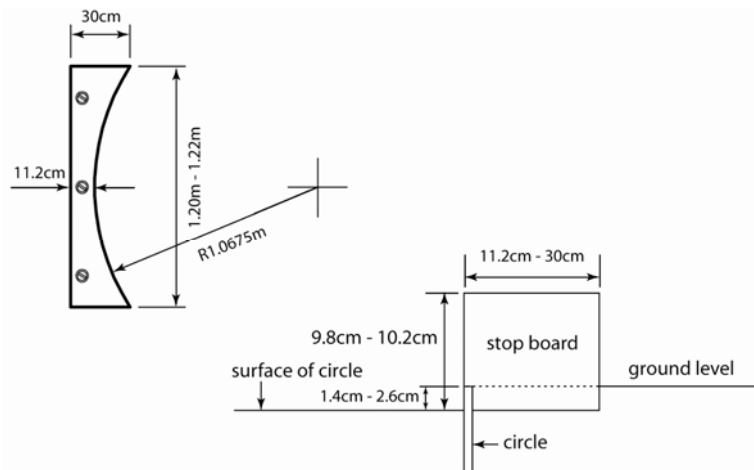


Figure 11 – Shot Put stop board (top and side view)

3. Measurements. The board shall measure 11.2cm to 30cm wide, with a chord of $1.21\text{m} \pm 0.01\text{m}$ for an arc of the same radius as the circle and $10\text{cm} \pm 0.2\text{cm}$ high in relation to the level of the inside of the circle.

The Shot

4. Construction. The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other solid material. It shall be spherical in shape and its surface finish shall be smooth. To be smooth, the surface average height must be less than $1.6\mu\text{m}$, i.e., a roughness number N7 or less.

5. It shall conform to the following specifications:

Shot						
Minimum weight for admission to competition and acceptance of a Record						
	2.000kg	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Information for manufacturers						
Range for supply of implement for competition						
	2.005kg 2.025kg	3.005kg 3.025kg	4.005kg 4.025kg	5.005kg 5.025kg	6.005kg 6.025kg	7.265kg 7.285kg
Minimum Diameter	85mm	85mm	95mm	100mm	105mm	110mm
Maximum Diameter	100mm	110mm	110mm	120mm	125mm	130mm

RULE 32: Discus Throw
(IAAF Rule 189)

The Discus

1. Construction. The body of the discus may be solid or hollow and shall be made of wood, or other suitable material, with a metal rim, the edge of which shall be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the centre of the sides.
Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications.
Each side of the discus shall be identical and shall be made without indentations, projections or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius of 25mm to 28.5mm from the centre of the discus.
The profile of the discus shall be designed as follows. From the beginning of the curve of the rim the thickness of the discus increases regularly up to the maximum thickness D. This maximum value is achieved at a distance of 25 mm to 28.5mm from the axis of the discus Y. From this point up to the axis Y the thickness of the discus is constant. Upper and lower side of the discus must be identical; also the discus has to be symmetrical concerning rotation around the axis Y.
The discus, including the surface of the rim shall have no roughness and the finish shall be smooth and uniform throughout.

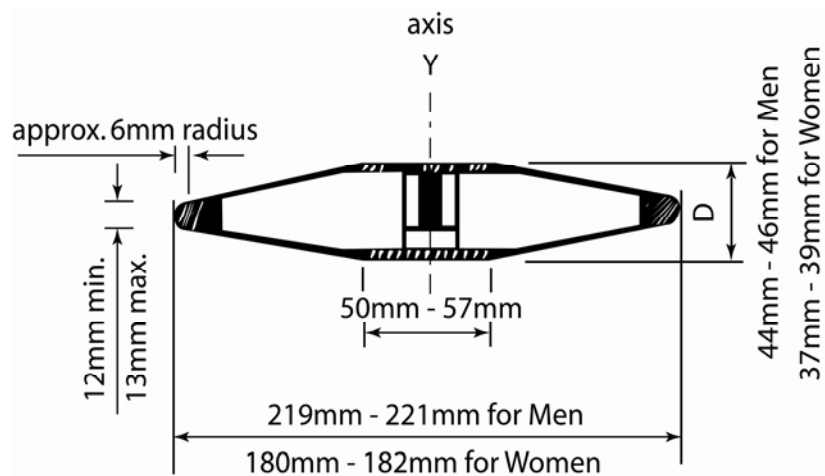


Figure 12 - Discus

2. It shall conform to the following specifications:

Discus					
Minimum weight for admission to competition and acceptance of a Record	0.750kg	1.000kg	1.500kg	1.750kg	2.000kg
Information for manufacturers					
Range for supply of implement for competition	0.755kg 0.775kg	1.005kg 1.025kg	1.505kg 1.525kg	1.755kg 1.775kg	2.005kg 2.025kg
Outside diameter of metal rim					
Min.	170mm	180mm	200mm	210mm	219mm
Max.	172mm	182mm	202mm	212mm	221mm
Diameter of metal plate or flat centre area					
Min.	50mm	50mm	50mm	50mm	50mm
Max.	57mm	57mm	57mm	57mm	57mm
Thickness of metal plate or flat centre area					
Min.	36mm	37mm	38mm	41mm	44mm
Max.	38mm	39mm	40mm	43mm	46mm
Thickness of metal rim (6mm from edge)					
Min.	12mm	12mm	12mm	12mm	12mm
Max.	13mm	13mm	13mm	13mm	13mm

Discus Cage

(IAAF Rule 190)

3. All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the arena with other events taking place at the same time or when the event takes place outside the arena with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory.

Advice is available, on request, through national organizations or from the IPC Athletics Office.

4. The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25 meters per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.
5. The cage should be U-shaped in plan as shown in Figure 13. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m.

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

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

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

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

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

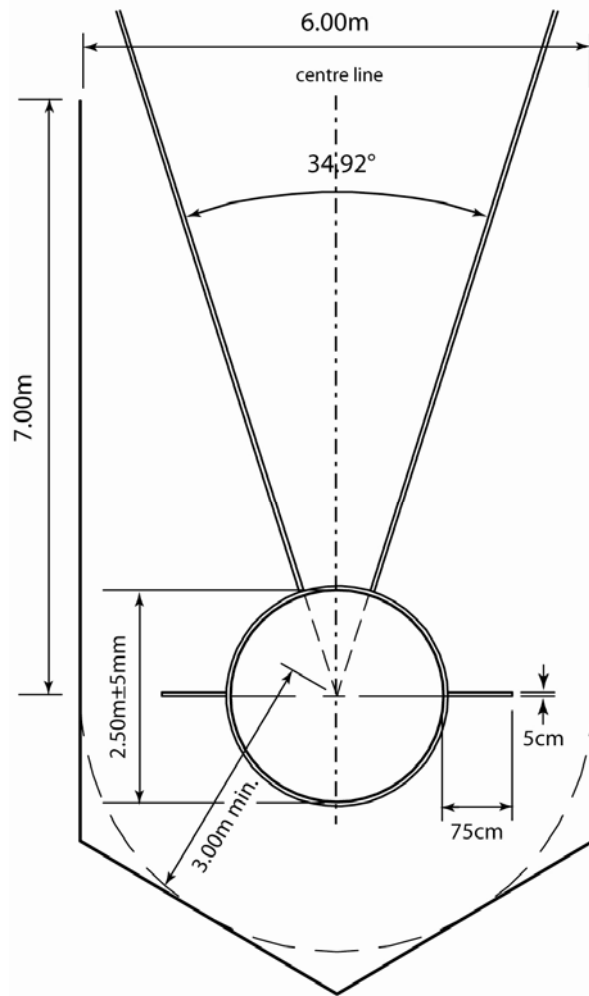


Figure 13 – Cage for Discus Throw only

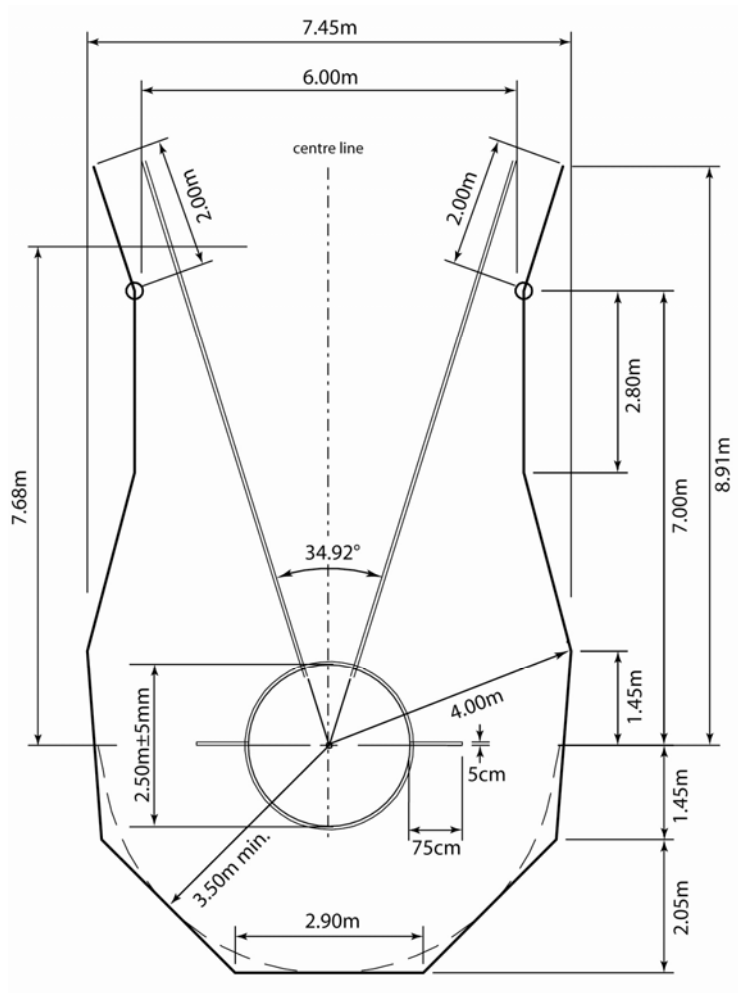


Figure 14 - Cage for Discus Throw with concentric circles

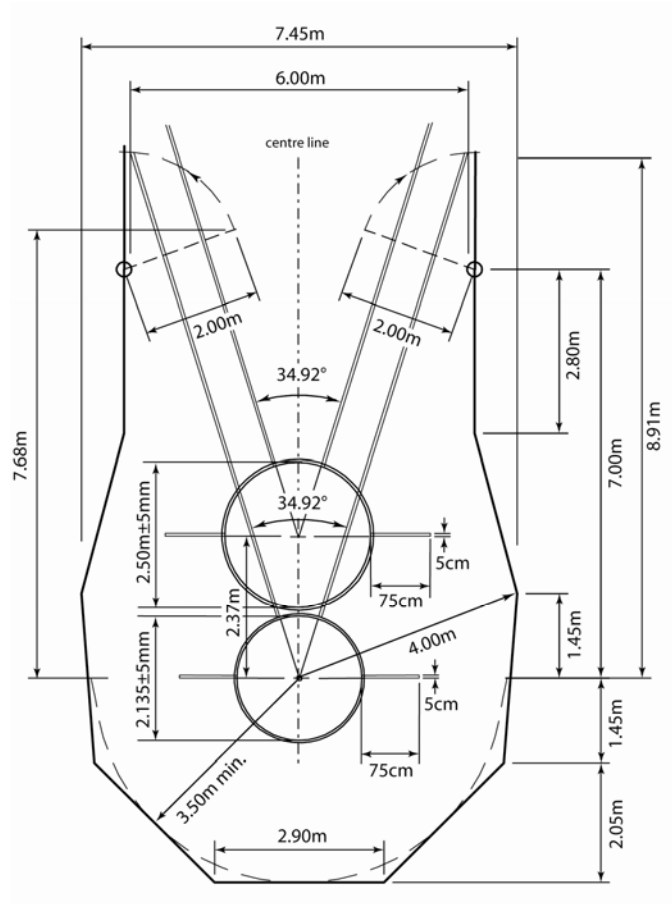


Figure 15 – Cage for Discus Throw with separate circles

RULE 33: Javelin Throw

(IAAF Rule 193)

The Competition

1.
 - a) The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted;
 - b) A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin;
 - c) Until the javelin has been thrown, an athlete shall not at any time turn completely around, so that his back is towards the throwing arc.
2. If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the trial was otherwise made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes

any part of this Rule. In both cases the athlete shall be awarded a new trial.

The Javelin

3. Construction. The javelin shall consist of three main parts: a head, a shaft and a cord grip. The shaft may be solid or hollow and shall be constructed of metal or other suitable material so as to constitute a fixed and integrated whole. The shaft shall have fixed to it a metal head terminating in a sharp point.
The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth and uniform throughout.
The head shall be constructed completely of metal. It may contain a reinforced tip of other metal alloy welded on to the front end of the head provided that the completed head is smooth and uniform along the whole of its surface.
4. The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular nonslip pattern surface but without thongs, notches or indentations of any kind. The grip shall be of uniform thickness.
5. The cross-section shall be regularly circular throughout (see *Note (i)*). The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the part under the grip, may be cylindrical or slightly tapered towards the rear but in no case may the reduction in diameter, from immediately in front of the grip to immediately behind, exceed 0.25mm. From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and to the tail shall be straight or slightly convex (see *Note (ii)*), and there shall be no abrupt alteration in the overall diameter, except immediately behind the head and at the front and rear of the grip, throughout the length of the javelin. At the rear of the head, the reduction in the diameter may not exceed 2.5mm and this departure from the longitudinal profile requirement may not extend more than 300mm behind the head.

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

Note (ii): The shape of the longitudinal profile may be quickly and easily checked using a metal straight edge at least 500mm long and two feeler gauges 0.20mm and 1.25mm thick. For slightly convex sections of the profile, the straight edge will rock while being in firm contact with a short section

of the javelin. For straight sections of the profile, with the straight edge held firmly against it, it must be impossible to insert the 0.20mm gauge between the javelin and the straight edge anywhere over the length of contact. This shall not apply immediately behind the joint between the head and the shaft. At this point it must be impossible to insert the 1.25mm gauge.

6. The javelin shall conform to the following specifications:

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

7. The javelin shall have no mobile parts or other apparatus, which during the throw could change its centre of gravity or throwing characteristics.
8. The tapering of the javelin to the tip of the metal head shall be such that the angle of the point shall be not more than 40°. The diameter, at a point 150mm from the tip, shall not exceed 80% of the maximum diameter of the shaft. At the midpoint between the centre of gravity and the tip of the metal head, the diameter shall not exceed 90% of the maximum diameter of the shaft.
9. The tapering of the shaft to the tail at the rear shall be such that the diameter, at the midpoint between the centre of gravity and the tail, shall not be less than 90% of the maximum diameter of the shaft. At a point 150mm from the tail, the diameter shall be not less than 40% of the maximum diameter of the shaft. The diameter of the shaft at the end of the tail shall not be less than 3.5mm.

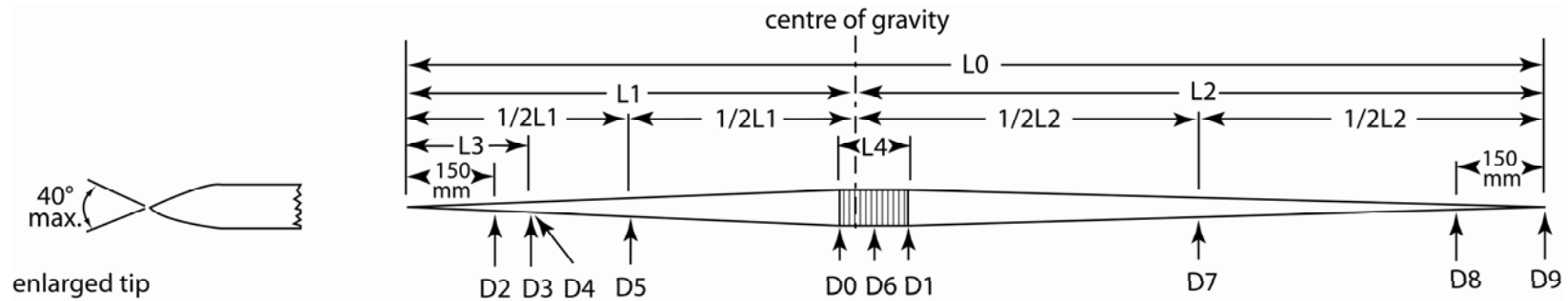


Figure 16 – International Javelin

Lengths (all dimensions mm)						Diameters (all dimensions mm)					
Serial	Detail	Men		Women		Serial	Detail	Men		Women	
		Max	Min	Max	Min			Max	Min	Max	Min
L0	Overall	2700	2600	2300	2200	DO	In front of grip	30	25	25	20
L1	Tip to C of G	1060	900	620	800	D1	At rear of grip	-	DO-0.25	-	DO-0.25
1/2L1	Half L1	530	450	460	400	D2	150mm from tip	0.8 DO	-	0.8 DO	-
L2	Tail to C of G	1800	1540	1500	1280	D3	At rear of head	-	-	-	-
1/2L2	Half L2	900	770	750	640	D4	Immediately behind head	-	D3-2.5	-	D3-2.5
L3	Head	330	250	330	250	D5	Half way tip to C of G	0.9 DO	-	0.9 DO	-
L4	Grip	160	150	150	140	D6	Over grip	DO + 8	-	DO + 8	-
						D7	Half way tail to C of G	-	0.9 DO	-	0.9 DO
						D8	150mm from tail	-	0.4 DO	-	0.4 DO
						D9	At Tail	-	3.5	-	3.5

D. THROWING EVENTS FOR SEATED ATHLETES

RULE 34: General Conditions

Official Implements

1. The implements used shall comply with IAAF specifications. Only implements which hold a current valid IAAF certificate of approval may be used at IPC Athletics Recognized competitions. Refer to the IPC Athletics Implement Weights lists, which may be downloaded from the IPC Athletics website or Appendix A.
2. Except as provided below, all such implements shall be provided by the Organizing Committee. The Technical Delegate(s) may, based on the relevant Technical Regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organizing Committee before the competition and made available to all athletes. Such implements will not be accepted if the same model is already on the list of those provided by the Organizing Committee.
3. No modification shall be made to any implements during the competition.

Assistance

4.
 - a) An athlete shall not use any device of any kind - e.g., the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.

Athletes in Sport Classes F51-53 (i.e., quadriplegic athletes) may use strapping or a glove on their non-throwing hand and can anchor/attach that hand to the throwing frame or throwing pole;
 - b) Athletes in Classes F31 -34, F54-58 must not use gloves;
 - c) In order to obtain a better grip, an athlete may use a suitable substance on his hands only. Shot putters may use such substances on their neck. In addition, in the Shot Put and Discus Throw, athletes may place chalk or a similar substance on the implement.

Throwing Circle

5. The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.

The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and $2\text{cm}\pm 6\text{mm}$ lower than the upper edge of the rim of the circle.

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

Surface of Holding Devices (Sport Classes F31-34 & F51-58)

- a) IPC Athletics Approved Holding Devices must be used to conduct Secured throwing events at IPC Athletics Recognized Competitions;
 - b) At IPC Competitions the interior of the Throwing Circle should be constructed of concrete, asphalt or a similar non-slippery material;
 - c) Where a portable IPC Athletics Approved Holding Devices is being used the surface must provide similar grip to a concrete throwing surface (e.g., coated in gritty paint OR covered in “gritty tape”);
 - d) Movable platforms can be used at the discretion of the Technical Delegate. The platform does not have to be a full circle, but in these circumstances the front arc or semi circle must be designed to give the same effect of throwing from a circle, diameter 2.135m to 2.5m and not alter the angle of the sector.
6. All seated throwing events (shot put, discus throw, javelin throw and club throw) should be conducted from a circle, diameter 2.135m to 2.50m. The rim of the circle shall be at least 6mm thick and shall be white. The use of movable platforms is allowed.

Note: The circular ring should preferably be coloured other than white so that the white lines required by this Rule are clearly visible.

7. A white line 5cm wide shall be drawn from the top of the rim extending for at least 75cm on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

RULE 35: Secured Throwing Requirements
(Sport Classes F31-34, F51-58)

[Note to officials; for the purpose of interpreting this rule and other rules regarding the shape, dimensions, construction and other characteristic of competition equipment regard should be had to Regulation 3.3 regarding 'Technology and Equipment' and in particular the 'fundamental principles' set out at regulation 3.3.1.]

1. Throwing Frame Specifications:
 - a) The maximum height of the throwing frame including the cushion(s) used as a seat shall not exceed 75 cm;
 - b) Footplates if used are for support and stability only;
 - c) Footplates to be placed on the ground and to secure the contact foot are allowed, but should not provide height advantage. The height of these footplates must not exceed 1 centimetre;
 - d) Side and back rests for safety and stability may be attached to the seat. They must be nonflexible and non-movable;
 - e) The frame may have a holding bar. The holding bar material may be of metal, fibreglass or a similar material and must be a single straight piece of material without curves or bends and should not contain springs, joints or articulation. The cross-sectional profile should be circular or square not oval or rectangular. The point where the holding bar is fixed (joined) to the chair must contain no levers or hinges that could assist with propulsion of the implement;
 - f) No part of the frame including any holding bar shall be moveable during the throwing action;
 - g) A day chair that satisfies these criteria is acceptable.

Note: Fibreglass can be rigid, flexible and brittle, only rigid fibreglass holding bars will be permitted.
2. Throwing Frame Measurement and Inspection. Throwing Frames will be measured and inspected in the Call Room or at the competition area prior to the commencement of the event. Once it has been measured and inspected an athlete's Throwing Frame must not be taken from the competition area before the start of the event. Throwing Frames can be re-examined by the officials before, during or after the event.

Note: Measurement will always take place without the athlete sitting in the frame.

3. Athlete's Responsibility for Throwing Frame Compliance. It is the responsibility of the athlete to ensure that their Throwing Frame conforms to the requirements stipulated above. No event shall be delayed while an athlete makes adjustments to their throwing Frame.
4. Positioning of the Frame (Sport Classes F31-34, F51-58). When positioning and securing the throwing frame inside the competition area all parts of the throwing frame, holding bar and footrests must remain inside the vertical plane of the rim of the circle throughout the trial. The leading edge of the holding bar must be positioned in the line of the vertical plane of the throwing circle
5. Time Allocation for Securing Frames (Sport Classes F31-34 & F51-58). A reasonable time will be permitted for an athletes frame to be placed in the circle before the commencement of their first trial, however the following times should not normally exceed:
 - a) 2 minutes for Sports Classes F32-34 and F54-58, or
 - b) 3 minutes for classes F31 and F51-53.

Note: While the responsibility for 'tying down' rests with officials and volunteers, the Technical Delegate will issue specific interpretations at each competition which ensure athletes do not engage in time-wasting tactics.

6. Holding Device Failure (Sport Classes F31-34, F51-58)
If a holding device should break or fail during the execution of a throw then the overseeing official should:
 - a) If the athlete does not foul, offer the athlete the option of re-taking that trial (i.e., if the athlete is happy with the distance and they haven't fouled then the athlete has the option of counting the affected trial), or;
 - b) If the athlete fouls then the trial should not be counted and the athlete should be allowed to retake the affected trial.

RULE 36: Secured Throwing Technique, Lifting & Fouling

1. Secured Throwing Technique for F31-34 & F51-58.
Athletes can use their leg or legs during the throwing action, providing they maintain a sitting position.

Note: The intended "sitting position" is for at least one buttock to be in contact with the seat of the frame whereby the athlete

would be able to balance if they were asked to lift their feet off the ground.

2. Athletes also have the option of finishing the throw or put in an upright position providing they:
 - a) Maintain a sitting position on their throwing frame until the first forward movement which results in the release of the implement (i.e., any preliminary swings or rocking movements must be done from a sitting position);
 - b) Maintain foot contact with the ground or foot plate inside the circle until after the implement has been released;

Note (i): The intended “foot contact with the ground or footplate” is for at least the ball of the foot to be in contact with the ground or footplate inside the circle. The contact foot can turn as per an “able-bodied” active foot action, but it cannot lift or step until the throw has been released.

Note (ii): Some athletes can not get in a position with the foot flat on the surface due to their physical impairment and in those cases it will not be deemed a breach of the rule.

- c) The contact foot may be secured to the ground by strapping or a foot plate, but the thickness of the plate must be $\leq 1\text{cm}$, so that it does not provide a height advantage to the athlete. Any foot-securing device must only be at ground level flat to the ground and must not increase the height of release of the implement (e.g., by throwing off raised footplates);
- d) The non-contact foot is free to move within the throwing area as defined by the rules of the event (i.e., the athlete may step into the throw with the non-contact foot).

Note (i): If an athlete presents with an anatomical limitation that prevents them adhering to the above requirements (e.g., a bilateral amputee), then an assessment will need to be made by the IPC Athletics Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available, as to whether or not the athlete is throwing within the spirit of the rules.

Note (ii): For Sport Classes F32-34, F51-58 from start to finish, the movement of the shot shall be a straight, continuous putting action.

RULE 37: Club Throw

1. The rules for the Club Throw are the same as those of Seated Discus (i.e., substitute “Club” for “Discus” throughout Rule 32) - excluding the implement specifications.
2. The club shall be a minimum weight of 397 grams and shall be subject to the TD approval.

SECTION V – COMBINED EVENTS COMPETITIONS

RULE 38: Format of IPC Athletics Pentathlons

(Sport Classes P11-13, P33-34, P35-38, P42, P44, P46, P51, P52-53 & P54-58)

1. Pentathlon consists of five events which shall be held on one day. The events and the order which they are contested by the respective IPC Athletics Sports Classes at IPC Athletics Recognized Competitions are summarised in the Table below.

Sports Class/es	Gender/s	Event 1	Event 2	Event 3	Event 4	Event 5
P11-13	Males	Long Jump	Javelin	100m	Discus	1500m
P11-13	Females	Long Jump	Shot put	100m	Discus	800m
P33-34	Males & Females	Shot put	Javelin	100m	Discus	800m
P35-38	Males	Long Jump	Javelin	100m	Discus	1500m
P35-38	Females	Long Jump	Shot put	100m	Discus	800m
P42	Males & Females	Long Jump	Shot put	100m	Discus	200m
P44	Males & Females	Long Jump	Shot put	100m	Discus	400m
P46	Males	Long Jump	Shot put	100m	Discus	1500m
P46	Females	Long Jump	Shot put	100m	Discus	800m
P51	Males & Females	100m	Club	400m	Discus	800m
P52-53	Males & Females	Shot put	Javelin	100m	Discus	800m
P54-58	Males & Females	Shot put	Javelin	200m	Discus	1500m

General

2. At the discretion of the Combined Events Referee, there shall, whenever possible, be an interval of at least 30 minutes between the time one event ends and the next event begins, for any individual athlete.
3. In each separate event, except the last, of a Combined Event competition, the heats and groups shall be arranged by the Technical Delegate(s) or Combined Events Referee, as applicable,

so that the athletes with similar performances in each individual event during a predetermined period, shall be placed in the same heat or group. Preferably five or more, and never less than three, athletes shall be placed in each heat or group.

When this cannot be achieved because of the timetable of events, the heats or groups for the next event should be arranged as and when athletes become available from the previous event.

In the last event of Combined Events Competition, the heats should be arranged so that the last one contains the leading athletes after the penultimate event.

The Technical Delegate(s) or the Combined Events Referee shall have the authority to rearrange any group if, in his opinion, it is desirable.

4. The Rules for each event constituting the competition will apply with the following exceptions:
 - a) In the Long Jump and each of the throwing events, each athlete shall be allowed three trials only;
 - b) In case Fully Automatic Timing is not available, each athlete's time shall be taken by three Timekeepers independently;
 - c) In the Track Events, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible further false starts in the race shall be disqualified.
5. Only one system of timing may be applied throughout each individual event. However, for Record purposes, times obtained from a Fully Automatic Photo Finish system shall be applied regardless of whether such times are available for other athletes in the event.
6. Any athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification. Any athlete deciding to withdraw from a Combined Events Competition shall immediately inform the Combined Events Referee of his decision.
7. The scores, according to the current IAAF Scoring Tables, shall be announced, separate for each event and as a cumulative total, to all athletes after the completion of each event.

The winner shall be the athlete who has obtained the highest total number of points.
8. If two or more athletes achieve an equal number of points for any place in the competition, the procedure to determine whether there has been a tie is the following:

- a) The athlete who, in the greater number of events, has received more points than the other athlete(s) concerned shall be awarded the higher place;
- b) If the athletes are equal following the application of Rule 38.8(a) the athlete who has the highest number of points in any one event shall be awarded the higher place;
- c) If the athletes are still equal following the application of Rule 38.8(b) the athlete who has the highest number of points in a second event, etc. shall be awarded the higher place.

SECTION VI - INDOOR COMPETITIONS

RULE 39: Applicability of Outdoor Rules to Indoor Competitions (IAAF Rule 210)

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

RULE 40: The Indoor Stadium (IAAF Rule 211)

1. The stadium shall be completely enclosed and covered. Lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.
2. The arena should include an oval track; a straight track for sprints and runways and landing areas for jumping events. In addition, a circle and landing sector for the Shot Put should be provided, whether permanently or temporarily. All the facilities should conform to the specifications in the IAAF Track and Field Facilities Manual.
3. All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6 mm spikes in running shoes. Alternative thickness may be provided by the stadium management, who will notify athletes of the permissible length of spikes.
IPC World Indoor Championships should be held only on facilities that hold a current valid IAAF Indoor Athletics Facility Certificate. It is recommended that other IPC Recognized competitions should also be held on these facilities.
4. The foundation on which the synthetic surface of the tracks, runways and take-off areas is laid shall be either solid e.g., concrete or, if of suspended construction (such as wooden boards or plywood sheets mounted on joists), without any special sprung sections and, as far as technically possible, each runway shall have a uniform resilience throughout. This shall be checked, for the take-off area for the jumps, before each competition.

Note (i): A "sprung section" is any deliberately engineered or constructed section designed to give extra assistance to an athlete.

Note (ii): The IAAF Track and Field Facilities Manual, may be downloaded from the IAAF website, contains more detailed and defined specifications for planning and construction of indoor stadia including diagrams for track measurement and marking.

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

RULE 41: The Straight Track (IAAF Rule 212)

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

Lanes

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

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

The Start and Finish

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

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

RULE 42: The Oval Track and Lanes (IAAF Rule 213)

1. The nominal length should preferably be 200m. It shall consist of two parallel straights and two bends, which may be banked, whose radii should be equal.
The inside of the track shall be bordered either with a kerb of suitable material, approximately 5cm in height and width, or with a white line 5cm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the line or kerb shall be horizontal throughout the length of the track with a maximum slope of 1:1000.

Lanes

2. The track should have a minimum of four and a maximum of six lanes.

The nominal width of the lanes shall be between 0.90m and 1.10m including the lane line on the right. All lanes shall be of the same nominal width with a tolerance of ± 0.01 m to the selected width. The lanes shall be separated by white lines 5cm wide.

Banking

3. The angle of banking in all the lanes should be the same at any cross section of the track. The straight may be flat or have a maximum lateral inclination of 1:100 towards the inside lane.

In order to ease the change from the straight to the banked bend, the change may be made with a smooth gradual horizontal transition which may be extended into the straight. In addition, there should be a vertical transition.

Marking of the Inside Edge

4. Where the inside edge of the track is bordered with a white line, it shall be marked additionally with cones or flags on the bends and optionally on the straights. The cones shall be at least 20cm high. The flags shall be approximately 25cmx20cm in size, at least 45cm high and set at an angle of 60° with the ground away from the track. The cones or flags shall be placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track. The cones or flags shall be placed at distances not exceeding 1.5m on the bends and 10m on the straights.

Note: the use of an inside kerb is strongly recommended.

RULE 43: Start and Finish on the Oval Track

(IAAF Rule 214)

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

Basic Requirements

2. The start and finish of a race shall be denoted by white lines 5cm wide, at right angles to the lane lines for straight parts of the track and along a radius line for curved parts of the track.
3. The requirements for the finish line are that, if at all possible there should be only one for all the different lengths of race; that it shall

be on a straight part of the track and that as much of that straight as possible should be before the finish.

4. The essential requirement for all start lines, straight, staggered or curved, is that the distance for every athlete, when taking the shortest permitted route, shall be the same.
5. As far as possible, start lines (and take-over zone lines for relay races) should not be on the steepest part of the banking.

Conduct of the Races

6. For races of 400m or less, each athlete shall have a separate lane at the start. Athletes in Sport Classes 11 and 12, if accompanied by a guide, shall have two lanes available. Races of up to, and including, 300m shall be run entirely in lanes. Races over 300m, and less than 800m shall start and continue in lanes until the end of the second bend. In races of 800m, each athlete may be assigned a separate lane, or up to two athletes may be assigned per lane, or a group start, preferably commencing in lanes 1 and 3, may be used.

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

Note (i): In competitions other than IPC competitions the NPCs concerned may agree not to use lanes for the 800m event.

Note (ii): On tracks with less than six lanes, a group start may be used to allow six athletes to compete. This doesn't apply for athletes in class 11 and class 12 if accompanied by a guide.

The Start Line and the Finish Line for a Track of 200m Nominal Length

7. The start line in lane 1 should be on the principal straight. Its position shall be determined so that the most advanced staggered start line in the outside lane (400m races should be in a position where the angle of banking should not be more than 12 degrees. The finish line for all races on the oval track shall be an extension of the start line in lane 1, right across the track and at right angles to the lane lines.

Staggered Start Line for a 200m Race

8. The position of the start line in lane 1 and the position of the finish line having been established, the position of the start lines in the remaining lanes should be determined by measurement in each lane back from the finish line. Measurement in each lane shall be carried out in exactly the same way as for lane 1 when measuring the length of the track (See Rule 15.2).

Having established the position of the start line where it intersects the measurement line 20cm outward from the inside of the lane, the line shall be extended right across the lane, at right angles to the lane lines if on a straight section of the track. If on a curved section of the track, the line of the position to be measured shall be drawn along a radius line through the centre of the bend and if on one of the transition sections (See Rule 42.4) along a radius line through the theoretical centre of curvature at that point. The start line can then be marked 5cm wide, on the side of the measured position nearer the finish.

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

9. As the athletes are permitted to leave their respective lanes on entering the straight after running one or two bends in lanes, the starting positions shall take two factors into consideration. Firstly, the normal echelon allowance similar to that for a 200m race. Secondly, an adjustment to the starting line in each lane to compensate for the athletes in outside lanes having farther to go than those in the inside lanes to reach the inside position at the end of the straight after the break line. These adjustments can be determined when marking out the break line, where the athletes are allowed to leave their lanes. Unfortunately, since start lines are 5cm wide, it is impossible to mark two different start lines unless the difference in position is in excess of approximately 7cm to allow a clear gap of 2cm between the start lines. Where this problem arises, the solution is to use the rearmost start line. The problem does not arise in lane 1 since, by definition, there is no adjustment for the break line. It arises in the inner lanes (i.e., 2 and 3) but not in the outer lanes (i.e., 5 and 6) where the adjustment due to the break line is greater than 7cm. In those outer lanes where the separation is sufficient, a second start line can be measured in front of the first one by the required "adjustment" determined from the break line layout. The second start line can then be marked out in the same way as that for the 200m race. It is the position of this start line in the outside lane which determines the position of all the start lines and the finish line on the track. In order to avoid exposing the athlete starting in the outside lane to the very severe disadvantage of starting on a steeply banked track, all the start lines and hence the finish line are moved sufficiently far back from the first bend so as to restrict the steepness of the banking to an acceptable level. It is, therefore, necessary first to fix the position of the 400m and 800m start lines in the outside lane and then work back through all the other start lines, finally arriving at the finish line.

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

Rounds and Heats

10. In indoor competitions, the following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds and the number of heats in each round to be held and the qualification procedure, i.e., those to advance by place (P) and time (T), for each round of Track Events:

60m

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

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

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

1500m

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

Sport Classes	Distance	No. of Entries	Rounds	Progressions
T11-12 8 Lanes	60m	1-4	Final	Only Finalists eligible for medals
		5-8	2 Semis	1 st in each Semi + 2 Fastest Loser to Final
		9-12	3 Semis	1 st in each Semi + 1 Fastest Loser to Final
		13-16	4 Heats + 2 Semis	1 st in each Heat + 4 Fastest Losers to 2 Semis (as above)
		17-20	5 Heats + 3 Semis	1 st in each Heat + 7 Fastest Losers to 3 Semis (as above)
		21-24	6 Heats + 3 Semis	1 st in each Heat + 6 Fastest Losers to 3 Semis (as above)
		25-28	7 Heats + 3 Semis	1 st in each Heat + 5 Fastest Losers to 3 Semis (as above)
		29-32	8 Rounds + 4 Heats + 2 Semis	1 st in each Round + 8 Fastest Losers to 4 Heats (as above)
T11-12 6 Lanes	200m, 400m & 800m	1-3	Final	Only Finalists eligible for medals
		4-6	2 Semis	1 st in each Semi + 1 Fastest Loser to Final
		7-9	3 Semis	1 st in each Semi to Final

Sport Classes	Distance	No. of Entries	Rounds	Progressions
		10-12	4 Heats + 2 Semis	1 st in each Heat + 2 Fastest Losers to 2 Semis (as above)
		13-15	5 Heats + 2 Semis	1 st in each Heat + 1 Fastest Losers to 2 Semis (as above)
		16-18	6 Heats + 2 Semis	1 st in each Heat to 2 Semis (as above)
T11-12 6 Lanes	1500m	1-5	Final	Only Finalists eligible for medals
		6-10	2 Semis	1 st in each Semi + 3 Fastest Loser to Final
		11-15	3 Semis	1 st in each Semi + 2 Fastest Loser to Final
		16-20	4 Heats + 2 Semis	1 st in each Heat + 6 Fastest Losers to 2 Semis (as above)

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

Draw for Lanes

11. For all events, other than 800m, run wholly or partly in lanes around a bend, where there are successive rounds of a race, three draws for lanes will be made:

- a) One for the two highest ranked athletes or teams to determine placings in the outer two lanes;
- b) Another for the third and fourth ranked athletes or teams to determine placings in the next two lanes;
- c) Another for the other athletes or teams to determine placings in any remaining inner lanes;

The ranking referred to shall be determined as follows:

- a) For the first round, from the relevant list of valid performances achieved during the predetermined period;
- b) After the first round, in accordance with the procedures identified in Rule 21.3(a).

12. For all other races, the lane order shall be drawn in accordance with Rules 21.4 and 21.8.

RULE 44: Clothing, Shoes and Athlete Bibs

(IAAF Rule 215)

When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 6mm (or as required by the Organizing Committee) subject always to the maxima provided in Rule 6.4).

RULE 45: Relay Races

(IAAF Rule 217)

Conduct of the Races

1. In the 4x200m relay race all the first leg and the first bend of the second leg shall be run in lanes. At the end of this bend, there shall be a 5cm wide line (break line) distinctively marked across all lanes other than lane 1 to indicate where each athlete can break from his lane. Rule 23.7 shall not apply.
2. In the 4x400m relay race, the first two bends shall be run in lanes. Thus the same break line, scratch lines etc. will be used as for the individual 400m race.
3. In the 4x800m relay race, the first bend shall be run in lanes. Thus the same break line, scratch lines etc. will be used as for the individual 800m race.
4. In relay races where athletes are permitted to leave their respective lanes on entering the straight after running two or three bends in lanes, the layout for the echelon start is described in Rule 43.9.
5. The waiting athletes in the third and fourth legs of the 4x200m relay race, in the second, third and fourth legs of the 4x400m and the 4x800m relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. If an athlete does not follow this Rule, his team shall be disqualified.

Note: Owing to the narrow lanes, indoor relay races are much more liable to collisions and unintended obstruction than outdoor relay races. It is, therefore, recommended that, when possible, a spare lane should be left between each team.

RULE 46: High Jump
(IAAF Rule 218)

The Runway and Take-Off Area

1. If portable mats are used, all references in the Rules to the level of the take-off area must be construed as referring to the level of the top surface of the mat.
2. An athlete may start his approach on the banking of the oval track provided that the last 15m of his run up is on a runway complying with Rules 26.3, 26.4 and 26.5.

RULE 47: Horizontal Jumps
(IAAF Rule 220)

The Runway

An athlete may start his approach on the banking of the oval track provided that the last 40m of his run up is on a runway complying with Rules 27.2 and 27.3.

RULE 48: Shot Put
(IAAF Rule 221)

Shot Landing Sector

1. The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimize any bounce.
2. The landing sector shall be enclosed at the far end and on the two sides, as close to the circle as may be necessary for safety of the other athletes and officials, by a stop barrier and protective netting of approximately 4m height which should stop a shot whether in flight or bouncing from the landing surface.
3. In view of the limited space inside an indoor arena, the area enclosed by the stop barrier may not be large enough to include a full 34.92° sector. The following conditions shall apply to any such restriction:
 - a) The stop barrier at the far end shall be at least 50cm beyond the current World Record in Shot Put for men or women;
 - b) The sector lines on either side shall be symmetrical about the centre line of the 34.92° sector;
 - c) The sector lines may either run radially from the centre of the Shot Put circle including a full 34.92° sector, or may be parallel to each other and the centre line of the 34.92° sector. Where the sector lines are parallel, the minimum separation of the two sector lines shall be 9m.

- For seated throw competitions, meant for athletes in sport classes F31-F34, and F51-F58 a stop board is not necessary. For these classes, the use of a movable platform at a suitable place in the indoor area is allowed.

Construction of the Shot

- Depending on the type of landing area (see Rule 48.2/48.3), the shot shall be either solid metal or metal cased or, alternatively, soft plastic or rubber casing with a suitable filling. Both types of shot may not be used in the same competition.

Solid Metal or Metal Cased Shot

- These shall comply with Rule 31.4 and 31.5, for the Shot Put outdoors.

Plastic or Rubber Cased Shot

- The shot shall have a soft plastic or rubber case with a suitable filling such that no damage shall be caused when landing on a normal sports hall floor. It shall be spherical in shape and its surface finish shall be smooth. To be smooth, the surface average height must be less than 1.6µm, i.e., a roughness number N7 or less.

The shot shall conform to the following specifications:

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

RULE 49: Combined Events Competitions

(IAAF Rule 222)

Men (Pentathlon)

- The Pentathlon for men consists of five events, which shall be held on one day in the following order:
60m; Long Jump; Shot Put; High Jump; 1000m.

Women (Pentathlon)

2. The Pentathlon for women consists of five events and shall be held on one day in the following order:
60m; High Jump; Shot Put; Long Jump; 800m.

Heats and Groups

3. Preferably four or more, and never less than three, athletes shall be placed in each heat or group.

SECTION VII - ROAD RACES

RULE 50: Road Races

(IAAF Rule 240)

Distances

1. The standard distances for men and women shall be 10km, Half-Marathon, Marathon (42.195km).

Note: It is recommended that road races be staged during April, May, or September to December, inclusive.

The Course

2. The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not (save for the start/finish area) on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

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

Note (ii): It is acceptable for the start and/or finish of a race to be conducted on grass or other soft ground to be determined in the reasonable opinion of the relevant technical official.

3. The start and the finish of a race shall be denoted by a white line at least 5cm wide. In events on roads the course shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race. In all IPC competitions the measurement line should be marked along the course in a distinctive colour that cannot be mistaken for other markings. The length of the course shall not be less than the official distance for the event. In IPC competitions, the uncertainty in the measurement shall not exceed 0.1% (i.e., 42m for the Marathon) and the length of the course should have been certified in advance by an IAAF approved course measurer.

Note (i): For measurement, the "Calibrated Bicycle Method" shall be used.

Note (ii): To prevent a course from being found to be short on future re-measurement, it is recommended that a "short course prevention factor" be built in when laying out the course. For bicycle measurements this factor should be 0.1% which means

that each km on the course will have a “measured length” of 1001m.

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

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

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

4. The distance in kilometres on the route shall be displayed to all athletes.

The Start

5. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands and procedure for races longer than 400m shall be used. 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.

Note (i): In Road races, ambulant athletes from a range of Sports Classes (T11-13, T35-38 & T42-46) can start together, but the finishing order will be determined for each Sport Class.

Note (ii): In Road races, wheelchair athletes from a range of Sports Classes (T32-34 & T51-54) will start according to the decision of the Technical Delegate for the event, but the finishing order will be determined for each Sport Class.

Note (iii): Seeding for Wheelchair Road Races should be by Sports Class, Seed Time and Gender (i.e., T54/34 Males should be seeded in the front row/s, then T54/34 Females, then T52/33/51 Males and then the T52/33/51 Females). The start of each Sports Class event/division should be separated by intervals of 30 seconds to 1 minute. The seeding grid for each Sports Class event/division should position the #1 seeded athlete at the centre position in the front row of the grid with #2 and #3 placed on their right and left, #4 and #5 on their right and left and so on.

Safety and Medical

6.

- a) Organizing Committees of Road Races shall ensure the safety of athletes and officials. At IPC Competitions, the Organizing Committee shall ensure that the roads used for the competition are closed to motorized traffic in all directions;
- b) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organizing Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance;
- c) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

Drinking / Sponging and Refreshment Stations

7.

- a) Water and other suitable refreshments shall be available at the start and finish of all races;
- b) For all events up to and including 10km, water only drinking / sponging shall be provided at suitable intervals of approximately 2-3km if weather conditions warrant such provision;

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

- c) For all events longer than 10km, refreshment stations shall be provided at approximately every 5km. In addition, water only drinking / sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision;
- d) Refreshments, which may be provided either by the Organizing Committee or the athlete, shall be made available at the stations nominated by the athlete. They shall be placed so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizing Committee from the time that the refreshments are lodged by the athletes or their representatives;
- e) Such authorized persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete

either from behind, or from a position no more than one metre in front or to the side of, the table;

- f) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification.

Wheelchair athletes (Sport Classes T32-34, T51-54) may carry their own refreshments.

Athletes in Sport Classes T11-13 and their guides can receive assistance at the refreshment stations.

Note: Organizers must ensure that officials are aware of the specific problems of safety presented in providing drinks to blind and partially sighted athletes, and that adequate training is given to all assistants involved.

Race Conduct

- 8. In Road Races, an athlete may leave the road or track with the permission and under the supervision of an official, provided that by going off course he does not lessen the distance to be covered.
- 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.
- 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. Drafting (Sport Classes T32-34, T51-54). Drafting behind an athlete from another Sports Class or Gender is prohibited.

Note (i): Drafting is defined as seeking a performance advantage by following another athlete within a distance of less than 5m for 400m

Note (ii): This rule does not apply to races over 800m for T53 and T54 as they are considered one class.

- 12. The Organizing Committee shall provide numbered bibs that distinguish between athletes of each Sport Class.
- 13. During road races athletes in Sports Classes T11-12 are allowed to use a maximum of four (4) Guide-runners. Any interchanges must take place without any hindrance to other athletes, and must take place at either the 10km, 20km or 30km marks.
The intention to interchange Guide-runners must be notified in advance to the Referee and Technical Delegate. The technical officials will determine the conditions of the interchange and will

communicate these in advance to the athletes and their Guide-runners.

Note: It is strongly recommended that organizers ensure that the race takes place in its entirety in good daylight conditions.

**APPENDIX:
IPC ATHLETICS IMPLEMENT WEIGHTS FOR SPORT CLASSES**
Sport Classes F11-13

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot put Male	Shot put Female
Open	F11-13	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F11-13	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/18	F11-13	1.50kg	1.00kg	700gr	600gr	5.00kg	4.00kg
U/16	F11-13	1.00kg	1.00kg	700gr	600gr	4.00kg	4.00kg

Sport Class F20

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot put Male	Shot put Female
Open	F20	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F20	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/18	F20	1.50kg	1.00kg	700gr	600gr	5.00kg	4.00kg
U/16	F20	1.00kg	1.00kg	700gr	600gr	4.00kg	4.00kg

Sports Classes F31-38

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot put Male	Shot put Female	Club Male & Female
	F31	NE	NE	NE	NE	NE	NE	397gr
Open, U/20 & U/18	F32	1.00kg	1.00kg	NE	NE	2.00kg	2.00kg	397gr
	F33	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F34	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F35	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F36	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F37	1.00kg	1.00kg	600gr	600gr	5.00kg	3.00kg	NE
	F38	1.50kg	1.00kg	800gr	600gr	5.00kg	3.00kg	NE
	F31	NE	NE	NE	NE	NE	NE	397gr
U/16	F32	750gr	750gr	NE	NE	1.00kg	1.00kg	397gr
	F33	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F34	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F35	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F36	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F37	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F38	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE

Sport Classes F40-46

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot put Male	Shot put Female
Open & U/20	F40	1.00kg	750gr	600gr	400gr	4.00kg	3.00kg
	F42, F41	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F44, F43	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F46	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/18	F40	1.00kg	750gr	500gr	400gr	3.00kg	2.00kg
	F42, F41	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg
	F44, F43	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg
	F46 F45	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg
U/16	F40	1.00kg	750gr	400gr	400gr	3.00kg	2.00kg
	F42, F41	1.00kg	1.00kg	600gr	400gr	4.00kg	3.00kg
	F44, F43	1.00kg	1.00kg	600gr	400gr	4.00kg	3.00kg
	F46, F45	1.00kg	1.00kg	600gr	400gr	4.00kg	3.00kg

Sport Classes F51- 58

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot put Male	Shot put Female	Club Male & Female
Open & U/20	F51	1.00kg	1.00kg	NE	NE	NE	NE	397gr
	F52	1.00kg	1.00kg	600gr	600gr	2.00kg	2.00kg	NE
	F53	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F54	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F55	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F56	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F57	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F58	1.00kg	1.00kg	600gr	600gr	5.00kg	4.00kg	NE
U/18	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F54	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F55	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F56	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F57	1.00kg	1.00kg	600gr	500gr	3.00kg	2.00kg	NE
	F58	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	NE

U/16	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F54	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F55	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F56	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F57	1.00kg	750gr	500gr	400gr	2.00kg	2.00kg	NE
	F58	1.00kg	750gr	500gr	400gr	3.00kg	3.00kg	NE