

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS

UK ATHLETICS

COMPETITION RULES FOR USE IN THE UNITED KINGDOM 2016-2018

IAAF RULES IN FORCE AS FROM 1st NOVEMBER 2015

UKA RULES IN FORCE FROM 1st APRIL 2016

Corrected 16th November 2016

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FOREWORD

FROM IAAF

I am very pleased in the opening weeks of my mandate as president to have this opportunity to introduce the latest edition of the IAAF Competition Rules.

As a former athlete I'm the first to understand that these rules are the bedrock of everything that an athlete or official does in the competition environment. Athletics like all sports is defined by its rules. They provide standardised boundaries for each event discipline and, in turn, clarity and understanding about the decisions taken for the entire athletics family including media and fans.

The IAAF Competition Rules control everything from athletes' eligibility to compete to what clothing can be worn, from anti-doping to medical matters, from lane markings to runways, from take-off boards to wind measurements.

Significantly, IAAF Congress in Beijing voted to change Article 2 of the IAAF Constitution to include trail running officially as part of the definition of 'Athletics'. This decision is reflected with Trail Running added as a separate rule.

Also noteworthy: the distances run at the IAAF World Championships Cross Country have been standardised for both men and women as 10km; the Distance Medley Relay and the women's 50km Race Walk have been added as official World Record events; in line with many other sports, "Junior" has become "U20" and "Youth" is now "U18".

These are just some of the changes which mark out the IAAF Competition Rules 2016-2017 as the latest step in the standardisation of athletics, a process which formally began with the foundation of the IAAF over a 100 years ago.

Seb Coe

IAAF President

FROM UK ATHLETICS

As your new UK Athletics President I am delighted to support the concept of this new combined IAAF rule book incorporating UKA supplements to the IAAF rules. These all appear in a blue font following each IAAF rule and each heading is cross referenced back to the previous equivalent rule number in the 2014 UKA rule book.

The aim of the merged rule book is to have just one set of rules for Athletics in the United Kingdom and in particular to standardise technical rules. The supplements cover all technical issues for Under 17 and lower age groups which are not covered in the IAAF rule book and all non-technical matters such as membership, transfer and resignation from a club, and athlete registration which becomes compulsory with effect from 1 April 2016 except for unattached athletes competing in Road Running, Fell, Hill and Mountain Running and Trail Running.

You will note from Seb Coe's preface above the other inclusions and standardisations that have been made by IAAF.

On behalf of the UKA Board I would like to thank our Rules Advisory Group for the detailed and extensive work that they have carried out over the past 18 months to produce this "Competition Rules for use in the United Kingdom 2016-2018". It becomes effective from 1 April 2016.

Jason Gardener MBE

UKA President

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UKA has accepted that IPC Rules for Competition will apply to Disability competitions held in the UK. IPC Rules are available at <http://www.paralympic.org/athletics/rules-and-regulations/rules> and on request from UKA.

IAAF DEFINITIONS

Area

The geographical area comprising all of the Countries and Territories affiliated to one of the six Area Associations.

Area Association

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

Athletes' Representative

A person who is duly authorised and registered as an Athletes' Representative in accordance with the IAAF Athletes' Representative Regulations.

Athletes' Representative Regulations

The IAAF Athletes' Representative Regulations as may be passed by the Council from time.

Athletes Support Personnel

Any coach, trainer, manager, Athlete Representative, agent, team staff, official, medical or para-medical personnel, parent or any other Person employed by or working with an Athlete or Athlete's National Federation participating in an International Competition.

Athletics

Track and Field, Road Running, Race Walking, Cross-Country Running Mountain Running and Trail Running.

CAS

Court of Arbitration for Sport in Lausanne.

Citizen

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

Citizenship

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

Club

A club or society of athletes, directly or through a body, affiliated to a Member in accordance with the rules of the Member.

Commission

A commission of the IAAF that has been appointed by the Council under the terms of the Constitution.

Constitution

The IAAF Constitution.

Council

The IAAF Council.

Country

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

IAAF

The International Association of Athletics Federations

International Competition

Any of the International Competitions listed under Rule 1.1 of these Rules.

International Invitation Meeting

Athletics competition in which athletes affiliated to two or more Members participate by invitation of the Meeting Organiser.

International-Level Athlete

An athlete who is in the Registered Testing Pool (as defined in Chapter 3) or who is competing in an International Competition under Rule 35.7.

IOC

International Olympic Committee

Member

A national governing body for Athletics affiliated to the IAAF.

Membership

Membership of the IAAF

National Federation

The Member of the IAAF to which an athlete, athlete support personnel or other person under these Rules is affiliated directly or through club or another body affiliated to a Member.

Regulations

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

Residence

Residence is the place or location in which the athlete is registered with relevant authorities as having his primary and permanent home.

Rules

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

Technical Rules

The Rules contained in Chapter 5 of the IAAF Competition Rules handbook.

Territory

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

World Athletics Series

The major International Competitions in the IAAF's four-yearly official competition programme.

Note (i): The above definitions apply to all Rules except where the same terms are also defined in Chapter 3 (Anti-Doping and Medical) e.g., International Competition, in which case the above definitions apply to all Rules except Chapter 3. The definitions in Chapter 3 apply to the Anti-Doping and Medical Rules only.

Note (ii): All references in the Rules to the masculine gender shall also include references to the feminine and all references to the singular shall also include references to the plural.

Note (iii): IAAF publications "The Referee" and "Le Juge Arbitre", in English and French respectively, provide interpretation to the Competition Rules and practical guidance for their implementation.

Note (iv): Amendments (other than editorial amendments) to the corresponding Rules in the IAAF Competition Rules, 2016-2017 approved by the 2015 Congress or by the Council, are marked by double lines in the margin and are applicable from 1st November 2015 unless otherwise stated.

UKA SUPPLEMENT

UKA PREAMBLE & DEFINITIONS

UK Athletics Rules for Competition, supported by the Articles of Association, define affiliation to a National Association as a prerequisite for entry to competition. The National Associations to which these apply are: England Athletics Ltd, Athletics Northern Ireland Ltd, Scottish Athletics Ltd. and Welsh Athletics Ltd.

These Associations will operate and maintain affiliation / registration schemes, including the responsibility to levy club affiliation and athlete registration fees, and are required to describe the conditions associated with such fees from time to time.

Membership of clubs or individuals with UK Athletics is granted automatically on affiliation to any of these National Associations. UK Athletics has delegated responsibility for governance functions to these National Associations.

Other Organisations, Associations or Competition Providers within the sport may request that a Club should become a member of that Competition Provider in order to participate in its activities.

UKA have adopted IAAF rules for the regulation of the sport of Athletics unless hereinafter varied.

The Board of UK Athletics is responsible for the interpretation of UKA Rules, and the final adjudication of any dispute.

Definitions:

The following terms used throughout the Rules have the following meanings:

Terms	Definitions
UK Athletics (UKA):	The Member Federation of the IAAF responsible for athletics in the United Kingdom of Great Britain and Northern Ireland.
British Athletics	The consumer brand of the governing body UK Athletics
National Association (hereafter referred to as "Association"):	England Athletics Ltd, Athletics Northern Ireland Ltd, Scottish Athletics Ltd., Welsh Athletics Ltd.
Region:	A smaller unit of England Athletics with devolved powers for administrative purposes.
District:	A geographical sub-division of Scotland having a separate Committee for administrative purposes.

Area:	A geographical sub-division of England having a separate Committee for competition purposes only
Club:	Affiliated Club including affiliated University, College, School or Services Unit
Competition Provider:	Any organisation approved by UKA who are authorised to promote Athletics in the UK. Those Organisations listed above are deemed to be authorised Competition Providers
Permit / Licence	Written authority to promote an event granted by UKA or a National Association applying the terms and standards currently in force.

Where the words 'must' and 'shall' are used the Rule is compulsory. Where 'should' is employed, while UK Athletics expects that the Rule will be observed, strict compliance is not essential.

The Rules for Competition cover all disciplines of athletics.

The management of Fell, Hill and Mountain Running is delegated to National Committees:

- (a) Fell Runners' Association Ltd. (England)
- (b) Scottish Athletics Ltd. Hill Running Commission
- (c) Welsh Athletics Ltd.
- (d) Northern Ireland Mountain Running Association

The management of Trail Running is delegated to the Trail Running Association

CHAPTER 1: International Competitions

RULE 1 INTERNATIONAL COMPETITIONS

- (1) The following are International Competitions:
 - (a) (i) Competitions included in the World Athletics Series.
(ii) The Athletics programme of the Olympic Games.
 - (b) The Athletics programme of Area, Regional or Group Games not confined to participants from a single Area where the IAAF does not have exclusive control.
 - (c) Regional or Group Championships in Athletics not confined to participants from a single Area.
 - (d) Matches between teams from different Areas representing Members or Areas or combinations thereof.
 - (e) International Invitation Meetings and competitions which are categorised by the IAAF as part of the global structure and approved by the Council.
 - (f) Area Championships and other intra-Area competitions organised by an Area Association.
 - (g) The Athletics programme of Area, Regional or Group Games, and Regional or Group Championships in Athletics confined to participants from a single Area.
 - (h) Matches between teams representing two or more Members or combinations thereof within the same Area, with the exception of U18 and U20 category competitions.
 - (i) International Invitation Meetings and competitions, other than those referred to in Rule 1.1(e), where appearance fees, prize money and/or the value of non-cash prizes exceed USD 50,000 in total, or USD 8,000 for any one event.
 - (j) Area programmes similar to those referred to in Rule 1.1(e).
- (2) The Rules shall apply as follows:
 - (a) The Eligibility Rules (Chapter 2), the rules governing Disputes (Chapter 4) and the Technical Rules (Chapter 5) shall apply to all International Competitions. Other international organisations recognised by the IAAF may have and enforce more restrictive eligibility requirements for competitions conducted under their jurisdiction.
 - (b) The Anti-Doping Rules in Chapter 3 shall apply to all International Competitions (save as otherwise expressly stated in Chapter 3), except that, where the IOC, or another international organisation recognised by the IAAF for such purpose, carries out doping control at a competition under their rules, such as the Olympic Games, those rules shall govern to the extent applicable.
 - (c) The Advertising Rule (Rule 8) shall apply to all International Competitions listed in Rules 1.1(a)(i), (c), (d), and (e). Area Associations may promulgate their own advertising regulations to

- apply to the International Competitions listed in Rules 1.1(f), (g), (h), (i) and (j), failing which those of the IAAF shall apply.
- (d) Rules 2 to 7 shall apply to all International Competitions, except to the extent any Rule specifically limits its applicability.

RULE 2 AUTHORISATION TO STAGE COMPETITIONS

- (1) The IAAF is responsible for supervising a global competition system in cooperation with the Area Associations. The IAAF shall coordinate its competition calendar and those of the respective Area Associations in order to avoid or minimise conflicts. All International Competitions must be authorised by the IAAF or an Area Association in accordance with this Rule 2. Any combination or integration of International Meetings into a Series / Tour or League requires a permit from the IAAF or the concerned Area Association including the necessary regulation or contractual condition for such an activity. The operation may be delegated to a third party. In the event that an Area Association fails properly to manage and control International Competitions in accordance with these Rules, the IAAF shall be entitled to intervene and take such steps as it deems necessary.
- (2) The IAAF alone shall have the right to organise the Athletics competition at the Olympic Games and the competitions that are included in the World Athletics Series.
- (3) The IAAF shall organise a World Championships in odd-numbered years.
- (4) Area Associations shall have the right to organise Area Championships and they may organise such other intra-Area events as they deem appropriate.

Competitions Requiring an IAAF Permit

- (5) (a) An IAAF permit is required for all International Competitions listed in Rules 1.1(b), (c), (d) and (e).
- (b) An application for a permit must be made to the IAAF by the Member in whose Country or Territory the International Competition is to take place not later than 12 months prior to the competition, or such other deadline as may be established by the IAAF.

Competitions Requiring an Area Association Permit

- (6) (a) An Area Association Permit is required for all International Competitions listed in Rules 1.1(g), (h), (i), and (j). Permits for International Invitation Meetings or competitions where appearance fees, prize money and/or the value of non-cash prizes exceed USD 250,000 in total, or USD 25,000 for any one event, shall not be

issued prior to the Area Association's consultation with the IAAF regarding the date.

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

Competitions Authorised by a Member

- (7) Members may authorise national competitions, and foreign athletes may participate in those competitions, subject to Rules 4.2 and 4.3. If foreign athletes do participate, appearance fees, prize money, and/or non-cash prizes for all athletes at such national competitions shall not exceed USD 50,000 in total, or USD 8,000 for any one event. No athlete may participate in any such competition if he is ineligible to participate in the sport of Athletics under the rules of the IAAF, the host Member, or the National Federation to which he is affiliated.

RULE 2 S 1, UKA SUPPLEMENT - PERMISSION TO PROMOTE (PREVIOUSLY UKA RULES 12, 101, 202, 302, 403, 513 & 605)

- (1) This Rule applies to all disciplines of athletics as defined in Rule 21 S2(4).
- (2) All events, other than those identified in (3) below, require Permits/Licences as set out below
- (3) Provided they conform to UKA Rules for Competition the following athletic events do not require specific permission:
 - (a) Events promoted by, and confined to employees (and their relatives) of any particular business entity.
 - (b) Events promoted by, and confined to, HM Services.
 - (c) Events promoted by, and confined to members of schools or an Education Authority, pre-service organisation or other recognised juvenile organisation, provided that the relevant National or County Association is affiliated to the appropriate National Association.
 - (d) Track and Field Events classified as Level 1 where recognition of performances is not required.

NOTE: Explanation for the divisions into Competition Levels is available in diagram form at <http://uka.org.uk/competitions/rules>

(4) Permission to promote will be granted by UK Athletics. UKA may make such procedural arrangements (including delegation to other bodies) for the administration of its powers as it sees necessary. It shall hereinafter be called the Permitting / Licensing Authority.

(5) The Permitting / Licensing Authority shall publish the conditions for permits / licences to be granted which may be varied from time to time.

(6) Applications for permission to promote must be made on the standard form

approved for the purpose and be accompanied by the appropriate fee. The submission to the Permitting / Licensing Authority shall contain such additional information as that Authority may reasonably require. The Permitting / Licensing Authority has discretion whether to grant or refuse permission and shall be entitled to apply to a grant of permission such conditions as it thinks appropriate.

(7) Applications must be made at least eight weeks before the proposed date of the event

(8) Applications must include undertakings by the applicant to:-

- (a) Adopt and comply with UKA Rules for Competition.
- (b) Include the words 'Under UKA Rules' upon all advertising, programmes and printed material issued in connection with the athletic event.
- (c) Organise and manage the event to the appropriate standard and comply with any additional requirements or conditions of the Permitting / Licensing Authority.
- (d) Clearly display the Permit / Licence at the venue and be available for inspection.

(9) Any Body that promotes, or is involved in the promotion of any athletics event in contravention of this Rule shall be liable to disciplinary action by the National Association, and any person taking part in such a competition who is aware of any suspension may thereby be liable to disqualification from competing under UKA Rules for a specified time.

RULE 2 S 2, UKA SUPPLEMENT - UKA PERMITS / LICENCES

(1) TRACK and FIELD

(i) Permits are required for Track and Field competitions as indicated below:

- (a) Competition Providers of competitions classified as Level 5, 4 or 3 must obtain a Permit from UKA.
- (b) Competition Providers of competitions classified as Level 2 held within the boundaries of England, Northern Ireland, Scotland or Wales must obtain a Permit from the appropriate Home Country Association or from UKA for UK wide competitions.
- (c) Competition Providers of competitions classified as Level 1 must obtain a Permit from the appropriate Home Country Association where recognition of athlete performance is required.

(ii) The maximum time allowed for a track and field competition held under a UKA permit will be 8 hours unless a separate group of officials is provided. The 8 hours will commence at the programmed time of the first event and be completed at the scheduled finish time of the final event.

On the first failure to comply a warning will be issued to the Competition Provider and subsequent failures may result in the withholding of a permit.

(2) RACE WALKING

All Open Race Walking events require specific permission to stage events. Applications for permission to promote events should be sent together with a fee (as determined by the appropriate issuing authority) to the appropriate Honorary Secretary:

- (a) For events to be held in England to the RWA Honorary Secretary.
- (b) For events to be held in Northern Ireland, Scotland or Wales to the appropriate National Association.

An OPEN event is defined as one open to all eligible athletes and all eligible affiliated Clubs, including one restricted to a particular County, District and/or age group. (See IAAF Rule 21 S6)

(3) CROSS COUNTRY

Any Competition Provider granted a Cross Country Licence by the Permitting / Licensing Authority must impose, in addition to the basic entry fee, an additional fee of £2 (to be known as the 'Additional Unattached Entry Fee') on every entrant in an Open Senior Cross Country race who is not a member of a Club affiliated to a National Association and who does not have a current individual registration with their National Association. Any additional entry fees collected are payable to the Permitting / Licensing Authority within one month of the date of the competition and must be accompanied by copies of the full entry list and results.

(4) ROAD RACES

UKA has delegated the responsibility for licensing road races to the National Associations and subsequently England Athletics and Welsh Athletics have appointed runbritain to manage the process on their behalf.

(i) Any Competition Provider affiliated to a National Association wishing to hold a road race must:

- (a) Consult the Local Authority Safety Advisory Group or equivalent and inform the relevant Local Authorities and Emergency Services
- (b) Obtain a Road Race Licence from the UKA Permitting / Licensing Authority
- (c) Comply with the requirements of UKA Licence Standards.

(ii) The following shall be deemed to be a race under UKA Rules and will require the issue of a Road Race Licence before they can be held:

- (a) Events in which awards or prizes are given in accordance with the finishing order of runners and/or
- (b) Events which pay appearance money or otherwise contract athletes to appear.

(iii) All Competition Providers who wish to stage any road race must apply for a UKA Road Race Licence in the manner specified by the National Association. Failure to comply with the requirements of the Permitting / Licensing Authority in the issue of a Race Licence may lead to the withholding of future licences to the Competition Provider or such person as the Authority deems fit.

(iv) The appropriate Association shall have the power to reduce or waive the Licence Fee.

(v) Any Competition Provider to whom a Road Race Licence has been granted by UKA must:

- (a) Insert the words 'Under UKA Rules' and the unique Licence Code as issued to the race when the licence is granted, upon all printed matter associated with the Road Race.
- (b) Grant a minimum discount of £2 from the advertised race entry fee in Senior competitions to a member of a Club affiliated to a National Association and who has a current individual registration with their National Association.
- (c) Within one month of the race being staged, submit designated reports to meet National Association requirements, including access to entry and result lists.

(5) FELL, HILL and MOUNTAIN RUNNING

All official UKA Fell, Hill and Mountain Running Races must be registered with one of the National Committees. The registration shall be effected by supplying to the nominated officer of the relevant body details of the race on the form provided and by its subsequent appearance in a published calendar /fixture list /magazine supplement. A nominal charge may be made to cover calendar publication expenses and race insurance.

(6) TRAIL RACES

- i) Competition Providers of Trail Races must obtain a UK Athletics race licence. They are available from the Trail Running Association (TRA) or the appropriate National Association.
- ii) Any Competition Provider granted a Trail Running Licence by UKA must impose, in addition to the basic entry fee, an additional fee of £2 (to be known as the 'Additional Unattached Entry Fee') on every entrant in a Senior Open Trail Running race who is not a member of a Club affiliated to a National Association or is not a registered member of the TRA. Any additional entry fees collected are payable to the Permitting Authority within one month of the date of the competition and must be accompanied by copies of the full entry list and results.
- iii) As indicated in (ii) above, members of the TRA are not liable to pay the Additional Unattached Entry Fee imposed on Trail races. This applies whether or not the TRA granted a race permit for the race in question.

RULE 3 REGULATIONS GOVERNING THE CONDUCT OF INTERNATIONAL COMPETITIONS

- (1) The Council may produce Regulations governing the conduct of International Competitions held under the Rules and regulating the relationships of athletes, athletes' representatives, meeting organisers and

Members. These Regulations may be varied or amended by the Council as it sees fit.

- (2) The IAAF and Area Associations may designate one or more representatives to attend every International Competition requiring an IAAF or Area Association Permit respectively to ensure that the applicable Rules and Regulations are complied with. At the request of the IAAF or Area Association respectively, such representative(s) shall render a compliance report within 30 days of the end of the International Competition in question.

RULE 4 REQUIREMENTS TO COMPETE IN INTERNATIONAL COMPETITIONS

- (1) No athlete may take part in an International Competition unless he:
 - (a) is a member of a Club affiliated to a Member; or
 - (b) is himself affiliated to a Member; or
 - (c) has otherwise agreed to abide by the rules of a Member; and
 - (d) for International Competitions at which the IAAF is responsible for doping control (see Rule 35.7), has signed an agreement in a form set by the IAAF by which he agrees to be bound by the Rules and Regulations (as amended from time to time) and to submit all disputes he may have with the IAAF or a Member to arbitration only in accordance with these Rules, accepting not to refer any such disputes to any Court or authority which is not provided for in these Rules.
- (2) Members may require that no athlete or Club affiliated to the Member may take part in an International Competition in a foreign Country or Territory without the Member's written approval. In such a case, no Member hosting a competition shall allow any foreign athlete or Club of the Member in question to take part without evidence of such permit certifying that the athlete or Club is eligible and permitted to compete in the Country or Territory concerned. Members shall notify the IAAF of all such permit requirements. To facilitate compliance with this Rule, the IAAF shall maintain on its website a list of Members with such requirements.
- (3) No athlete affiliated to a National Federation may be affiliated to another Member without previous authorisation from his National Federation of origin, if the Rules of that Federation require such authorisation. Even then, the National Federation of the Country or Territory in which the athlete is residing cannot enter any athlete's name for competitions in another Country or Territory without previous authorisation from the National Federation of origin. In all cases under this Rule, the National Federation of the Country or Territory in which the athlete is residing shall send a written request to the athlete's National Federation of origin, and the National Federation of origin shall send a written reply to that

request within 30 days. Both of these communications shall be by a means that generates an acknowledgement of receipt. E-mail that includes a receipt function is acceptable for this purpose. If the response of the athlete's National Federation of origin is not received within the 30-day period, the authorisation shall be deemed to have been given.

In the event of a negative response to a request for authorisation under this Rule, which response must be supported by reasons, the athlete or the National Federation of the Country or Territory in which the athlete is residing may appeal against any such decision to the IAAF. The IAAF shall publish guidelines for the filing of an appeal under this Rule and these guidelines shall be available on the IAAF website. To facilitate compliance with this Rule, the IAAF shall maintain on its website a list of National Federations with such authorisation requirements.

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

RULE 5 ELIGIBILITY TO REPRESENT A MEMBER

- (1) In International Competitions held under Rules 1.1(a), (b), (c), (f) or (g), Members shall be represented only by athletes who are Citizens of the Country (or Territory) which the affiliated Member represents and who comply with the eligibility requirements of this Rule 5.
- (2) An athlete who has never competed in an International Competition under Rules 1.1(a), (b), (c), (f) or (g) shall be eligible to represent a Member in an International Competition under Rules 1.1(a), (b), (c), (f) or (g) if he is:
 - (a) a Citizen of the Country (or Territory) by virtue of having been born or by virtue of having a parent or grandparent born in the Country (or Territory); or
 - (b) a Citizen of the Country (or Territory) through the acquisition of a new Citizenship but, in such a case, he may represent his new Member no earlier than one year following the date of acquisition of new Citizenship pursuant to the athlete's application. This period of one year may be reduced or cancelled as set out below:
 - (i) the period shall be cancelled if the athlete has completed one continuous year of Residence in the Country (or Territory) immediately preceding the International Competition in question;
 - (ii) the period may be reduced or cancelled in exceptional cases by the Council. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IAAF Office at least 30 days before the International Competition in question.

- (3) Subject to Rule 5.4, an athlete who has represented a Member in an International Competition held under Rules 1.1(a), (b), (c), (f) or (g) shall not be eligible to represent another Member in an International Competition held under Rules 1.1(a), (b), (c), (f) or (g).
- (4) An athlete who has represented a Member in an International Competition under Rules 1.1(a), (b), (c), (f) or (g) shall be eligible to represent another Member in an International Competition under Rules 1.1(a), (b), (c), (f) or (g) (with immediate effect unless otherwise stated) in the following circumstances only:
 - (a) if the Country (or Territory) of the Member is subsequently incorporated in another Country that is or subsequently becomes a Member;
 - (b) if the Country (or Territory) of the Member ceases to exist and the athlete becomes a Citizen as of right of a newly formed Country ratified by Treaty or otherwise recognised at international level that subsequently becomes a Member;
 - (c) if the Territory of the Member does not have a National Olympic Committee and an athlete qualifies to compete at the Olympic Games for the Territory's parent Country. In such a case, the athlete's representation of the Territory's parent Country at the Olympic Games shall not affect his eligibility to continue to compete for the relevant Member Territory in other International Competitions under Rules 1.1(a), (b), (c), (f) or (g);
 - (d) Acquisition of new Citizenship: if the athlete acquires a new Citizenship, he may represent his new Member in an International Competition under Rules 1.1(a), (b), (c), (f) or (g), but no earlier than three years following the date of acquisition of new Citizenship pursuant to the athlete's application. This period of three years may be reduced or cancelled as set out below:
 - (i) the period may be reduced to 12 months with the agreement of the Members concerned. The reduction shall be effective upon receipt by the IAAF Office of a written notification of the Members' agreement;
 - (ii) the period shall be cancelled if the athlete has completed three continuous years of Residence in the Country (or Territory) of his new membership immediately preceding the International Competition in question;
 - (iii) the period may be reduced or cancelled in exceptional cases by the Council. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IAAF Office at least 30 days before the International Competition in question.
 - (e) Dual Citizenship: if an athlete holds Citizenship of two (or more) Countries (or Territories), he may represent the Member of either (or any) of them, as he may elect. However, having once represented his

elected Member in an International Competition under Rules 1.1(a), (b), (c), (f) or (g), he shall not represent another Member of which he is a Citizen for a period of three years from the date that he last represented the first elected Member. This period may be reduced or cancelled as set out below:

- (i) the period may be reduced to 12 months with the agreement of the Members concerned. The reduction shall be effective upon receipt by the IAAF Office of a written notification of the Members' agreement;
- (ii) the period may be reduced or cancelled in exceptional cases by the Council. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IAAF Office at least 30 days before the International Competition in question.

The application of Rule 5.4(e) is limited to athletes who were born with dual citizenship. An athlete who holds Citizenship of two or more Countries (or Territories) by virtue of the fact that he has acquired a new Citizenship (for example, through marriage) without relinquishing his Citizenship of birth is subject to the provisions of Rule 5.4(d).

- (5) In accordance with Rule 21.2, the eligibility of an athlete competing under these Rules shall at all times be guaranteed by the Member to which the athlete is affiliated. The burden of proof in establishing whether an athlete is eligible in accordance with this Rule 5 rests with the Member and the athlete concerned. The Member must provide the IAAF with valid / authentic documentation demonstrating the athlete's eligibility and such other evidence as may be necessary to prove the athlete's eligibility on a definitive basis. If required by the IAAF, Members shall provide a certified copy of all documentation on which it seeks to rely in demonstrating the athlete's eligibility under this Rule.

RULE 6 PAYMENTS TO ATHLETES

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

RULE 7 ATHLETES' REPRESENTATIVES

- (1) Athletes may use the services of an Athletes' Representative to assist them in the negotiation of their athletics programme and in such other matters as they may agree. Alternatively, athletes may negotiate their own Athletics programmes.
- (2) Athletes in the IAAF Top-30 List in a standard event as of the end of a

calendar year shall not, during the following year, enter into or extend an agreement to use any person in respect of the above services who is not an Athletes' Representative.

- (3) Members, acting reasonably, shall be responsible for the authorisation and recognition of Athletes' Representatives. Each Member shall have jurisdiction over Athletes' Representatives acting on behalf of their athletes and over Athletes' Representatives acting within their Country or Territory or over Athletes' Representatives who are nationals of their Country.
- (4) To assist Members in this task, the Council shall publish Regulations governing Athletes' Representatives. The Athletes' Representative Regulations shall provide for mandatory requirements to be included in each Member's regulations governing Athletes' Representatives.
- (5) It is a condition of Membership that each Member includes a provision in its constitution that all agreements between an athlete and an Athletes' Representative shall comply with the Rules and the Athletes' Representative Regulations.
- (6) An Athletes' Representative shall have integrity and good reputation. If required to do so, he shall demonstrate sufficient education and knowledge for the activity of Athletes' Representative by successfully completing an examination established and organised in accordance with the Athletes' Representative Regulations.
- (7) Each Member shall annually provide to the IAAF a list of all Athletes' Representatives that it has authorised or recognised. The IAAF shall annually publish an official list of all Athletes' Representatives.
- (8) Any athlete or Athletes' Representative who does not comply with the Rules and Regulations, may be subject to sanctions in accordance with the Rules and Regulations.

RULE 7 S 1, UKA SUPPLEMENT - ATHLETES' REPRESENTATIVES (PREVIOUSLY UKA RULE 11)

(1) An athletes' representative is any individual who advises or assists athletes in the planning, arranging and negotiation of their athletic programme.

(2) UK Athletics shall authorise, register and have jurisdiction over all Athletes' Representatives acting within its territory, under the terms of IAAF Rule 7, together with any Regulations and Guidelines published by UKA. UK Athletics will only authorise individuals to be Athletes' Representatives.

(3) No athlete is permitted to use the services of any Athletes' Representative not authorised by UKA and any athlete who does so may be subject to sanctions in accordance with UKA and/or IAAF Rules together with any Regulations made there under. Athletes' Representatives require authorisation from UKA when acting as an Athletes' Representative in relation to any athlete, whether or not the

athlete concerned is subject to the jurisdiction of UKA or competing within the United Kingdom.

(4) UK Athletics shall establish such procedures as it thinks fit for the authorisation and regulation of Athletes' Representatives. UKA shall be empowered to withdraw, cancel or suspend the authorisation of any Athletes' Representative and all authorised Athletes' Representatives shall comply with such direction(s) that UKA may issue from time to time.

(5) Athletes may use the services of any authorised Athletes' Representative with the prior consent of UKA but no such consent shall be granted and no Athletes' Representative shall receive authorisation unless a contract exists between the athlete and his/her Representative which contains the minimum terms set out in the Guidance Notes issued both by the IAAF and UKA referred to in paragraph Rule 7 S1(2) above.

RULE 8 ADVERTISING AND DISPLAYS DURING INTERNATIONAL COMPETITIONS

- (1) Advertising and displays of a promotional nature shall be permitted in all International Competitions as specified in Rule 1.2(c), provided such advertising and displays comply with the terms of this Rule and with any Regulations that may be passed hereunder.
- (2) The Council may pass Regulations from time to time giving detailed guidance as to the form advertising may take and the manner in which promotional or other material may be displayed at International Competitions conducted under these Rules. These Regulations shall adhere to at least the following principles:
 - (a) Only advertising of a commercial or charitable nature shall be allowed at competitions conducted under these Rules. No advertising which has as its objective the advancement of any political cause or the interests of any pressure group, whether domestic or international, shall be allowed.
 - (b) No advertising may appear which, in the opinion of the IAAF, is tasteless, distracting, offensive, defamatory or unsuitable bearing in mind the nature of the event. No advertising may appear which obscures, either partially or otherwise, the television camera's view of a competition. All advertising must comply with any applicable safety regulations.
 - (c) The advertising of tobacco products is prohibited. The advertising of alcohol products is prohibited, unless expressly permitted by the Council.
- (3) The Regulations under this Rule may be amended by the Council at any time.

**RULE 8 S 1, UKA SUPPLEMENT ADVERTISING AND SPONSORSHIP
(PREVIOUSLY UKA RULE 16)**

See the UKA Supplements in Rule 143 for conditions applying to clothing, advertising and sponsorship.

CHAPTER 2: Eligibility

RULE 20 DEFINITION OF ELIGIBLE ATHLETE

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

RULE 21 RESTRICTION OF COMPETITION TO ELIGIBLE ATHLETES

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

RULE 21 S 1 UKA SUPPLEMENT - ELIGIBILITY TO COMPETE (PREVIOUSLY UKA RULE 1)

Eligible Athletes

(i) All competitions under the rules of UKA and Domestic Competitions held under IAAF Rules are confined to eligible athletes as defined by these rules. All athletes in Age Groups covered by these Rules (Age Group Under 13 upwards) must be registered with their National Association and comply with their terms and conditions including payment.

(ii) Should the Competitor not be registered they will be liable to disqualification and in such a case the competition shall be decided as if the ineligible competitor had not taken part. In an Inter-Club or Inter-Team competition that disqualification does not necessarily disqualify the Club concerned.

(iii) Any protest in respect of the registration of an athlete must be made within 5 working days from the formal declaration of issuing the result of the competition.

(iv) To aid the registration process:

- (a) Athletes will have the provision of one week's grace to enable clubs to register their athletes retrospectively beyond the athletes' participation in a competition in which they have taken.
- (b) In addition Home Country Associations may give relaxation in part or whole to the above regulations, in their absolute authority,

through the meeting Permit (normally for Track and Field events this would relate to Level 1 meetings but in exceptional circumstances also to Level 2 meetings).

(v) Registration payment arrangements are at the discretion of the Home Countries.

(vi) Unattached athletes and any Club Member participating as an individual and not as a Member of any Club Team, competing in Road Running, Fell, Hill and Mountain Running and Trail Running are excluded from these regulations.

RULE 21 S 2 UKA SUPPLEMENT - CLUBS (PREVIOUSLY UKA RULE 2)

(1) Each Club and Competition Provider must be affiliated either to UKA for UK wide Competitions or to the National Association in whose geographical area of responsibility the Club's headquarters are located.

(2) An affiliated Club or Competition Provider must supply to the Association to which it is affiliated, and to the UKA itself, such information as that body requires.

(3) A Club must be properly constituted with a constitution which provides, inter alia, for its democratic management by means of a managing committee and the holding of an annual general meeting of all its members.

(4) Athletics is organised within the following disciplines:

- (i) Track and Field
- (ii) Race Walking
- (iii) Cross Country
- (iv) Road Running
- (v) Fell, Hill and Mountain Running
- (vi) Trail Running

A club may only compete in Open Team Competitions if that Club is specifically affiliated for that discipline (not applicable to Trail Running).

RULE 21 S 3 UKA SUPPLEMENT - CLUB MEMBERSHIP (PREVIOUSLY UKA RULE 3 & 5)

Types

(1) First Claim Club Member

- (i) The First Club joined by athletes will be known as their First Claim Club and such athletes are defined as a **First Claim member**. This status will remain in place until they give notice that they wish to terminate their membership of that Club. Such termination shall only be effective once all outstanding tangible assets of the former Club held by the athlete have been returned. If athletes wish to commence membership of a new First Claim Club then they must comply with the requirements set out in paragraphs (8) to (10) below.
- (ii) Once athletes have represented a Club in any Competition they are

ineligible to compete for another Club in Open Team Competition immediately after resignation from that Club and until the transfer process to that Club has been completed in accordance with these Rules. For the avoidance of doubt, an athlete may compete as an individual during that period of ineligibility from team competition once their resignation and new membership have been accepted by both the respective Clubs.

(2) **Other Discipline First Claim Club Member:** Where a Club has not registered that Club for Open Team Competition in a particular discipline as set out in Rule 21 S2(4) above then that athlete may join another Club for First Claim Open Team Competition solely for the purpose of competition in that discipline. Should an athlete wish to register for this membership they must first complete the appropriate "Other Discipline Form" available from the National Associations and have that application confirmed by that Association.

(3) **Second Claim Club Member:** In addition to an athlete having a First Claim Club as defined in (1) above they are permitted to become a member of a Second Claim Club. Whilst this may be for social, coaching or other reasons that athlete may compete for that Club in competitions which specifically state in its rules that its competition is open to **Second Claim members**. Such an athlete is hereafter defined as a Second Claim member. Any affiliated Club accepting a Second Claim or First Claim other member as a competing athlete must satisfy themselves that the athlete is already registered with their National Association.

(4) **Higher Competition Club Member (HCA):** This category only applies to **Senior and Under 20** Track and Field athletes who may apply for registration to compete for a 'Higher Competition Club' in **Senior Track and Field league competitions only**. The application, which shall be made to UKA, must be accompanied by the requisite fee which will be determined annually by the Board of UK Athletics. The application will require approval and endorsement by UKA and once approved the athlete will be deemed to be a HCA member of that Club

All applications must be received by UK Athletics on or before 1st March in the year of competition and will be effective for that calendar year only. Such application will only be accepted from athletes who, at the time of registration, are eligible to compete for their First Claim Club in open team competition. The registration will take effect from 1st April of the year in question. The registration must be renewed with the same or another Club for each and every year that the athlete wishes to benefit from such higher level competition.

Three tiers of league competition are recognised:

- (i) UK level (British Athletics League; UK Women's Athletics League)
- (ii) Northern Irish; Scottish; Welsh; Midland; Northern and Southern Leagues
- (iii) Other Lower Level Leagues

Athletes may only join the 'Higher Competition Club' if their own First Claim club does not, in that season, compete in that league. Athletes may, at their

discretion, decide whether to compete for their Higher Competition Club or their First Claim Club on any one day but not for both.

Process of becoming a member of a club, transferring clubs and resignation

(5) **Membership of a Club**, whether under (1), (2) or (3) above commences on the actual day of election by the Committee of that Club at a properly convened meeting.

(6) **“Unattached”**: An athlete who is not a member of an affiliated Club shall be regarded as ‘unattached’. After one year of competition an athlete taking part in any event within disciplines listed in Rule 21 S2(4) (i), (ii) and (iii) must be a member of a Club affiliated to UKA and be registered with a National Association. Once an athlete has been registered with a National Association then it is not possible to return to “unattached” status. For the avoidance of doubt, this condition does not apply to athletes who participate solely in Road, Fell, Hill and Mountain or Trail events.

(7) **Communication**: All communications between clubs or by athletes or clubs with UKA or National Associations may be either by letter or by electronic communication

(8) **Transfer from one club to another**: Athletes desiring to change their First Claim Club must complete the form approved by UKA in every detail and submit it to the Home Country Eligibility Committee in which the headquarters of the Club they now wish to represent is located. This application must be accompanied by an administration fee of £10. (This fee is waived for athletes who are in the Under 13 or Under 15 age groups at the time of receipt of the application, although the necessary form needs to be completed and submitted to the relevant Eligibility Committee to register the change of first claim status)

An athlete who has taken part in any competition and / or has been registered at any time with a National Association must complete the change of club process as set out above. Former club members whose membership has lapsed by not paying a club fee, not being registered with a National Association or having not competed as a member of that club) for a period of 3 years from the date their membership lapsed may apply to join a different club on the basis that their previous membership has lapsed and the administration fee will not be payable.

Provided that the applicant has not made a successful application for change of first claim status within a twelve month period and the completed application form and administration fee are received by the appropriate Eligibility Committee by the 10th day of the month, the change of first claim status will be operative from the 1st day of the following month. Applications received after the 10th of the month will not be reviewed until the following month and the change of first claim status will be operative from the first day of the month following acceptance.

Any athlete making a false declaration in support of such an application will

be subject to at least a waiting period as outlined in (9) below and may be subject to more severe penalties.

(9) If an athlete makes a second or subsequent application to change their first claim status within a twelve month period then the process of applying is as outlined in 21 S8. If the application is in order and submitted by the 10th of the month then clearance will become operative on the first day of the fourth month following that acceptance.

(10) An athlete wishing to claim partial or complete exemption from the imposition of the four month waiting period may make application to the National Eligibility Committee in the manner identified in (8) above.

(11) **Resignation from a Club:** A notice of resignation from a Club must be made in writing by the athlete, or by a parent/guardian of an athlete under the age of 16, and shall be determined by the Club Committee within one calendar month of receipt. In default the appropriate National Eligibility committee shall determine that resignation. Membership shall be deemed to have ceased on the actual date of submitting the resignation, (but see restriction identified in (1) above). Members wishing to join another Club following resignation must comply with the conditions within (8 - 10) above as applicable. After 28 days from ceasing to be a member of a Club or Association, having competed in disciplines listed in Rule 21 S2(4) (i), (ii) or (iii), athletes shall not be eligible to compete in Open Competition until they have again become members of an affiliated Club or Association.

(12) **Amalgamation or Absorption of a Club:** In the case of a Club amalgamated with, or absorbed by, another Club membership shall be regarded as continuous. If, however, members on receiving notice of the amalgamation or absorption of the Club, shall within 28 days notify in writing the Secretary of the Club, or other persons issuing such notice that they do not intend to continue in membership, such membership shall be regarded as having ceased on the date of amalgamation or absorption. The position of the athlete in regard to Open Team Competition shall be the same as if the original Club had been disbanded.

(13) **Membership arrangements where a Club is disbanded:** Athletes whose former Club has been officially disbanded may seek approval from the appropriate Eligibility Committee to represent another Club in Open Team Competition with effect from the first day of the following month.

(14) **Expulsion from Membership from an Affiliated Club:** The Management Committee of an affiliated Club shall have the power to expel any member whose membership is twelve months in arrears, provided that a month's notice in writing shall have been sent to the member's last known address giving information of the proposed action of the Committee.

(15) **Disputes between Athletes and their Clubs** relative to competition matters may be referred to the appropriate National Association Eligibility Committee for arbitration under its appeal procedure.

(16) Expulsion from Membership by UKA:

- (i) In its consideration of matters referred to it by National Associations or Appeals received in accordance with Rule 146 S1, UKA may deem that the conduct of a member of an Affiliated club in relation to any competition matter is sufficiently serious to demand that the affiliated club concerned expel that person from club membership in perpetuity or for such period of time that UKA may determine, including when that person:
 - (a) has committed a serious criminal act
 - (b) is guilty of a serious breach of an anti-doping rule
 - (c) is guilty of a fundamental breach of UKA licensing conditions
- (ii) The above clause will also relate to any club member who is an Official, Coach or athlete support personnel considered to have offended under 16(i) above. Such expulsion to extend also to the removal of an Official or Coach UKA Licence.
- (iii) An affiliated Club which refuses to sanction the exclusion of such a person in turn renders itself liable to expulsion from membership of UK Athletics, as does any other affiliated Club which allows the person concerned to become a member or to become associated with any of the Club's activities.

RULE 21 S 4 UKA SUPPLEMENT - COMPETITION CONDITIONS (PREVIOUSLY UKA RULE 4)

(1) **Birth qualification:** For the purpose of determining place of birth for a competition qualification this may be either at the location of actual birth or at the domicile of the mother at the time of birth, if different. In the event that the different locations are in different Counties or Districts then the athletes may make an irrevocable selection for which County or District they wish to be eligible. Once an athlete has made a decision as to their County or District of birth this may not be changed.

(2) **Individual Open Competition:** An Open Competition is one which is open to all athletes who have registered with their National Association. The Association/ Competition Provider may define a particular geographical location and/or age group. Exemptions apply to Road, Hill and Fell and Trail races

(3) **Open Team Competition:** Open Team Competitions are competitions open to all eligible Clubs affiliated for that discipline, including all Clubs in a particular County, District and/or age group.

Only First Claim Members and Other Discipline First Claim Members of a Club may represent that Club in Open Team Competition unless the Competition Provider has stipulated that such competition is also open to Second Claim Members and Higher Competition Members as defined in 21 S3 (iii) (iv).

The Competition Providers of such competitions or races may make such qualifying conditions as they think fit, including the right to stipulate in Senior

Track and Field League Competition that they shall be for First Claim and Higher Competition Club members only, but not at the exclusion of either. Notwithstanding the above, Senior Track and Field League Organisation rules may limit the number of Higher Competition Athletes allowed to compete per Club in any one fixture. This number must be at least two per Club. The rules of specific Leagues may permit a larger number to compete. Higher Competition Club members competing under these rules shall not have their points disallowed from their club's score because of their status as Higher Competition Club members unless the maximum allowed has been exceeded.

There is no restriction to the total number of Higher Competition Members that a club may have registered at any one time.

(4) **Composite Teams:** Clubs may apply to UKA to become a Composite Team where from 2 to 5 Clubs wish to combine together for specific competitions. UK Athletics will approve such registration if it complies with application guidelines. Approved registrations will be forwarded to the relevant Competition Provider who may accept or reject such an application. Requests for the registration of a Composite Team must be received by UK Athletics no later than 30th September of the preceding year and be accompanied by the relevant fee which will be determined annually by the Board of UK Athletics. The Competition Advisory Group may agree, at their sole discretion, to vary these conditions.

NOTE: Such an amalgamation of teams for competition purposes specifically does not require the Constitution of the Clubs concerned to be amalgamated.

(5) **Jurisdiction:** Every Competition Provider of an athletics meeting or competition under UKA rules, and every person tendering an entry for such meeting or competitions shall be considered to have submitted to the jurisdiction of UKA on all questions which may arise concerning the application, construction, meaning or effect of the rules of UKA.

(6) **Additional Rules & Conditions:** Any Competition Provider may apply additional rules and conditions to those required in UKA rules but must not relax any Rules.

(7) **Health and Safety:** if the relevant Referee or Medical Officer of a Competition considers that the performance of any athlete may be injurious to their health and safety then that Referee can refuse to allow that athlete to start or continue to compete in a Competition at their sole discretion.

RULE 21 S 5 UKA SUPPLEMENT - FIRST CLAIM STATUS (PREVIOUSLY UKA RULE 5)

(1) Where eligibility is not defined in the paragraphs 2 - 5 below, athletes who are registered with their National Association under rule 21 S1 are eligible to represent a Club in Open Team Competition when they join their first Club as a first claim member.

(2) **Where athletes are at school**, that school shall always have first claim on their services, irrespective of any other claim on them.

(3) When at University or Recognised Establishments of High Education

- (i) Full time students at recognised establishments of Higher Education shall be eligible to compete in Open Team Competition for their College or University provided that their first claim club is not competing in that competition. In the case of a league where there is more than one division, this will be deemed to be the same competition for the purpose of this rule.
- (ii) An establishment of Higher Education can only invoke the provisions in (1) above if membership of its Club is solely restricted to students and staff of that establishment.

(4) Other Discipline Membership: Where athletes' First Claim Clubs do not affiliate a particular discipline listed in Rule 21 S2(4) above, they are eligible to represent an Other First Claim Club in that discipline of athletics as defined in 3 (2) above for which their First Claim Club does not affiliate, following approval from the appropriate National Eligibility Committee.

(5) Foreign Athletes: Under 20 and Senior Men and Women who would not be eligible to compete for Great Britain and Northern Ireland under IAAF Rules, whether permanently or temporarily resident in the country, are only permitted to represent a Club in Open Team Competition as a first claim member if they have been registered with UKA by 1st January in the year of competition or have applied under Rule 21 S8 making application to the appropriate National Eligibility Committee for relaxation or exemption from the above. The applicant must give as much information as is required and the registration is subject to a charge as determined from time to time by the Board of UK Athletics. Foreign athletes permanently resident in the UK will be required to register and pay the registration fee for 2 years; after 2 years of registration the fee will not be payable but annual registration will continue. Should an athlete change their IAAF eligibility during the year from GB & NI to another Country (except as set out in the "Note" below) an application under Rule 21 S8 to register as a foreign athlete is required and have that approved under Rule 21 S8 before they are eligible to resume first claim club competition for their First claim club.

League Competition Providers may decide, in conjunction with UKA, to place a limit on the number of foreign athletes who can compete for an affiliated Club in any given league or other team competition but this number should not normally exceed four such foreign athletes in any one meeting.

Permanent residence is defined as an athlete having residence for employment or educational purposes. Temporary residence is defined as an athlete not undergoing educational training or being in gainful employment. Subject to registration with UKA as set out above and any regulations set out by the Competition Provider these athletes are eligible to compete in Open Team Competition. Athletes will not normally be eligible for Open Team Competition where their temporary presence in the UK is for the purpose of holidays, short

visits or sporting events. This is a matter for the Competition Provider. Competition Providers may choose to apply more restrictive restrictions as allowed in 21 S4(6) **Additional Rules & Conditions** above. Applications for permanent or temporary residence should be supported by appropriate evidence.

NOTE: Athletes possessing dual nationality of Great Britain and Northern Ireland and another country recognised by the IAAF will be regarded as eligible to seek to represent any Club under the jurisdiction of UKA unless they represent that other country in international competition when they will henceforth be regarded as an athlete governed by this Rule and will need to seek registration for subsequent seasons. Athletes born in Northern Ireland and resident within the United Kingdom are exempt from the requirement to register even if they have represented the Republic of Ireland in international competition.

RULE 21 S 6 UKA SUPPLEMENT - COUNTY, DISTRICT AND AREA QUALIFICATIONS (PREVIOUSLY UKA RULE 9)

(1) English County Qualification

(i) County Championships are open to all eligible athletes possessing a County qualification.

(ii) A County qualification may be acquired as follows:

(a) By birth (see also Rule 21 S4(1))

(b) By nine month's continuous bona fide residence in the County immediately prior to the competition.

(c) By service in a Unit of HM Forces stationed in the County for nine months immediately prior to the date of the competition. Temporary absence on duty shall not break a qualification acquired under this paragraph.

NOTE: Membership of a Club affiliated to a County Association does not, of itself, provide an athlete with a County qualification unless at least one of (a) – (c) above is satisfied.

(iii) Competitors who have qualified and competed, under (1)(ii)(b) or (c) above retain that qualification until they have acquired a residential qualification and competed in the Championship of another County, or represented another County in an Inter-County Championship.

(iv) A student at school, college or university does not acquire a residential qualification by residence in the County during term time only (See also (x) below)

(v) An athlete who has competed in a County Championship (other than is allowed under (x) below) or represented a County in an Inter-County competition, may not compete in the Championships of, nor represent, another County in that Competition Year.

(vi) County Inter-Team (including relay) Championships are open to:

- (a) Any Club affiliated to the County Association, fulfilling the appropriate requirements of Rule 21 S2(4)
- (b) Any Unit of HM Forces stationed in the County
- (c) Any school, college or business house in the County

NOTE: Every member of a team must hold a County qualification for that event as defined in (ii) above.

(vii) A County may at its discretion limit Team Championships to affiliated Clubs.

(viii) Athletes whose first claim Club is not affiliated to the County Association may compete for their second claim Club in a County Inter-Team Championship if they possess the necessary County qualification.

(ix) A Club may affiliate to more than one County.

(x) A County may at its discretion relax the qualification in the case of athletes in term-time residence at a school, college or university within its boundaries, but competition in any such events shall not be deemed to have established a County qualification for any inter-county competition. This discretion is not extended to include athletes of any age attending only as day students at the institution concerned.

(xi) Where County boundaries are changed by law, affecting the place of birth or residence of an athlete, thereby moving it from County A to County B the following shall apply:

- (a) if athletes have already competed for County A, or in the Championships of County A, under (ii) above, they shall retain the existing birth or residential qualification unless notice is given in writing to the Honorary Secretary of County A that they wish henceforth to be qualified for County B.
- (b) if athletes have not competed for County A or in the Championship of County A under (ii) above, the place of birth shall be deemed to have been in County B and any period of residence in County A to have been in County B.

(xii) Competitors in an Inter-County Championship must possess a County qualification under (ii) above for the County they represent.

(2) English Area Championships and Representation

(i) Individual competition

- (a) An Area qualification to compete shall be acquired as follows:
 - By birth (See also Rule 21 S4(1))
 - By nine months' continuous bona fide residence within the Area boundary immediately prior to the date of competition.
 - By nine months' service in HM Forces stationed within the Area boundary immediately prior to the date of the competition.
- (b) A student at school, college or university does not acquire a residential qualification by residence during term time alone. An Area, though, may, at its discretion, relax the residential qualification

in the case of Under 20 and younger athletes, and of Seniors in residence at college or university, but any competition shall not be deemed to have established an Area qualification.

- (c) No athlete is allowed to compete in the Championships of more than one Area Association in any one nine month period

(3) Team Competition

Area Competition: eligibility to compete shall be by first claim membership of a Club affiliated to that Area.

(4) Area Representation

Athletes may compete for an Area provided they are eligible to compete in that Area's Championships as defined in 2(i) (a) above

(5) Scottish District Championships

- (i) A District qualification shall be acquired as follows:

- (a) By birth.
- (b) By residence in the District.
- (c) By first claim membership of an affiliated Club with its headquarters within the District boundary.

(ii) Athletes may only compete at District Championships within one District in any six month period (commencing 1st April and 1st October)

(6) Welsh Regional Championships

- (i) A Regional qualification may be acquired:

- (a) By birth.
- (b) By nine month's continuous bona fide residence in the Region
- (c) By attendance at a school, college or university in the Region

NOTE: Students qualified under (c) above do not acquire qualification to participate in UK Inter-County competitions.

(ii) An athlete who has competed in a Regional Championship or represented a Region in an inter-regional event may not compete in the championships of, nor represent another region, in the same year of competition.

RULE 21 S 7 UKA SUPPLEMENT - HOME COUNTRY CHAMPIONSHIPS AND CLOSED CHAMPIONSHIP QUALIFICATIONS (PREVIOUSLY UKA RULE 10)

(1) Home Country Closed Championship Qualifications

Qualification to compete in a closed Home Country Championship shall be as identified in (2) below.

NOTE 1: Athletes who have competed for one Home Country may only subsequently compete for another Home Country or at a closed Home Country Championship after a period of at least one year from their last

representation for the previous Home Country, unless varied by agreement between both of the Home Countries involved.

NOTE 2: Athletes must be both a member of Club affiliated directly or indirectly to UKA, and registered as an individual with a National Association in order to compete in national championships.

(2) Home Country Representation

(i) Qualification to compete for a Home Country in competitions within the United Kingdom shall be acquired:-

- (a) by birth in the respective Home Country
- (b) by birth of one or both parents in the respective Home Country
- (c) by two year's continuous bona fide residence in the respective Home Country immediately prior to the date of the competition concerned.

NOTE 1: Having qualified under (c) above and competed for a Home Country at full Senior International level, such qualification may continue until the athlete qualifies and competes for another Home Country Association,

NOTE 2: A student at school, college or university does not thereby acquire a residential qualification by residence during term time alone.

RULE 21 S 8 UKA SUPPLEMENT - ELIGIBILITY AND EXEMPTION APPLICATIONS (PREVIOUSLY UKA RULE 6)

(1) Each National Association shall appoint a Committee consisting of not fewer than five members which shall be called the Eligibility Committee. The Committee shall be responsible for deciding all matters relating to eligibility, including all first claims i s s u e s .

(2) The Eligibility Committee shall have the powers:

in any case where it considers that the general welfare of athletes or athletics will be best served, to make an exception to the eligibility rules. They may grant exemption, either wholly or in part to these Rules.

For the avoidance of doubt issues arising in respect of Composite Teams, Foreign Athletes and Higher Competition Athletes will be dealt with by the UKA Eligibility Committee defined in (4) below.

Guidelines for considering claims for relaxation or exemption may include:-

- (a) Where the change of Club is related to a genuine and significant change of residence. Such grounds are only considered if the application is made within twelve months of the change of residence provided that the new Club is nearer to the new residence. or
- (b) Where the original Club is unable to provide the athlete with adequate competition or facilities, or
- (c) Where the Club from which the athlete has resigned gives its written support to the move. Such exemption, in whole or in part, may be granted on one occasion only, or

- (d) Where a specific welfare issue affects the ability of athletes to compete for their original Club.
- (e) Where an application for registration as a Foreign Athlete is received at any time other than as defined in Rule 21 S5(5).

(3) All applications for relaxation or exemption from the operation of any of the Rules must be accompanied by a fee of £10 to the relevant National Association, which may be refunded at the discretion of the Committee.

(4) **Appeals:** In the event that an athlete or a Club is dissatisfied with the decision of the Eligibility Committee they shall write to the Chief Executive of UK Athletics, together with a fee of £30 and complete documentary evidence for the application for exemption. The Chief Executive will immediately pass the papers to the UKA Eligibility Group (comprising Chair appointed by UKA, one member from each National Association Eligibility committee, and the members of the appeal panel together with ex-officio the leading member of UKA staff responsible for Eligibility within UKA and the leading member of England Athletics who acts as UKA's Agent in managing the eligibility processes on behalf of UKA). The Chair of the UKA Eligibility Group will convene the Appeal Panel comprising three members of the Group who are not members of the Clubs involved, who will consider and determine the Appeal within four weeks of receipt of the Appeal. The decision of the panel will be final and binding. A refund of the application fee may be made at the discretion of UKA. No new evidence will be accepted by UKA that has not been submitted to the Association concerned [unless so agreed by the Appeal Panel]

RULE 21 S 9 UKA SUPPLEMENT - OPEN TEAM COMPETITION (PREVIOUSLY UKA RULES 8, 100, 205, 409, 509 & 511)

(1) Generally in any Open Relay Race Clubs shall not be allowed to enter more than three times the number entitled to compete. A Club entering more than one team in a race shall be allowed to select their teams from the Club entry for that event, but no athlete may compete for more than one team. Teams must be declared before the start of the race.

(2) Ineligibility of a competitor in an Inter-Club or Inter-Team competition does not necessarily disqualify the Club concerned and in such a case the competition shall be decided as if the ineligible competitor had not taken part.

(3) No athletes shall be allowed to compete in a team unless their names have been declared prior to the event. If it is impracticable to issue a programme a complete list of the entries should be provided for the Referee.

(4) Track & Field

- (i) In any Open Team Race Clubs shall not be allowed to enter more than twice the number entitled to compete.
- (ii) A Club entering more than one team in a race shall be allowed to select their teams from the Club entry for that event.

- (iii) Competition Providers must specify, prior to the event, whether Clubs are to declare their teams before the start of the race.
- (iv) At the discretion of the Referee a team may be permitted to start fewer competitors than the minimum number required to score.
- (v) Stations shall be drawn and the members of each team shall, if necessary, be lined up behind each other at the start of the race.
- (vi) The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.
- (vii) Alternatively, team position may be decided on the aggregate time of the scoring members of the team, the team having the lowest aggregate being the winner. Time aggregates shall only be used if the Competition Provider has announced in advance that this method will be used.
- (viii) In the case of a tie between two or more individual competitors each shall score for the team a number of points obtained by dividing the total sum of their position numbers, reckoned as if they had, instead of being tied, finished regularly in a file, by the number of such competitors. (Thus, for instance, if two competitors finish tied for second place, each of them shall score $2\frac{1}{2}$ points).

(5) Cross Country

Unless otherwise specified by the Competition Provider, the team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

In cross country relay races where a team includes a runner who has already run a stage of the race, that team shall not, subject to the entry conditions of the race, be included in the official results.

(6) Road Races

- (i) Competition Providers must specify, prior to the event, whether Clubs are to declare their teams prior to the start of the race.
- (ii) Competition Providers may nominate a time before which all team declarations must be submitted.
- (iii) Team positions in road race team competitions may be decided by the total achieved by adding the times of all scoring members together, the team with the lowest aggregate time taking precedence.

Alternatively the competition may be decided according to the finishing positions of the scoring members of the team.

The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

- (iv) All teams in a Road Relay must be declared before the start of the race and the stage order of runners specified in the manner laid down by the Competition Provider. No changes may be made in the declared order of running without the prior approval of the Race Referee and the Competition Provider.

(7) Road Relays

Where a team includes a runner who has already run a stage of the race that team shall not, subject to the entry conditions of the race, be included in the official results.

(8) Fell, Hill and Mountain Running

Fell, Hill and Mountain Running Runners may count in team races for their first claim Club only. This Club may be different from their first claim road, cross country or track Club but must comply with Rule 21 S3(2).

RULE 22 INELIGIBILITY FOR INTERNATIONAL AND DOMESTIC COMPETITIONS

- (1) The following persons shall be ineligible for competitions, whether held under these Rules or the rules of an Area or a Member.
Any athlete, athlete support personnel or other person:
 - (a) whose National Federation is currently suspended by the IAAF. This does not apply to national competitions organised by the currently suspended Member for the Citizens of that Country or Territory;
 - (b) who has been provisionally suspended or declared ineligible under the rules of his National Federation from competing in competitions under the jurisdiction of that National Federation, in so far as such suspension or ineligibility is consistent with these Rules;
 - (c) who is currently serving a period of provisional suspension from competition under these Rules;
 - (d) who does not meet the eligibility requirements set out in Rule 141 or the Regulations thereunder;
 - (e) who has been declared ineligible as a result of a breach of the Anti-Doping Rules in Chapter 3;
 - (f) who has been suspended or banned by the Ethics Commission for a

- violation of the Code of Ethics, pursuant to the Statutes of the Ethics Commission;
- (g) who has been declared ineligible as a result of conduct specified in Rule 23.
- (2) If an athlete competes in a competition when not eligible to do so under Rule 141 or the Regulations thereunder, without prejudice to any other disciplinary action that may be taken under the Rules, the athlete and any team for which the athlete competed shall be disqualified from the competition with all resulting consequences for the athlete and the team, including the forfeiture of all titles, awards, medals, points and prize and appearance money.
 - (3) If an athlete competes (or an athlete support personnel or other person participates) in a competition, whether held under these Rules or the rules of an Area or Member, whilst ineligible to do so under the Anti-Doping Rules in Chapter 3, the consequences set out in Rule 40.11 shall apply.
 - (4) If an athlete competes (or an athlete support personnel or other person participates) in a competition, whether held under these Rules or the rules of an Area or Member, whilst ineligible to do so under any other Rule, the period of his ineligibility shall recommence from the time he last competed as though no part of a period of ineligibility had been served.

RULE 23 PERSONS SUBJECT TO DECLARATION OF INELIGIBILITY

Any athlete, Athlete Support Personnel or other person:

- (a) who takes part in an athletics competition or event in which any of the competitors were, to his knowledge, suspended from participation or ineligible to compete under these Rules, or which takes place in a Country or Territory of a suspended Member. This does not apply to any athletics competition which is restricted to the Masters' age group (in accordance with Rule 141);
- (b) who takes part in any athletics competition which is not authorised in accordance with Rule 2 (Authorisation to Stage Competitions);
- (c) who contravenes Rule 4 (Requirements to Compete in International Competitions) or any Regulations made thereunder;
- (d) who contravenes Rule 5 (Eligibility to Represent a Member) or any Regulations made thereunder;
- (e) who contravenes Rule 6 (Payments to Athletes) or any Regulations made thereunder;
- (f) who contravenes Rule 7 (Athletes' Representatives) or any Regulations made thereunder;
- (g) who contravenes Rule 8 (Advertising and Displays during International Competitions) or any Regulations made thereunder;

- (h) who commits a breach of any other Rule (other than as set out in Rule 60.2)
may be declared ineligible under this Rule 23.

RULE 23 S 1 UKA SUPPLEMENT – INELIGIBILITY TO COMPETE (PREVIOUSLY UKA RULE 1)

The following are ineligible to take part in Competition under UKA Rules:

Any person who:

- (i) is not registered with their National Association and conformed with their requirements as set out in Rule 21 S1(1) above.
- (ii) is ineligible to compete in competitions under the jurisdiction of any National Governing Body of athletics affiliated to the IAAF.
- (iii) takes part in any athletics meeting which requires to be sanctioned but has not been permitted / licensed by UKA or other appropriate Association.
- (iv) has been declared ineligible to compete by the IAAF under Rule 22.
- (v) has committed any acts or made any statements either verbally or in writing, or has been responsible for any breaches of the Rules, or other conduct which, in the opinion of a National Association is considered to be insulting, improper or likely to bring the sport and/or UK Athletics into disrepute.
- (vi) Unless the period of ineligibility is stated in the relevant Rule or Regulation of the IAAF or UK Athletics, those ineligible under this Rule shall be deemed ineligible for a period set down in guidelines produced by the Board of UK Athletics, or, in the absence of such guidelines, for such period as the Board of UK Athletics (for doping matters) or the National Association (for all non-doping matters) shall decide.
- (vii) If athletes compete whilst suspended or ineligible, the period of this ineligibility shall be deemed to recommence from the time they last competed as though no part of a period of suspension or ineligibility had been served.

CHAPTER 3: Anti-Doping and Medical Rules

RULE 30 S 1 UKA SUPPLEMENT - ANTI-DOPING (PREVIOUSLY UKA RULE 24)

Doping in or out of competition is strictly forbidden and is an offence under the Anti-Doping Rules of UK Athletics. (Full details of the UKA Anti-Doping Rules, including sanctions, can be found on the UKA website at www.uka.org.uk).

Detailed conditions are available in IAAF Anti-Doping regulations which can be found at <http://www.iaaf.org/about-iaaf/documents/anti-doping>.

CHAPTER 4: Disputes and Disciplinary Proceedings

RULE 60 DISPUTES AND DISCIPLINARY PROCEEDINGS

General

- (1) Unless as otherwise stated in Rule 60.2 or in any other Rule or Regulation, all disputes arising under these Rules shall be resolved, and all disciplinary proceeding conducted in accordance with the provisions set out below.
- (2) The following matters are excluded from the dispute and disciplinary provisions in this Rule 60:
 - (a) any disputes arising out of decisions made under the Anti-Doping Rules in Chapter 3, including, without limitation, disputes arising out of a breach of the anti-doping rule violations. These disputes shall be resolved in accordance with the procedures set out in Rule 42;
 - (b) any breach of the Betting and other Anti-Corruption Violations in Chapter 1 shall be dealt with by the IAAF Ethics Commission in accordance with the Code of Ethics, including the Appendices thereto;
 - (c) any other alleged violation of the Code of Ethics shall be dealt with in accordance with the Code of Ethics, including the Appendices thereto;
 - (d) any protests made prior to a competition concerning the status of an athlete to participate in the competition. Pursuant to Rule 146.1, the decision of the Technical Delegate(s) in such cases shall be subject to a right of appeal to the Jury of Appeal. The decision of the Jury of Appeal (or of the Technical Delegate(s) in the absence of a Jury of Appeal or if no appeal to the Jury is made) shall be final and there shall be no further right of appeal, including to CAS. If the matter cannot be resolved satisfactorily before the competition and the athlete is allowed to compete "under protest", the matter shall be referred to the IAAF Council whose decision shall be final and there shall be no further right of appeal, including to CAS;
 - (e) any protests or other disputes arising out of the field of play, including, without limitation, protests concerning the result or conduct of an event. Pursuant to Rule 146.3, the decision of the Referee in such cases shall be subject to a right of appeal to the Jury of Appeal. The decision of the Jury of Appeal (or of the Referee in the absence of a Jury of Appeal or if no appeal to the Jury is made) shall be final and there shall be no further right of appeal, including to CAS.

Disputes and Disciplinary Proceedings Involving Athletes, Athlete Support Personnel and Other Persons

- (3) Each Member and Area Association shall incorporate a provision in its constitution that, unless otherwise stated in a specific Rule or Regulation, all disputes and disciplinary proceedings arising under these Rules involving athletes, athlete support personnel or other persons under its jurisdiction, however arising, shall be submitted to a hearing before the relevant hearing body constituted or otherwise authorised by the Member. Such a hearing shall respect the following principles: a timely hearing before a fair and impartial hearing body; the right of the individual to be informed in a fair and timely manner of the charge against him; the right to present evidence, including the right to call and question witnesses; the right to be represented by legal counsel and an interpreter (at the individual's expense); and the right to a timely and reasoned decision in writing.
- (4) In the event of an allegation of conduct that would subject a person to discipline under Chapter 2, the following procedures shall apply:
 - (a) The allegation shall be reduced to writing and forwarded to the Member to which the athlete, athlete support personnel or other person is affiliated (or has otherwise agreed to abide by its rules), which shall proceed in a timely manner to hold an investigation into the facts of the case.
 - (b) If, following such investigation, the Member believes that there is evidence to support the allegation, the Member shall immediately notify the athlete, athlete support personnel or other person concerned of the charge to be brought and of his right to a hearing before any decision is made. If, following such investigation, the Member believes that there is insufficient evidence to charge the athlete, athlete support personnel or other person concerned, the Member shall immediately notify the IAAF of the fact and provide written reasons for its decision not to proceed.
 - (c) When it is asserted that conduct has been committed that would subject a person to discipline under Chapter 2, the athlete, athlete support personnel or other person concerned shall be required to provide a written explanation for the alleged conduct, in normal circumstances within a period of no more than 7 days from the date of notification. If no explanation, or no adequate explanation, for the alleged conduct is received in such time, the athlete, athlete support personnel or other person concerned may be provisionally suspended by the relevant Member pending resolution of the case and any such suspension shall be notified immediately to the IAAF. If a Member fails to impose a provisional suspension, the IAAF may impose a provisional suspension in its place. A decision to impose a provisional suspension shall not be subject to appeal but the athlete, athlete support personnel or other person concerned shall be entitled

- to a full expedited hearing before the relevant hearing body of his Member in accordance with Rule 60.4(e).
- (d) If, having been notified of a charge, the athlete, athlete support personnel or other person fails to confirm in writing to the Member or other relevant body within 14 days of such notice that he wishes to have a hearing, he will be deemed to have waived his right to a hearing and to have accepted that he committed a breach of the relevant provision of the Rules.
 - (e) If the athlete, athlete support personnel or other person confirms that he wishes to have a hearing, all relevant evidence shall be given to the person alleged to have committed the breach and a hearing respecting the principles set out in Rule 60.3 shall be held within a period of no more than 2 months following notification of the charge. The Member shall inform the IAAF as soon as a hearing date is set and the IAAF shall have the right to attend the hearing as an observer. The IAAF's attendance at the hearing in such capacity, or other involvement in the case, shall not affect its right to appeal the decision to CAS in accordance with Rules 60.13 and 60.15-16.
 - (f) If the relevant hearing body of the Member, after hearing the evidence, decides that the athlete, athlete support personnel or other person concerned is in breach of the relevant Rule or Regulation, it shall declare the person ineligible to compete in international and domestic competitions for a period set out in Guidelines produced by the Council or impose such other sanction as may be appropriate in accordance with sanctions approved by the Council. If the athlete, athlete support personnel or other person has waived his right to a hearing, the Member shall declare the person ineligible to compete in international and domestic competitions for a period set out in Guidelines produced by the Council or impose such other sanction as may be appropriate in accordance with sanctions approved by the Council. In the absence of such Guidelines or other sanctions approved by the Council, the relevant hearing body or the Member, as appropriate, shall determine the appropriate period of the person's ineligibility or other sanction.
 - (g) The Member shall inform the IAAF in writing of the decision taken within 5 working days of the decision being made (and shall send the IAAF a copy of the written reasons for the decision).
- (5) Where a Member delegates the conduct of a hearing to any body, committee or tribunal (whether within or outside the Member), or where for any other reason, any national body, committee or tribunal outside of the Member is responsible for affording an athlete, athlete support personnel or other person his hearing under these Rules, the decision of that body, committee or tribunal shall be deemed, for the purposes of this Rule 60, to be the decision of the Member and the word "Member" in this Rule shall be so construed.

Disputes between a Member and the IAAF

- (6) Each Member shall incorporate a provision in its constitution that, unless otherwise stated in a specific Rule or Regulation, all disputes arising between a Member and the IAAF shall be referred to the Council. The Council shall determine a procedure for the final adjudication of the dispute depending on the circumstances of the case in question.
- (7) In the event that the IAAF seeks to suspend a Member for a breach of the Rules, the Member must have been sent prior notice in writing of the grounds for the suspension and must have been given a reasonable opportunity to be heard on the matter in accordance with the procedures set out in Article 14.10 of the Constitution.

Disputes between Members

- (8) Each Member shall incorporate a provision in its constitution that all disputes with another Member shall be referred to the Council. The Council shall determine a procedure for the final adjudication of the dispute depending on the circumstances of the case in question.

Appeals from Decisions under Rule 60.4

- (9) All decisions under Rule 60.4 may be appealed in accordance with the provisions set out below. All such decisions shall remain in effect while under appeal, unless determined otherwise (see Rule 60.21).
- (10) The following is a non-exhaustive list of examples of decisions that may be appealed under Rule 60.4:
 - (a) Where a Member has taken a decision that an athlete, athlete support personnel or other person is ineligible under Chapter 2;
 - (b) Where a Member has taken a decision that an athlete, athlete support personnel or other person is eligible under Chapter 2;
 - (c) Where the Member has taken a decision that an athlete, athlete support personnel or other person has committed a breach of the Rules but has failed to impose an appropriate sanction in accordance with Guidelines approved by the Council;
 - (d) Where the Member decides that there is insufficient evidence to support a decision that the athlete, Athlete Support Personnel or other person has committed a breach of the Rules;
 - (e) Where the Member has held a hearing under Rule 60.4 and the athlete, athlete support personnel or other person concerned considers that, in the conduct or conclusions of such hearing, the Member misdirected itself or otherwise reached an erroneous conclusion;
 - (f) Where the Member has held a hearing under Rule 60.4 and the IAAF considers that, in the conduct or conclusions of such hearing, the Member misdirected itself or otherwise reached an erroneous conclusion.
- (11) In cases involving International-Level athletes (or their athlete support

personnel), the decision of the relevant body of the Member may be appealed exclusively to CAS in accordance with the provisions set out in Rules 60.22-60.27.

- (12) In cases which do not involve International-Level athletes (or their athlete support personnel), the decision of the relevant body of the Member may (unless Rule 60.16 applies) be appealed to a national level appeal body in accordance with the rules of the Member. Each Member shall have in place an appeal procedure at national level that respects the following principles: a timely hearing before a fair, impartial and independent hearing body; the right to be represented by a legal counsel and interpreter (at the appellant's expense); and a timely and reasoned decision in writing. The decision of the national level appeal body may be appealed to CAS in accordance with Rule 60.15.

Parties Entitled to Appeal Decisions

- (13) In any case involving International-Level athletes (or their athlete support personnel), the following parties shall have the right to appeal a decision to CAS:
- (a) the athlete or other person who is the subject of the decision being appealed;
 - (b) the other party to the case in which the decision was rendered;
 - (c) the IAAF; and
 - (d) the IOC (where the decision may have an effect on eligibility in relation to the Olympic Games).
- (14) In any case which does not involve International-Level athletes (or their athlete support personnel), the parties having the right to appeal a decision to the national level appeal body shall be as provided for in the rules of the Member, but shall include at a minimum:
- (a) the athlete or other person the subject of the decision being appealed;
 - (b) the other party to the case in which the decision was rendered;
 - (c) the Member.
- The IAAF shall not have the right to appeal a decision to the national level appeal body but shall have the right to attend any hearing before such body as an observer. The IAAF's attendance at a hearing in such capacity shall not affect its right to appeal the decision of the national level appeal body to CAS in accordance with Rule 60.15.
- (15) In any case which does not involve International-Level athletes (or their athlete support personnel), the following parties shall have the right to appeal the decision of the national level appeal body to CAS:
- (a) the IAAF; and
 - (b) the IOC (where the decision may have an effect on eligibility in relation to the Olympic Games).
- (16) In any case which does not involve an International-Level Athlete or his athlete support personnel, the IAAF and the IOC (where the decision

may have an effect on eligibility in relation to the Olympic Games) shall have the right to appeal a decision of the relevant body of the Member direct to CAS in any of the following circumstances:

- (a) the Member does not have an appeal procedure in place at the national level;
 - (b) there is no appeal made to the national level appeal body of the Member by any of the parties in Rule 60.14;
 - (c) the Member's rules so provide.
- (17) Any party filing an appeal under these Rules shall be entitled to assistance from CAS to obtain all relevant information from the body whose decision is being appealed and the information shall be provided if CAS so directs.

Respondents to the CAS Appeal

- (18) As a general rule, the respondent to a CAS appeal under these Rules shall be the party which has taken the decision which is the subject of the appeal. Where the Member has delegated the conduct of the hearing under these Rules to another body, committee or tribunal in accordance with Rule 60.5, the respondent to the appeal against such decision shall be the Member.
- (19) Where the IAAF is appellant in any appeal before CAS, it shall be entitled to join as additional respondent(s) to the appeal such other parties as it deems to be appropriate, including the athlete, athlete support personnel or other person who may be affected by the decision.
- (20) In any case where the IAAF is not a party to the appeal before CAS, it may nevertheless choose to participate as a full party in the appeal if it considers it appropriate to do so. Where the IAAF so chooses to participate, and the IAAF's status in the appeal is that of joint respondent, the IAAF shall have the right to jointly appoint an arbitrator with the respondent to the appeal. If there is any disagreement as to who the appointed arbitrator should be, the IAAF's choice of arbitrator shall prevail.

IAAF Appeal of Decisions to CAS

- (21) The decision by the IAAF as to whether a case should be appealed to CAS (or whether the IAAF should participate as a party in an appeal to CAS pursuant to Rule 60.20) shall be taken by the Council or its appointee. The Council (or its appointee) shall, where applicable, determine at the same time whether the athlete concerned shall be suspended pending the CAS decision.

The CAS Appeal

- (22) Unless the Council determines otherwise, the appellant shall have thirty days in which to file his statement of appeal with CAS starting from the date of communication of the written reasons of the decision to be appealed (in English or French where the IAAF is the prospective

appellant) or from the last day on which the decision could have been appealed to the national level appeal body in accordance with Rule 60.14. Where the appellant is not the IAAF, at the same time as filing his statement of appeal with CAS, the appellant shall send a copy of the statement of appeal to the IAAF. Within fifteen days of the deadline for filing the statement of appeal, the appellant shall file his appeal brief with CAS and, within thirty days of receipt of the appeal brief, the respondent shall file his answer with CAS.

- (23) All appeals before CAS shall take the form of a re-hearing de novo of the issues raised by the case and the CAS Panel shall be able to substitute its decision for the decision of the relevant tribunal of the Member where it considers the decision of the relevant tribunal of the Member to be erroneous or procedurally unsound. The CAS Panel may in any case add to or increase the sanction that was imposed in the contested decision.
- (24) In all CAS appeals involving the IAAF, CAS and the CAS Panel shall be bound by the IAAF Constitution, Rules and Regulations. In the case of any conflict between the CAS rules currently in force and the IAAF Constitution, Rules and Regulations, the IAAF Constitution, Rules and Regulations shall take precedence.
- (25) In all CAS appeals involving the IAAF, the governing law shall be Monegasque law and the arbitrations shall be conducted in English, unless the parties agree otherwise.
- (26) The CAS Panel may in appropriate cases award a party its costs, or a contribution to its costs, incurred in the CAS appeal.
- (27) The decision of CAS shall be final and binding on all parties, and on all Members, and no right of appeal will lie from the CAS decision. The CAS decision shall have immediate effect and all Members shall take all necessary action to ensure that it is effective. The fact of the referral to CAS and the CAS decision shall be set out in the next notice to be sent by the General Secretary to all Members.

RULE 60 S 1 UKA SUPPLEMENT - BETTING (PREVIOUSLY UKA RULE 19)

NOTE: please refer to the IAAF Code of Ethics which can be found at <http://www.iaaf.org/about-iaaf/documents/rules-regulations#regulations> for full information on processes to be adopted in the event of an investigation in the UK can be found in this document.

All betting at the venue of an event is strictly prohibited.

UKA has the jurisdiction to investigate any allegations of misconduct within the terms of this Rule in so far as they apply to competitions permitted or licensed by UKA or one of the National Associations and, if proven, may apply

appropriate sanctions within the terms contained in UKA Supplements to these Rules.

Upon request by the UKA Anti-Corruption Officer and one of either the UKA Governance Director or UKA Chief Executive Officer, a person subject of the Code shall cooperate fully, accurately and promptly with and shall provide all necessary assistance to the UKA Anti-Corruption Officer with respect to any matter pursuant to this regulation (including answering the questions of and furnishing the Anti-Corruption Officer with, all relevant and/or requested documentation and information).

CHAPTER 5: Technical Rules

RULE 100 GENERAL

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

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

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

SECTION I – OFFICIALS

RULE 110 INTERNATIONAL OFFICIALS

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

- (a) Organisational Delegate(s)
- (b) Technical Delegate(s)
- (c) Medical Delegate
- (d) Doping Control Delegate
- (e) International Technical Officials / International Cross Country, Road Running, Mountain Running and Trail Running Officials
- (f) International Race Walking Judges
- (g) International Road Course Measurer
- (h) International Starter
- (i) International Photo Finish Judge
- (j) Jury of Appeal

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

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

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

Note (ii): The international officials in (e) to (i) above may be classified as IAAF Level and Area Level according to the applicable IAAF Policy.

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

RULE 111 ORGANISATIONAL DELEGATES

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

RULE 112 TECHNICAL DELEGATES

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

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

In addition, the Technical Delegates shall:

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

RULE 113 MEDICAL DELEGATE

The Medical Delegate shall have ultimate authority on all medical matters. He shall ensure that adequate facilities for medical examination, treatment and emergency care will be available at the site of the competition and that medical attention can be provided where athletes are accommodated.

RULE 114 DOPING CONTROL DELEGATE

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

RULE 115 INTERNATIONAL TECHNICAL OFFICIALS (ITOS) AND INTERNATIONAL CROSS-COUNTRY, ROAD RUNNING, MOUNTAIN RUNNING AND TRAIL RUNNING OFFICIALS (ICROS)

- (1) Where ITOs are appointed, the Technical Delegates shall appoint the Chief ITO among the appointed ITOs, if one was not appointed previously by the relevant body. Whenever possible, the Chief ITO, in conjunction with the Technical Delegates, shall assign at least one ITO for every event on the programme. The ITO shall be the Referee of each event to which he is assigned.
- (2) In Cross-Country, Road Running, Mountain Running and Trail Running competitions, the appointed ICROs shall provide all necessary support to the competition organisers. They must be present at all times when an event to which they have been assigned is in progress. They should ensure that the conduct of the competition is in full conformity with IAAF Technical Rules, Technical Regulations and relevant decisions made by the Technical Delegates.

RULE 116 INTERNATIONAL RACE WALKING JUDGES (IRWJS)

Race Walking Judges appointed for all Rule 1.1(a) International Competitions must be IAAF Level International Race Walking Judges.

Note: Race Walking Judges appointed for competitions under Rules 1.1(b), (c), (e), (f), (g) and (j) shall be either IAAF Level or Area Level International Race Walking Judges.

RULE 117 INTERNATIONAL ROAD COURSE MEASURER

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

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

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

The measurer will check and certify the course if he finds it conforms to the Rules for Road Races (See Rules 240.2 and 240.3 and respective Notes).

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

RULE 118 INTERNATIONAL STARTER AND INTERNATIONAL PHOTO FINISH JUDGE

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

RULE 119 JURY OF APPEAL

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

In instances where there is an appeal relating to Rule 230, at least one member of the Jury of Appeal shall be an IAAF (or Area) Level International Race Walking Judge.

Members of the Jury of Appeal shall not be present during any deliberations of the Jury concerning any Appeal that affects, directly or indirectly, an athlete affiliated to his own Member Federation. The chair of the Jury shall ask any member implicated by this Rule to withdraw, in the event the Jury member has not already done so. The IAAF or other organisation responsible for the competition shall appoint one or more alternate Jury members to substitute for any Jury member(s) who are not able to participate in an Appeal.

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

The primary functions of the Jury of Appeal shall be to deal with all appeals under Rule 146, and with any matters arising during the course of the competition which are referred to it for decision.

RULE 120 OFFICIALS OF THE COMPETITION - UKA DOMESTIC COMPETITION

Refer to UKA Appendix 3 for descriptions of UKA Technical Officials and Management, and the IAAF Rule Book for full details of IAAF Competition Officials' roles.

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

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

MANAGEMENT OFFICIALS

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

COMPETITION OFFICIALS

- One (or more) Referee(s) for the Call Room
- One (or more) Referee(s) for Track Events
- One (or more) Referee(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 Judge, an adequate number of assistants and five Judges for each Track Race Walking Event
- One Chief Judge, an adequate number of assistants and eight Judges for each Road Race Walking event
- Other Race Walking Competition officials, as necessary, including Recorders, Posting Board operators, etc.
- One Chief Umpire and an adequate number of Umpires
- One Chief Timekeeper and an adequate number of Timekeepers
- One Chief Photo Finish Judge and an adequate number of assistants
- One Chief Transponder Timing Judge and an adequate number of assistants
- One Start Coordinator and an adequate number of Starters and Recalls
- One (or more) Starter's Assistants
- One Chief and an adequate number of Lap Scorers
- One Competition Secretary and an adequate number of assistants
- One Technical Information Centre (TIC) Manager and an adequate number of assistants
- One Chief and an adequate number of Marshals
- One (or more) Wind Gauge Operators

- One (or more) Measurement Judges (Scientific)
- One Chief and an adequate number of Call Room Judges

ADDITIONAL OFFICIALS

- One (or more) Announcers
- One (or more) Statisticians
- One Advertising Commissioner
- One Official Surveyor
- One (or more) Doctors
- Stewards for Athletes, Officials and Media

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

If deemed necessary, assistants may be appointed. Care should however be taken to keep the arena as free from officials as possible.

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

RULE 125.5 REFEREES

The Referee shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner or under Rule 162.5. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees.

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

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

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

RULE 132 COMPETITION SECRETARY, TECHNICAL INFORMATION CENTRE (TIC)

- (2) In events in which athletes are competing with different specifications (such as implement weights or hurdle heights), the relevant differences should be clearly indicated in the results or a separate result shown for each category.
- (3) Where the Regulations for a competition other than under Rule 1.1(a) permit the simultaneous participation of athletes
 - (a) competing with the assistance of another person, i.e. a guide runner; or
 - (b) using a mechanical aid which is not authorised under Rule 144.3(d); their results shall be listed separately and, where applicable, their para classification shown.

- (4) The following standard abbreviations and symbols should be used in the preparation of start lists and results where applicable:

Did not start – DNS

Did not finish – DNF

No valid trial recorded – NM

Disqualified – DQ

Valid trial in High Jump and Pole Vault – “O”

Failed trial in Field Events – “X”

Passed trial in Field Events – “_”

Retired from competition – r Qualified

by place in track events – Q

Qualified by time in track events – q

Qualified by standard in field events – Q

Qualified without standard in field events – q

Advanced to next round by Referee – qR

Advanced to next round by Jury of Appeal – qJ

Bent knee (Race Walking) – “>”

Loss of contact (Race Walking) – “~”

Yellow Card – YC

Second Yellow Card – YRC

Red Card – RC

SECTION II - GENERAL COMPETITION RULES

RULE 140 THE ATHLETICS FACILITY

Any firm, uniform surface that conforms to the specifications in the IAAF Track and Field Facilities Manual, may be used for Track and Field Athletics.

Outdoor competitions under Rule 1.1(a) may be held only on facilities that hold an IAAF Class 1 Athletics Facility Certificate. It is recommended that, when such facilities are available, outdoor competitions under Rules 1.1(b) to (j) should also be held on these facilities.

In any case, an IAAF Class 2 Athletics Facility Certificate shall be required for all facilities intended for use for outdoor competitions under Rules 1.1(b) to (j).

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

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

Note (iii): For Road Race Walking, Road Running or Cross-Country, Mountain and Trail courses, see Rules 230.11, 240.2, 240.3 250.1-3, 251.1 and 252.1.

Note (iv): For the indoor athletics facility, see Rule 211.

RULE 141 AGE AND SEX CATEGORIES

Age Categories

- (1) Competition under these Rules may be divided into age group classifications as follows:

Under-18 (U18) Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.

Under-20 (U20) Men and Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.

Master Men and Women: Any athlete who has reached his/her 35th birthday.

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

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

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

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

Sex Categories

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

shall not be eligible to compete.

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

RULE 141 S 1 UKA SUPPLEMENT - ADDITIONAL UKA AGE GROUPS (PREVIOUSLY UKA RULE 7 & 107, 207, 307, 308, 410, 507, 508, 610 & 612)

The Competition Year for Road Running Events shall be from 1st September each year to the following 31st August. The Competition Year for all other disciplines shall be from 1st October each year to the following 30th September.

The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31st August at the end of the Competition Year, and for all other disciplines, the 31st August prior to the commencement of the Competition Year.

NOTE: In Northern Ireland the qualifying date for all disciplines is taken at 31st December at the end of the year of competition.

NOTE: UK Athletics Rules do not cater for athletes under the age of 11 years. This does not necessarily preclude provision by Competition Providers for events for athletes younger than 11 years, with correspondingly reduced distances to run.

RULE 141 S 2 UKA SUPPLEMENT - TRACK AND FIELD AND RACE WALKING

(1) Under 13 Boys and Girls (School Years 6 and 7)

- (i) Track and Field competition for Under 13s shall be confined to competitors who are aged 11 or 12 on the 31st August within the Competition Year, as defined above.
- (ii) Other than when competing in a combined event Under 13s may compete in a maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay. Where a walking event is included in the total, the competitors shall be restricted to maximum of 3 running or walking event (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule 141 S2(8). If athletes in this age group are competing in a combined event they are not allowed to compete in any other event on the same day.
- (iii) Athletes in this age group may compete in track races not exceeding one mile subject to the restrictions in (iv) below. No Under 13 athlete is allowed to compete in any steeplechase event.
- (iv) No athlete in this age group is allowed to compete in any race at 300 metres and 400 metres, nor in more than one race between 600 metres and one mile inclusive on the same day.
- (v) Under 13s may run against Under 15 Boys or Girls, as appropriate, in track events not exceeding one mile, subject to any limitations as to standard laid down by the Competition Provider. They may not

take part in competitions for older athletes other than those in the Under 15 age group

- (vi) Under 13s may compete against Under 15 Boys or Girls, as appropriate, in field events, provided that the implements used by them shall be those laid down for the Under 15 age group. They may not take part in competitions for older athletes other than those in the Under 15 age group.
- (vii) No athlete in this age group is allowed to compete in Triple Jump events.

(2) Under 15 Boys and Girls (School Years 8 and 9)

- (i) Track and Field events for Under 15s shall be confined to competitors who are aged 13 or 14 on 31st August within the Competition Year, as defined above.
- (ii) Other than when competing in a combined event Under 15s may compete in maximum of 4 events on one day of an athletics meeting, and if so doing, one of these must be a relay. Where a walking event is included in the total, the competitors shall also be restricted to a maximum of 3 running or walking events (including any relay) in one day. The total distance covered shall not exceed the maximum listed in Rule 141 S2(8). If Under 15s are competing in a combined event they are not allowed to compete in any other event on the same day.
- (iii) No athlete in this age group is allowed to run in any race in excess of 3000 metres.
- (iv) No athlete in this age group is allowed to run in more than one different event between 600 metres and 3000 metres inclusive on the same day.
- (v) With effect from 1st April 2016 Under 15 athletes may compete in Steeplechase races over 1500m and a hurdle height of 0.762m on the understanding that this will be a development event for the period of this Rule Book.
- (vi) Under 15 athletes may compete against Under 17 Men and Women, as appropriate, in track events not exceeding 1 mile (but not steeplechase), subject to any limitations as to standard laid down by the Competition Provider. They may not take part in competitions for older athletes other than those in the Under 17 age group.
- (vii) Under 15s may compete against Under 17 Men or Women, as appropriate, in field events, provided that the implements used by them shall be those laid down for the Under 17 age group. They may not take part in competitions for older athletes other than those in the Under 17 age group.
- (viii) National Age Group Leagues and Home Country Championships will provide 300 metres races for the Under 15 age group. Other Competition Providers may use their discretion and include a 400 metres for Under 15 athletes within their programmes.

(3) Under 17 Men and Women (School Years 10 and 11)

- (i) Track and Field events for Under 17s shall be confined to competitors who are aged 15 or 16 on 31st August within the Competition Year, as defined above.
- (ii) Other than when competing in a combined event, Under 17s may compete in maximum of four events on one day of an athletics meeting, and if so doing, one of these must be a relay. If Under 17s are competing in a combined event they are not allowed to compete in any other event on the same day.
- (iii) No athlete in this age group is allowed to run in any track event in excess of 5000 metres.
- (iv) Under 17 athletes may compete against Under 20s or Seniors in track events, including National and County Championships, in events not exceeding 3000 metres (including steeplechase), subject to any limitations as to standard laid down by the Competition Provider.
- (v) Under 17s may compete against Under 20s or Seniors in field events, provided the implements to be used are those laid down for the older age group.

(4) Under 20 Years Men and Women

- (i) Track and Field events for Under 20s shall be confined to competitors who are 17 or over on 31st August within the Competition Year, as defined above, but Under 20 on 31st December in the calendar year of competition.
- (ii) Under 20s may not compete in more than five events on the same day of an athletics meeting. If Under 20s are competing in a combined event they are not allowed to compete in any other event on the same day.
- (iii) Under 20s may only run in track events up to and including 10000 metres.
- (iv) Under 20s may run against Seniors in open track events, including National and County Championships, up to and including 10,000 metres.
- (v) Under 20s may compete against Seniors in open field event competitions, including National and County Championships, provided that the implements used by them shall be those laid down for Senior competition.

(5) Seniors

A Senior is a competitor who is at least 20 years of age on 31st December in the calendar year of competition.

(6) Masters

Events for Masters shall be confined to athletes who are at least 35 years of age on the day of competition.

(7) Graded Events

The organisers of a graded competition may allow competitors in younger age groups to compete against older athletes provided that the conditions do not contravene any rules regarding distances or events which may be contested. Mixed graded competitions may also be allowed. See also Rule 147 S1

(8) Race Walking

The maximum permitted distances for Race Walking events (track and road) shall be:

Age Group	Maximum Distance
	Male/Female
Under 13 years	3,000 metres
Under 15 years	5,000 metres
Under 17 years	15,000 metres
Under 20 years	20,000 metres
Seniors	Unlimited

Ages for maximum distances are as at 31st August in the year of competition.

RULE 141 S 3 UKA SUPPLEMENT – CROSS COUNTRY AND ROAD AGE GROUPS

(1) Road Race Competition Providers may make such age limits as they think fit provided that the conditions of the race do not contravene any rules regarding distances which may be run, and provided that the race is not advertised under the title of any of the recognised age categories as listed below.

(i) Under 13 Boys and Girls (School Years 7 & 8 and some year 6)

Cross Country and Road Running competitions for Under 13s shall be confined to competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year as defined above.

(ii) Under 15 Boys & Girls (School Years 9 & 10)

Cross Country and Road Running competitions for Under 15s shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year as defined above.

(iii) Under 17 Men & Women (School Years 11 & 12)

Cross Country and Road Running competitions for Under 17s shall be confined to competitors who are aged 15 or 16 on 31st August prior to the commencement of the Competition Year as defined above.

(iv) Under 20 Men & Women

Cross Country and Road Running competitions for Under 20 Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year as defined above.

(v) Senior Men & Women

For Cross Country and Road Running competitions a Senior is a competitor who is aged at least 20 years on 31st August prior to the commencement of the Competition Year as defined above. In Road Relay competitions Under 20 Men and Women, as appropriate, may compete in Senior events.

(vi) Masters Men and Women

Cross Country and Road Running events for Masters shall be confined to competitors who are at least 35 years of age on the date of the competition.

(2) Cross Country Maximum Distances

Age Group	Maximum Distance for all athletes
Under 13 years	3,500 metres
Under 15 years	5,000 metres
Under 17 years	6,500 metres
Under 20 years	10,000 metres
Seniors	Unlimited

(3) Road Maximum Distances

Age on day of competition	Maximum Distance for all athletes
Over 11 – Under 13	5,000 metres
Over 13 – Under 15	6,000 metres
Aged 15 years	10,000 metres
Aged 16 years	15,000 metres
Aged 17 years	25,000 metres
Over 18 – Under 20	marathon
Seniors	Unlimited
Masters	Unlimited

RULE 141 S 4 UKA SUPPLEMENT – FELL, HILL AND MOUNTAIN RUNNING

Competition Providers must stipulate age limits for their events but the following limits for younger runners must be observed:

The maximum distances for younger runners shall be:

Age on 1 st January in year of competition	Maximum distance
Under 12 years	3,000 metres
Under 14 years	5,000 metres
Under 16 years	7,000 metres
Under 18 years	10,000 metres

For paired Mountain Marathon style orienteering events, over one or two days, where one of the two runners is under 18, the other runner must be over 20 and must also be the parent or guardian of the junior runner. The minimum age for the junior runner is 14 and the following straight line distance limits must apply for each day of the event.

Under 16 years	20,000 metres
Under 18 years	25,000 metres

RULE 141 S 5 UKA – TRAIL RUNNING

Subject to satisfying HUE 'Adventure Activity Licensing Regulations' for youths under eighteen, the maximum distances permitted for the following age groups are:

Under 12 years	3,000 metres
Under 14 years	5,000 metres
Under 16 years	6,000 metres
Under 17 years	10,000 metres
Under 18 years	25,000 metres
Under 20 years	45,000 metres

Veteran Men and Women: For Trail Running a veteran is a competitor aged at least 40 years on the date of the competition.

RULE 142 ENTRIES

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

Simultaneous Entries

- (3) If an athlete is entered in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee may, for one round of trials at a time, or for each trial in the High Jump and Pole Vault, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for a particular trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed.

Note: In competitions of more than three rounds of trials, the Referee shall not allow an athlete to take a trial in a different order in the final

round of trials but the Referee may allow an athlete to do so during any earlier round of trials.

Failure to Participate

- (4) At all competitions under Rules 1.1(a), (b), (c) and (f), except as provided below, an athlete shall be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:

- (a) a final confirmation was given that the athlete would start in an event but then failed to participate;

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

- (b) an athlete qualified in a preliminary round of an event for further participation in that event but then failed to participate further;

- (c) an athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

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

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

RULE 142 S 1 UKA SUPPLEMENT - ENTRIES (PREVIOUSLY UKA RULE 14, 206, 406, 504 & 615)

(1) Every entry, either by hard copy or electronically as required by the Competition Provider, shall be made to the authorised official of the Competition Provider. Every entry must be dated and state fully and accurately the particulars required by the official entry form, including the true, legally registered name, address, date of birth, National Association Registration Number and affiliated Club of the competitor. No one shall be allowed to compete unless an entry form is completed in accordance with this Rule and anyone whose entry form is not so completed shall forfeit the entrance fee.

(2) Any Club, Association or Managing Body has the right to refuse any entry without assigning a reason to the entrant, but the reason must be disclosed to the Permitting / Licensing Authority if requested.

(3) No entry either for individual or team events may be made except upon the form of entry issued or approved by the Permitting / Licensing Authority.

(4) Every individual entry shall be confirmed by the intending competitor, who shall be responsible for all statements therein and any omissions there from, whether the athlete actually made the entry or not. Any individual making a false entry shall be dealt with for misconduct. (as defined in Rule 145 S1).

(5) Every entry for an event limited by age shall state the date of birth of the intending competitor and every such entry shall, if required, be verified subsequently by the production of a birth certificate.

(6) Where a team declaration is required for an event, this entry shall be verified by an authorised official of the Club on whose behalf the entry is made, and the Club shall be responsible for the accuracy of the information given by such official. Any affiliated Club making a false entry shall be dealt with for misconduct. (as defined in Rule 145 S1).

(7) Participation in a competition under UKA Rules shall only be valid if the stipulated entry fee has been received.

(8) All advertisements, and programmes (whether printed or electronic) shall state that the meeting or competition is being held "Under UKA Rules".

(9) Competition Providers of an Open Team event must declare in advance which team awards are included within the event or race and the manner in which they will be decided. In the case of a relay race the distance of each section and the order in which sections are to be run must be similarly declared.

RULE 142 S 2 UKA SUPPLEMENT - ROAD RACES

(1) Any Competition Provider applying for a Road Race Licence must set a final closing date for the normal acceptance of entries and may determine a limit to the maximum number of entries that will be accepted. Any competitor entering after this date may, if the entry is accepted, be charged an additional late entry fee if the Competition Provider so wishes.

(2) A Competition Provider must exhibit a listing, or provide a programme, showing all entries received by the published closing date. A list of all entrants, including any late entrants, must be provided to the Referee on request before the start of the race.

(3) Any Competition Provider has the right to refuse any entry without assigning a reason, but the reason must be disclosed to UKA if requested.

(4) A runner whose entry is accepted after the published closing date may, at the discretion of the Competition Provider:

- (i) not be eligible for any individual prize.
- (ii) not be eligible as a scoring team member in a team race.

(5) Runners who compete in any road race which does not have a UKA

licence may thereby render themselves liable to suspension. This does not apply in the case of fun runs.

RULE 142 S 3 UKA SUPPLEMENT - FELL, HILL AND MOUNTAIN RUNNING

No runner may take part in any race without having entered the race in accordance with the current appropriate Safety requirements.

RULE 142 S 4 UKA SUPPLEMENT – TRAIL RACES

The Competition Provider may accept entries after the published closing date, but decide such competitors are not eligible for individual prizes and/or are not eligible to be scoring team members. These limitations should be made clear at the time of accepting the entry.

RULE 143 CLOTHING, SHOES AND ATHLETE BIBS

Clothing

- (1) In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of the Judges. Athletes' vests should have the same colour on the front and back.

At all competitions under Rules 1.1(a), (b), (c), (f) and (g), and when representing their Member under Rules 1.1(d) and (h), athletes shall participate in the uniform clothing approved by their national governing body. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.

Note: The relevant governing body may specify in the regulations for a competition that it is mandatory for the colour on athletes' vests to be the same on the front and back.

Shoes

- (2) Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give an athlete any unfair additional assistance, including by the incorporation of any technology which will give the wearer any unfair advantage. A shoe strap over the instep is permitted. All types of competition shoes must be approved by IAAF.

Number of Spikes

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

Dimensions of Spikes

- (4) 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. If the track manufacturer or the stadium operator mandates a lesser maximum, this shall be applied.

Note: The surface must be suitable for accepting the spikes permitted under this Rule.

The Sole and the Heel

- (5) The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself.

In the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm and the heel in High Jump shall have a maximum thickness of 19mm. In all other events the sole and/or heel may be of any thickness.

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

Inserts and Additions to the Shoe

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

Athlete Bibs

- (7) Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the breast and back, except in the High Jump and Pole Vault, where one bib may be worn on the breast or back only. Either the athletes' names or other suitable identification will be allowed instead of numbers on any or all of the bibs. If numbers are used, they shall correspond with the number allocated to the athlete on the start list or in the programme. If track suits are worn during the competition, bibs shall be worn on the track suit in a similar manner.
- (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 which appear on them.
- (9) Where a Photo Finish System is in operation, the Organising Committee

may require athletes to wear additional number identification of an adhesive type on the side of their shorts or lower body.

- (10) No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.
- (11) If an athlete does not follow this Rule in any way and:
 - (a) refuses the direction of the relevant Referee to comply; or
 - (b) participates in the competition, he shall be disqualified.

RULE 143 S 1 UKA SUPPLEMENT - CLOTHING (PREVIOUSLY UKA RULE 16, 17, 102, 208 & 305)

(1) All advertising and sponsorship contracts (other than the sponsorship of events) with any Club or individual athlete under the jurisdiction of UKA must be registered with UKA.

- (2) For all competitions held under IAAF rules clothing (deemed to include track suits and any other equipment) must comply with these rules and associated IAAF Regulations.
 - (i) Should athletes or clubs wish to wear an identification of a personal sponsor in UKA events then the identification may appear only once and must be a maximum of 20 square cm, with any lettering maximum height of 4cm. If the identification is solely a logo then this must be a maximum of 20 square cm with a maximum height of 5cm. This is subject to IAAF clauses 8 (2) & 143 (1) above and the requirement that the specific design of the advertising material to be used, together with the name of the sponsor(s) shall be submitted by the Club to their National Association for prior approval and registration. For the avoidance of doubt this need for approval by National Associations does not apply to “branded” clothing and equipment available on the open market provided by bona fide suppliers of athletic clothing and equipment.
 - (ii) Should athletes or clubs wish to wear an identification of a personal sponsor in UKA domestic events whose size is in excess of clause (1) above, the specific design of the advertising material to be used, together with the name of the sponsor(s) shall be submitted by the Club to their National Association for prior approval, acting reasonably, and registering. This is subject to IAAF clauses 8 (2) & 143 (1) above.

NOTE: Where this approval is obtained the athlete is warned that in any competitions held under IAAF rules or where the permit conditions require IAAF regulation compliance then the athlete must have an alternative kit to wear in those competitions and approval under this clause does not over-ride the IAAF requirements.

(3) In team or relay races all competitors must wear registered vests of the same design and colour of the team they are representing, unless the Referee has given permission for a change to be made.

NOTE 1: This Rule does not preclude the possibility of clothing being different in style between participants in the same team e.g. vests of different length, cut of sleeve or collar etc. Any team clothing should, though, still broadly correspond in colour and design notwithstanding these differences.

NOTE 2: In team or relay races all competitors should wear registered vests of the same design.

NOTE 3: Clubs are permitted to have two sets of colours registered at any one time.

(4) In individual English County, English Area, Scottish District, Welsh Regional and National Championships, (but excluding Road Running) athletes must wear the vest of their first-claim affiliated Club, their County, Area, District, Regional or National vest, or any other Representative vest approved by UKA. The affiliated Club concerned must be the one which in terms of Rule 21 S2(4) caters for that particular discipline of athletics.

NOTE: In exceptional circumstances the Referee may grant permission for an alternative vest to be worn.

(5) Except as is allowed for in this rule, competitors are not allowed to take into an arena or course any form of advertising material, nor to display on their person any such advertising other than:

- (i) the accepted name of their affiliated Club in lettering which should not exceed 4cm in height. In the case of County vests the lettering indicating the name shall not exceed 6cm in height.
- (ii) a single Trade Mark of the manufacturer of the clothing they are wearing which may appear on the upper body attire. This Mark must not exceed 20 square cm, with the lettering maximum height of 4cm and the total logo maximum height of 5cm. On lower body attire the logo shall not exceed 20 square cm with maximum height of 4cm and may only appear once.

(6) Track & Field

Footwear

NOTE: For non-synthetic surfaces the maximum length of spike shall be 25mm and the maximum diameter 4mm.

(7) Race Walking

In order that judges may apply the Rules relating to walking, competitors' knees shall normally be bare. If garments are worn that cover the knee, the Referee's permission must be obtained before the commencement of the race, and the Chief Judge notified. Any competitor starting without permission will be disqualified by the Referee.

RULE 143 S 2 UKA SUPPLEMENT - ATHLETE BIBS (PREVIOUSLY UKA RULE 18, 103 & 209)

(1) Every athlete shall be provided with at least one bib which shall normally be worn on the breast and show a suitable identification number or name.

(2) Road Races

- (i) There should be provision for medical information and contact details on the reverse of the bib for prior completion by the athlete.
- (ii) In Road Relays every athlete must wear the supplied bib(s), which must serve to identify the team and should also identify the stage that the athlete is running.
- (iii) Numbers are issued to the individual athlete completing the application form except with the specific authority of the Competition Provider. Athletes who receive transferred numbers without permission will be disqualified from the race. Both runners will be subject to disciplinary action by the appropriate National Association.
- (vi) A runner must retire immediately if ordered to do so by a medical officer of the race.
- (v) Runners who retire from a race must not remove their bib until they have reported to an official as having retired from the race.

RULE 144 ASSISTANCE TO ATHLETES

Medical Examination and Assistance

- (1) (a) Medical examination / treatment and/or physiotherapy may be provided either on the competition area itself by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel or in designated medical treatment areas outside the competition area by accredited team medical personnel specifically approved by the Medical or Technical Delegate for the purpose. In neither case shall the intervention delay the conduct of the competition or an athlete's trial in the designated order. Such attendance or assistance by any other person, whether immediately before competition, once athletes have left the Call Room or during competition, is assistance.
- (b) An athlete shall retire at once from an event if ordered to do so by the Medical Delegate, or a medical doctor who is a member of the official medical staff, identified by armbands, vests or similar distinctive apparel.

Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.

- (2) Any athlete giving or receiving assistance from within the competition

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

Note: In cases under Rule 144.3(a), disqualification may be made without warning.

- (3) For the purpose of this Rule, the following examples shall be considered assistance, and are therefore not allowed:
 - (a) Pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device (other than those permitted under Rule 144.4(d)).
 - (b) Possession or use of video recorders, radios, CD, radio transmitters, mobile phone or similar devices in the competition area.
 - (c) Except for shoes complying with Rule 143, the use of any technology or appliance that provides the user with an advantage which he would not have obtained using the equipment specified in, or permitted by, the Rules.
 - (d) The use of any mechanical aid, unless the athlete can establish on the balance of probabilities that the use of an aid would not provide him with an overall competitive advantage over an athlete not using such aid.
 - (e) Provision of advice or other support by any official of the competition not related to or required by his specific role in the competition at the time (e.g., coaching advice, indication of the take-off point in a jumping event except to indicate a failure in horizontal jumps, time or distance gaps in a race etc.).
- (4) For the purpose of this Rule, the following shall not be considered assistance, and are therefore allowed:
 - (a) Communication between the athletes and their coaches not placed in the competition area.

In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the 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 under Rule 144.1.
 - (c) Any kind of personal safeguard (e.g. bandage, tape, belt, support, etc.) for protection and/or medical purposes. The Referee, in conjunction with the Medical Delegate, shall have the authority to verify any case should he judge that to be desirable. (See also Rules 187.4 and 187.5.)
 - (d) Heart rate or speed distance monitors or stride sensors or similar

devices carried or worn personally by athletes during an event, provided that such device cannot be used to communicate with any other person.

- (e) Viewing by athletes competing in Field Events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area (see 144.1 Note). The viewing device or images taken from it must not be taken into the competition area.

RULE 145 DISQUALIFICATION

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

- (1) If an athlete is disqualified in an event for an infringement of a Technical Rule (except under Rules 125.5 or 162.5) any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid. Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition.
- (2) If an athlete is disqualified from an event for acting in an unsporting or improper manner, reference shall be made in the official results giving reasons for such disqualification. If an athlete is warned for a second time under Rule 125.5 for acting in an unsporting or improper manner in an event, or under Rule 162.5, he shall be disqualified from that event. If the athlete's second warning occurs in a different event, he shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall be considered valid. Disqualification from an event for unsporting or improper behaviour or under Rule 162.5 shall render the athlete liable to disqualification by the Referee from participation in all further events, (including individual events of a Combined Event, other events in which he is simultaneously participating and relays) in that competition. If the offence is considered serious, the Competition Director shall report it to the relevant governing body for consideration of further disciplinary action.

RULE 145 S 1 UKA SUPPLEMENT - MISCONDUCT (PREVIOUSLY UKA RULE 22)

(1) Any individual athlete or official of an affiliated Club making a false entry for competition shall be dealt with by the appropriate National Association for misconduct.

(2) Any competitor (or other person) interfering or attempting to interfere with

the decision of an event official, or indulging in unfair practices or misbehaviour, including the use of offensive or abusive language shall, at the discretion of the Referee, be disqualified from the competition and, if deemed necessary, reported to the appropriate National Association for further action. Performances achieved in the competition from which they were disqualified shall not stand.

NOTE: The use of offensive language audible to others should normally attract a warning from the Referee, but, if targeted at an official, should immediately attract a disqualification.

(3) Athletes or officials who breach the Rules of Competition or conduct themselves in a manner which may bring discredit to the sport of athletics may be reported to the appropriate National Association to take such action as it deems necessary.

RULE 146 PROTESTS AND APPEALS

- (1) Protests concerning the status of an athlete to participate in a competition must be made, prior to the commencement of such competition, to the Technical Delegate(s). Once the Technical Delegate(s) make a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete "under protest" and the matter be referred to the Council or the relevant body.

- (2) Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event.

The Organising Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.

- (3) Any protest shall be made orally to the Referee by an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury of Appeal. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.
- (4) In a Track Event,
 - (a) if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may, if he is in any doubt, allow the athlete to compete "under protest" in order to preserve the

rights of all concerned. Competing “under protest” shall not be allowed if the false start was indicated by an IAAF approved Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.

- (b) a protest may be based on the failure of the Starter to recall a false start or, under Rule 162.5, to abort a start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start or whose conduct should have led to the start being aborted, and who was subject to warning or disqualification according to Rules 162.5, 162.6, 162.7 or 200.8(c), shall be warned or disqualified. Whether or not there may be any warning or disqualification, the Referee shall have the authority to declare the event or part of the event void and that it or part of it shall be held again if in his opinion justice demands it.

Note: The right of protest and appeal in Rule 146.4(b) shall apply whether or not a Start Information System is used.

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

If the protested trial occurred:

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

the Referee may, if he is in any doubt, allow the athlete to continue competing “under protest” to preserve the rights of all concerned.

- (6) The protested performance of the athlete and any other performance achieved by him while competing “under protest” will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.
- (7) An appeal to the Jury of Appeal must be made within 30 minutes:
 - (a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or
 - (b) of the advice being given to those making the protest, where there is no amendment of any result.

It shall be in writing, signed by the athlete, by someone acting on his behalf or by an official representative of a team and shall be accompanied by a deposit of USD 100, or its equivalent, which will be forfeited if the appeal is not allowed. Such athlete or team may appeal only if they are competing in the same round of the event to which the

appeal relates (or are competing in a competition on which a team points score is being conducted).

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

- (8) The Jury of Appeal shall consult all relevant persons. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee or the Chief Race Walking Judge shall be upheld.
- (9) The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.
- (10) Decisions involving points which are not covered by the Rules shall be reported subsequently by the Chairman of the Jury of Appeal to the General Secretary of the IAAF.
- (11) The decision of the Jury of Appeal (or of the Referee in the absence of a Jury of Appeal or if no appeal to the Jury is made) shall be final and there shall be no further right of appeal, including to CAS.

RULE 146 S 1 UKA SUPPLEMENT - PROTESTS AND APPEALS (PREVIOUSLY UKA RULES 23, 106, 215, 411 & 515)

For meetings where there is no Jury of Appeal and / or Technical Information Centre the following provisions shall apply:

1) Qualification to compete

Protest

1.1 Any protest or objection against the qualification to compete, or the statements in the entry form of another competitor or Club, shall be made to the appropriate Referee as early as possible and where practicable such protest or objection should be made before the commencement of the competition. Where the protest relates to competitors' eligibility to compete, by means of registration or equivalent, the referee may refer the matter to the Competition Provider or National Association to determine. They may decide the protest or objection at the event or after investigation, such investigations should be concluded within one week of the competition date. In the event of a protest or objection being lodged against a successful competitor or team, the prize or prizes shall be withheld until the protest or objection has been disposed of in a manner provided for in this Rule.

1.2 To assist in the compliance of athlete registration and thereby eligibility to

compete the National Associations should undertake checks on competition results to ensure that athletes are registered in compliance with “IAAF rule 21/22 UKA Supplement 1(1) Eligible athletes”. Such checks will be undertaken within one week of the competition. Following the conclusion of their investigations, if the National Association decides that the athlete is ineligible they must forthwith notify the Competition Provider which should then adjust the results of its competition in accordance with its rules.

1.3 In the event of a successful protest under 1.1 or 1.2 above the Competition Provider should re-score the competition in accordance with the rules of the competition.

Appeal

1.4 In the event that the protestor has not accepted the decision reached after investigation they or an authorised official shall take action by objecting directly to the National Association in writing within one week of the decision.

1.4.1 In the event of an Appeal against a decision by a National Association solely with regard to registration, the National Association will set up an Independent Panel to determine the Appeal. Such determination should be made within one week of receipt of the Appeal.

2) Technical Rules, Conduct or Placing

2.1 Any protest or objection by a competitor or team against the conduct or placing of another competitor or team in any competition, or relating to any matter which may develop during the event, shall be made to the appropriate Referee immediately after that event or competition, or immediately after the results are published.

2.2 Every protest or objection lodged under 2.1 may be made verbally by the individual competitor or by a member of the protesting Club.

2.3 The Referee shall decide any protest or objection made under 2.1 having reviewed all the relevant information, on the ground, or after investigation. The Referee's decision shall be final.

2.4 Where protests are made in respect of the Start, the Starter's decision is final.

2.5 Cross Country and Road Races: If the results are not available at the conclusion of the event, then such a protest may be made at any time up until one week after the publication of the results. In such cases the protest should be made to the Referee through the Competition Provider. If, as a result of a protest under 2.1 or 2.2 above, a runner is disqualified or the race result otherwise altered, the Referee shall inform the Competition Provider of that amended result, in writing, within one week. The Competition Provider must then inform the individual(s) affected by the decision and, if required, take steps to recover prizes or awards made to the athlete(s). The Referee's decision shall be final.

2.6 Fell, Hill and Mountain Running: If the results are not available at the conclusion of the event, then such a protest may be made at any time up until one

week after the publication of the results. In such cases the protest should be made to the Competition Provider and/or the Referee. If, as a result of a protest under 2.1 or 2.2 above, a runner is disqualified or the race result otherwise altered, the Competition Provider must then inform the individual(s) affected by the decision and, if required, take steps to recover prizes or awards made to the athlete(s). The Competition Provider's / Referee's decision shall be final.

3. Misconduct relating to competition

In the event of a matter of misconduct being reported to a National Association in accordance with rule 145 the National Association shall form an Investigatory Panel to review the matter and determine what penalties are enforced in accordance with Rule 145. They must have completed their investigation within a month of its referral to them.

4. Further appeal to UKA in relation to competition matters

Any competitor, team or Club may appeal against the decision of a National Association. Notice of Appeal must be sent to UKA within 14 days of receipt of such decision and must be accompanied by a deposit of £50, which will be refundable at the discretion of UKA. In addition the board of UKA, may at its discretion, refer any decision taken by a National Association, and after consultation with the National Association, to an Independent Appeals Panel. Any other disciplinary matters that are not related to competition must be dealt with by policies and procedures outside the Competition Rule Book. The Appeal will be determined in accordance with the procedures established by UKA.

Without prejudice to the foregoing, where any competitor, team or club wishes to appeal any decision reached under (1) and (3) above it may seek resolution in accordance with the Appeal Procedure established by UKA. Any application for such an appeal must be received within 2 weeks of the date of the event or of the decision being contested or from a related decision made by a National Governing Body being published. UKA shall convene a Hearing within 4 weeks of receipt of the Notice of Appeal and shall notify all parties deemed to be involved in the Appeal. No new evidence will be accepted by UKA that has not been submitted previously to the Associations concerned. The hearing shall be conducted by an independent panel of three persons for that purpose. No member of the panel shall have any connection with any of the parties involved in the dispute or any vested interest in the outcome. The decision of the panel shall be final in accordance with UKA's jurisdiction. Appeals in accordance with this provision are limited to those relating to Qualification to Compete and Misconduct only.

For the avoidance of doubt Appeals concerning any matters not relating to Competition are matters solely within the jurisdiction of National Associations and UKA and will be dealt with in accordance with their published procedures.

RULE 147 MIXED COMPETITION

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

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

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

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

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

RULE 147 S 1 UKA SUPPLEMENT – MIXED COMPETITION (PREVIOUSLY UKA RULE 107(8) & 310)

For competitions held entirely within the stadium, mixed events between male and female athletes shall be permitted in field events and track races from 800 metres upwards. In the case of Graded Events refer to Rule 141 S2(7).

Note: Performances achieved in mixed track races will not be valid as qualifying times for major events and Championships, nor National Records identified in Rule 260 S1.

Mixed road walking competitions between male and female participants of the same age group shall be permitted for Club, Inter-Club and open events, but not for National or UKA Championships.

RULE 148 MEASUREMENTS

For Track and Field Events in competitions under Rules 1.1(a), (b), (c) and (f), all measurements shall be made with a calibrated certified steel tape or bar or with a scientific measuring device. The steel tape, bar or scientific measuring device shall have been certified by the IAAF and the accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.

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

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

RULE 149 VALIDITY OF PERFORMANCES

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

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

RULE 150 VIDEO RECORDING

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

RULE 151 SCORING

In a match where the result is to be determined by the scoring of points, the method of scoring shall be agreed by all the competing countries or teams before the start of the match, unless provided for in the applicable regulations.

SECTION III - TRACK EVENTS

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

RULE 160 TRACK MEASUREMENTS

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

If a section of the kerb on a bend has to be temporarily removed for Field Events, its place on the surface beneath shall be marked with a white line 50mm in width and by cones or flags, minimum height 0.20m, placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track, and placed at intervals not exceeding 4m. (Flags shall be placed at an angle of 60° with the ground away from the track.) This shall also apply to the curved section of the steeplechase track where athletes divert from the main track to negotiate the water jump, to the outer half of the track in the case of starts according to Rule 162.10 and, optionally, to the straights, in this latter case, at intervals not exceeding 10m.

- (2) The measurement shall be taken 0.30m outward from the kerb or, where no kerb exists on a bend (or the diversion from the track for the steeplechase water jump), 0.20m from the line marking the inside of the track.

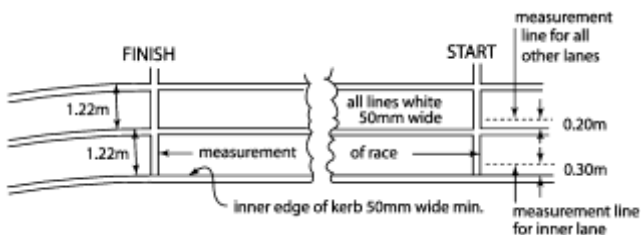


Figure 160 - Track measurements (infield view)

- (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 50mm in width. All lanes shall be of the same nominal width. The inner lane shall be measured as stated in Rule 160.2, but the remaining lanes shall be measured 0.20m from the outer edges of the lines.

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

- (5) In International Competitions under Rules 1.1(a), (b), (c) and (f), the track should allow for eight lanes minimum.
- (6) The lateral inclination of tracks should not exceed 1:100 (1%) unless special circumstances exist which justify the IAAF providing an exemption, and the overall downward inclination in the running direction shall not exceed 1:1000 (0.1%).

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

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

RULE 160 S 1 UKA SUPPLEMENT – TRACK MEASUREMENTS (PREVIOUSLY UKA RULE 108 & 109)

(1) The inside of the track should be bordered by a kerb of suitable material, approximately 5cm in width. The kerb on the two straights may be omitted and a white line 5cm wide substituted.

(2) It is recommended that the direction of running shall be left hand inside.

(3) For Championships or for any recognised National record to be accepted, the track must have been measured for distance either:-

- (i) 30cm outwards from the outer edge of the kerbing if there is a raised border.

or

- (ii) 20cm from the outer edge of the line if there is no raised border. In this case cones must be placed on the white line so that the base of the cone coincides with the outer edge of the inside line to prevent any athlete running on the lane line itself. These cones shall be no more than 4 metres apart and preferably closer to each other.

The measurement 20cm from the outer edge of the line also applies to that section of a steeplechase course where athletes divert from the main track to negotiate the water jump.

NOTE: If a track has been measured and certificated as under 3(a) above and the kerbing is subsequently removed around any bend or bends the distances run by athletes using the inside lane, including those in middle distance races, will

not be accurate. A performance set under these circumstances will not be acceptable as a qualifying standard for major International Championships or as a UK record.

(4) In measuring lanes for distance the inner lane shall be measured as stated in (3) above and the other lanes 20cm from the outer edge of each subsequent lane line.

(5) Races up to 100 metres must be run on a straight course so as to allow a separate lane for each competitor.

(6) Individual races up to and including 400 metres should be run in lanes with a separate lane for each competitor.

(7) Races over 400 metres and up to and including 800 metres may be run in lanes as far as the end of the first bend.

RULE 161 STARTING BLOCKS

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

Starting blocks shall comply with the following general specifications:

- (a) They shall be entirely rigid in construction and shall give no unfair advantage to the athlete.
- (b) They shall be fixed to the track by a number of pins or spikes, arranged to cause the minimum possible damage to the track. The arrangement shall permit the starting blocks to be quickly and easily removed. The number, thickness and length of pins or spikes depend on the track construction. The anchorage shall permit no movement during the actual start.
- (c) When an athlete uses his own starting blocks, they shall comply with Rules 161.1(a) and (b). They may be of any design or construction, provided that they do not interfere with other athletes.
- (d) When starting blocks are provided by the Organising Committee, they shall, in addition, comply with the following specifications:

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

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

- (2) In competitions held under Rules 1.1(a), (b), (c) and (f) and for any performances submitted for ratification as a World Record under Rules 261 or 263, the starting blocks shall be linked to an IAAF approved Start Information System. This system is strongly recommended for all other competitions.

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

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

RULE 161 S 1 UKA SUPPLEMENT – STARTING BLOCKS (PREVIOUSLY UKA RULE 110 (2) (3))

The use of starting blocks is optional, except where blocks incorporating false start detection equipment are in use when all competitors shall be required to use only the starting blocks provided. If false start detection equipment is not in use, athletes may use their own starting blocks but such starting blocks must be approved by the Starter.

For the avoidance of doubt in races up to and including 400m if the use of starting blocks is not compulsory (except as defined in Rule 161) then a crouch start does not have to be applied.

Note: On synthetic surfaced tracks the Competition Provider may insist that only starting blocks provided by them shall be used.

RULE 162 THE START

- (1) The start of a race shall be denoted by a white line 50mm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

Note (i): In the case of events starting outside the stadium, the start line may be up to 0.30m in width and maybe of any colour contrasting distinctively with the surface of the start area.

Note (ii): The 1500m start line, or any other curved start line, may be extended out from the outside bend lane to the extent that the same synthetic surface is available.

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

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

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

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

Where an athlete in the judgement of the Starter,

- (a) after the command "On your marks" or "Set", and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee); or

- (b) fails to comply with the commands “On your marks” or “Set” as appropriate, or does not place himself in his final starting position after a reasonable time; or
- (c) after the command “On your marks” or “Set” disturbs other athletes in the race through sound or otherwise,

the Starter shall abort the start.

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

False Start

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

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

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

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

Note (iii): 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.

Note (iv): When an IAAF approved Start Information System is in operation, the evidence of this equipment shall normally be accepted as conclusive by the Starter.

- (7) Except in Combined Events, any athlete responsible for a false start shall be disqualified by the Starter.

For Combined Events, see Rule 200.8(c).

RULE 162 S 1 UKA SUPPLEMENT - THE START (PREVIOUSLY UKA RULE 111 (15))

Under 13, Under 15 and Masters' and Schools' Under 17 Age Groups

In all competitions other than those where younger athletes are competing in a competition where Rule 162(6) above applies, whether false start detection equipment is in use or not, any athlete deemed responsible for a false start shall be warned. An athlete deemed responsible for two false starts shall be disqualified.

If in the opinion of the Starter, or the Start Recaller, the start was not fair, the competitors must be recalled with a second signal. If the Starter decides that the unfair start was due to one or more competitors 'beating the start signal' it shall be considered a false start.

NOTE: In practice, when one or more competitors beat the start signal others are inclined to follow and strictly speaking, any competitor who does so has beaten the start signal. The Starter should warn (or disqualify) as appropriate, only such competitor or competitors who in his or her opinion were responsible for beating the start signal. If the unfair start is not due to any competitor no warning shall be given.

In the case of athletes competing in a Combined Events competition as defined in Rule 200 for the age groups identified in the previous paragraph, whether false start detection equipment is in use or not, any athlete deemed responsible for a false start shall be warned. Any athlete(s) responsible for three false starts shall be disqualified from the race.

- (8) In case of a false start, the Starter's Assistants shall proceed as follows:

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

In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow and black (diagonally halved) card raised in front of him and a corresponding

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

The basic system (to raise a card in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used.

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

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

- (10) When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately two thirds of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group shall run as far as the end of the first bend on the outer half of the track, which shall be marked by cones or flags as described in Rule 160.1.

The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance.

The breakline for 800m described in Rule 163.5 indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start.

For group starts in 1000m, 3000m and 5000m, the track shall be marked at the beginning of the finish straight to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark may be a 50mm × 50mm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.

RULE 163 THE RACE

- (1) In races including at least one bend, the direction of running and walking shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.

Obstruction

- (2) If an athlete is jostled or obstructed during an event so as to impede his progress, then:
 - (a) if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, order that the

race be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;

- (b) if another athlete is found by the Referee to be responsible for the jostling or obstruction, such athlete (or his team) shall be liable to disqualification from that event. The Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, order that the race be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event.

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

Lane Infringement

- (3) (a) In all races run in lanes, each athlete shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.
- (b) In all races (or any part of races) not run in lanes, an athlete running on a bend, on the outer half of the track as per Rule 162.10, or on any curved part of the diversion from the track for the steeplechase water jump, shall not step or run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track, or any curved part of the diversion from the track for the steeplechase water jump).

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

- (4) An athlete shall not be disqualified if he
 - (a) is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border, or
 - (b) steps or runs outside his lane in the straight, any straight part of the diversion from the track for the steeplechase water jump or outside the outer line of his lane on the bend,

with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress.

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

RULE 163 S 1 UKA SUPPLEMENT – RUNNING ON THE LINE (PREVIOUSLY UKA RULE 112)

If the Referee considers that such action is unintentional, he or she may, at his or her discretion, disqualify if of the opinion that a material advantage was gained thereby. (The table below may be used for guidance in determining the advantage gained).

Track 400 metres Stride 2.30m	Advantage Gained by Encroaching <i>t</i> cm on Inside of Lane			
Number of Strides	<i>t</i> = 50mm	<i>t</i> = 100mm	<i>t</i> = 150mm	<i>t</i> = 300mm
	mm	mm	mm	mm
1	4	7	11	22
2	7	14	22	44
3	11	22	33	66
4	14	29	44	88
5	18	36	54	109
6	22	44	65	131
7	25	51	76	153
8	29	58	87	175
9	33	65	98	197
10	36	72	109	219

This table shows, mathematically, the theoretical advantage gained by taking from 1 to 10 strides inside the inner border of a lane. The distances are shown in millimetres, e.g. four strides \times 150mm inside gives an advantage of 44mm.

- (5) In competitions held under Rules 1.1(a), (b), (c) and (f), the 800m event shall be run in lanes as far as the nearer edge of the breakline where athletes may leave their respective lanes.

The breakline shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 50mm \times 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline. If an athlete does not follow this Rule he, or in the case of a relay his team, shall be disqualified.

Note: In competitions under Rules 1.1(d) and (h), countries may agree not to use lanes.

Leaving the Track

- (6) An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, he shall be disqualified by the Referee.

Check-Marks

- (7) Except as stated in Rule 170.4, when all or the first portion of a Relay Race is being run in lanes, athletes may not make check-marks or place objects on or alongside the running track for their assistance.

Wind Measurement

- (8) All wind gauge equipment shall have been certified by the IAAF and the accuracy of the gauge used shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.
- (9) Non-mechanical wind gauges shall be used at all International Competitions under Rules 1.1(a) to (h) and for any performance submitted for ratification as a World Record.

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

- (10) The Track Referee shall ensure that the wind gauge for Track Events is placed beside the straight, adjacent to lane 1, 50m from the finish line. It shall be positioned 1.22m high and not more than 2m away from the track.
- (11) The wind gauge may be started and stopped automatically and/or remotely, and the information conveyed directly to the competition computer.
- (12) The periods for which the wind velocity shall be measured from the flash / smoke of the Starter's gun are as follows:

Seconds

100m	10	(Also to apply to all distances up to 100m)
100m Hurdles	13	
110m Hurdles	13	

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

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

Indication of Intermediate Times

- (14) 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

- (15) relevant point and in circumstances where such times will be provided to all athletes in the race.

Athletes who receive intermediate times that have been communicated in violation of this Rule shall be considered to have received assistance and shall be subject to the provisions of Rule 144.2.

Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.

Drinking / Sponging

- (16) (a) In Track Events of 5000m or longer, the Organising Committee may provide water and sponges to athletes if weather conditions warrant such provision.
- (b) In Track Events longer than 10,000m, refreshments, water and sponging stations shall be provided. Refreshments may be provided either by the Organising Committee or the athlete and shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

RULE 164 THE FINISH

- (1) The finish of a race shall be denoted by a white line 50mm wide.

Note: In the case of events finishing outside the stadium, the finish line may be up to 0.30m in width and maybe of any colour contrasting distinctively with the surface of the finish area.

- (2) The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line as defined above.
- (3) In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the gun exactly one minute before the end of the race to warn athletes and Judges that the race is nearing its end. The Starter shall be directed by the Chief Timekeeper and, at exactly the appropriate time after the start, he shall signal the end of the race by again firing the gun. At the moment the gun is fired to signal the end of the race, the Judges appointed for that purpose shall mark the exact spot where each athlete touched the track for the last time before or simultaneously with the firing of the gun.

The distance achieved shall be measured to the nearest metre behind this mark. At least one Judge shall be assigned to each athlete before the start of the race for the purpose of marking the distance achieved.

RULE 165 TIMING AND PHOTO FINISH

- (1) Three alternative methods of timekeeping shall be recognised as official:
 - (a) Hand Timing;
 - (b) Fully Automatic Timing obtained from a Photo Finish System;
 - (c) Timing provided by a Transponder System for competitions held under Rules 230 (races not held completely in the stadium), 240, 250, 251 and 252 only.
- (2) Under Rule 165.1 (a) and (b), the time shall be taken to the moment at which any part of the body of an athlete (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
- (3) Times for all finishers shall be recorded. In addition, whenever possible, lap times in races of 800m and over and intermediate times at every 1000m in races of 3000m and over shall be recorded.

Hand Timing

- (4) The Timekeepers shall be in line with the finish and, where possible, they should be placed at least 5m from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.
- (5) Timekeepers shall use manually operated electronic timers with digital readouts. All such timing devices are termed "watches" for the purpose of the Rules.
- (6) The lap and intermediate times as per Rule 165.3 shall be recorded either, by designated members of the timekeeping team using watches capable of taking more than one time, or by additional Timekeepers, or by transponders.
- (7) The time shall be taken from the flash / smoke of the gun.
- (8) Three official Timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional Timekeepers shall time the winner of every event and any performances for record purposes. (For Combined Events, see Rule 200.8(b).) The times recorded by the additional Timekeepers' watches shall not be considered unless one or more of the official Timekeepers' watches fail to record the time correctly, in which case the additional Timekeepers shall be called upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official winning time.

RULE 165 S 1 UKA SUPPLEMENT - UK RECORDS (PREVIOUSLY UKA RULE 119(9))

In the event of a National record claim the time should be taken by three Graded Timekeepers, each of whom should be at least Level 4. If a fully

automatic finish system is not in operation they must show their timings to the Chief Timekeeper and certify these times on the appropriate Record Application form.

- (9) Each Timekeeper shall act independently and without showing his watch to, or discussing his time with, any other person, shall enter his time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported times.
- (10) For all hand-timed races, times shall be read and recorded as follows:
 - (a) For races on the track, unless the time is an exact 0.1 second, the time shall be converted and recorded to the next longer 0.1 second, e.g. 10.11 shall be recorded as 10.2.
 - (b) For races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.
- (11) If, after converting as indicated above, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time. If all three watches disagree, the middle time shall be official. If only two times are available and they disagree, the longer time shall be official.
- (12) The Chief Timekeeper, acting in accordance with the Rules mentioned above, shall decide the official time for each athlete and provide the results to the Competition Secretary for distribution.

Fully Automatic Timing and Photo Finish System

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

The System

- (14) To be approved by the IAAF, a system must have been tested, and have a certificate of accuracy issued within 4 years of the competition, including the following:
 - (a) The System must record the finish through a camera positioned in the extension of the finish line, producing a composite image.
 - (i) For competitions under Rule 1.1, this composite image must be composed of at least 1000 images per second.
 - (ii) For other competitions, this composite image must be composed of at least 100 images per second.In each case, the image must be synchronised with a uniformly marked time-scale graduated in 0.01 seconds.
 - (b) The System shall be started automatically by the Starter's signal, so that the overall delay between the report from the muzzle or its equivalent visual indication and the start of the timing system is constant and equal to or less than 0.001 second.
- (15) 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

20mm beyond, and not extended before, the leading edge of the finish line. Similar black marks may be placed on each side of the intersection of an appropriate lane line and the finish line to further facilitate reading.

- (16) 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.
- (17) 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 any athlete. Additionally, the system shall provide a tabular overview which shows the time or other result of every athlete. Subsequent changes of automatically determined values and manual input of values (such as start time, finish time), shall be indicated by the system automatically in the time scale of the printed image and the tabular overview.
- (18) A system which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times. In this case, the times read on the image will not, under any circumstances, be considered as official, but the image may be used as a valid support in order to determine placings and adjust time intervals between athletes.

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

Operation

- (19) The Chief Photo Finish Judge shall be responsible for the functioning of the System. Before the start of the competition, he will meet the technical staff involved and familiarise himself with the equipment, checking all applicable settings.

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 signal within the limit identified in Rule 165.14(b) (i.e. equal to or less than 0.001 second).

He shall supervise the testing of the equipment and ensure that the camera(s) is (are) correctly aligned.

- (20) There should be at least two photo finish cameras in action, one from each side. Preferably, these timing systems should be technically independent, i.e. with different power supplies and recording and relaying of the Starter's signal, by separate equipment and cables.

Note: Where two or more Photo Finish cameras are used, one should be designated as official by the Technical Delegate (or International Photo Finish Judge where appointed) before the start of the competition. The times and places from the images of the other camera(s) should not be considered unless there is reason to doubt the accuracy of the official

camera or if there is need to use the supplementary images to resolve uncertainties in the finishing order (i.e. athletes wholly or partially obscured on the image from the official camera).

- (21) In conjunction with an adequate number of assistants, the Chief Photo Finish Judge shall determine the placing of the athletes and, as a consequence, their official times. He shall ensure that these results are correctly entered in or transferred to the competition results system and conveyed to the Competition Secretary.
- (22) Times from the Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. Such back-up Timekeepers must be appointed where any possibility exists of failure of the timing system.
- (23) Times shall be read and recorded from the Photo Finish image as follows:
 - (a) For all races up to and including 10,000m, the time shall be read, converted and recorded to 0.01 second. Unless the read time is an exact 0.01 second, it shall be converted and recorded to the next longer 0.01 second.
 - (b) For all races on the track longer than 10,000m, the time shall be read, converted to 0.01 second and recorded to 0.1 second. All read times not ending in zero shall be converted and recorded to the next longer 0.1 second, e.g. 59:26.32 shall be recorded as 59:26.4.
 - (c) For all races held partly or entirely outside the stadium, the time shall be read, converted to 0.01 second and recorded to the whole second. All read times not ending in two zeroes shall be converted and recorded to the next longer whole second, e.g. 2:09:44.32 shall be recorded as 2:09:45.

Transponder System

- (24) The use of Transponder Timing Systems approved by IAAF in events held under Rules 230 (races not held completely in the stadium), 240, 250, 251 and 252 is permitted provided that:
 - (a) None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of an athlete.
 - (b) The weight of the transponder and its housing carried or worn by the athlete is not significant.
 - (c) The System is started by the Starter's gun or synchronised with the start signal.
 - (d) The System requires no action by an athlete during the competition, at the finish or at any stage in the result processing.
 - (e) For all races, the time shall be converted to 0.1 second and recorded to the whole second. All read times not ending in zero shall be converted and recorded to the next longer whole second, e.g.

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

Note: The official time shall be the time elapsed between the firing of the starting gun (or the synchronised start signal) and the athlete reaching the finish line. However, the time elapsed between an athlete crossing the start line and the finish line can be made known to him, but will not be considered an official time.

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

Note: It is recommended that judges and/or video recording(s) also be provided to assist in determining the finishing order and the identification of athletes.

- (25) The Chief Transponder Timing Judge shall be responsible for the functioning of the System. Before the start of the competition, he will meet the technical staff involved and familiarise himself with the equipment, checking all applicable settings. He shall supervise the testing of the equipment and ensure that the passing of the transponder over the finish line will record the athlete's finish time. In conjunction with the Referee, he shall ensure that provision is made for the application, when necessary, of Rule 165.24(f).

RULE 166 SEEDINGS, DRAWS AND QUALIFICATION IN TRACK EVENTS

Rounds and Heats

- (1) Preliminary rounds shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds except that at the discretion of the body having the control over a competition, under Rules 1.1 (a), (b), (c) and (f), there may be a preliminary qualification round that is limited to athletes who have not met the entry standard(s) for the competition.
- (2) The preliminary rounds shall be arranged by the appointed Technical Delegates. If no Technical Delegates have been appointed they shall be arranged by the Organising Committee.

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

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

Declared	First Round			Second Round			Semi-Finals		
Entries	Heats	P	T	Heats	P	T	Heats	P	T
9-16	2	3	2						
17-24	3	2	2						

25-32	4	3	4		2	3	2
33-40	5	4	4		3	2	2
41-48	6	3	6		3	2	2
49-56	7	3	3		3	2	2
57-64	8	3	8	4	3	4	
65-72	9	3	5	4	3	4	2
73-80	10	3	2	4	3	4	2
81-88	11	3	7	5	3	1	2
89-96	12	3	4	5	3	1	2
97-104	13	3	9	6	3	6	3
105-112	14	3	6	6	3	6	3

800m, 4 x 100m, 4 x 200m, Medley Relay, 4 x 400m

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

1500m

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

2000m SC, 3000m, 3000m SC

Declared	First Round			Second Round			Semi-Finals		
Entries	Heats	P	T	Heats	P	T	Heats	P	T
20-34	2	5	5						
35-51	3	7	5				2	6	3
52-68	4	5	6				2	6	3
69-85	5	4	6				2	6	3

5000m

Declared	First Round			Second Round			Semi-Finals		
Entries	Heats	P	T	Heats	P	T	Heats	P	T
21-40	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	First round		
Entries	Heats	P	T
28-54	2	8	4
55-81	3	5	5
82-108	4	4	4

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

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

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

Ranking and Composition of Heats

- (3) (a) For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from the relevant list of valid performances achieved during the predetermined period.
- (b) After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:

- (i) for events of 100m to 400m inclusive, and relays up to and including 4 × 400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:
 Fastest heat winner 2nd
 fastest heat winner
 3rd fastest heat winner, etc.
 Fastest 2nd place
 2nd fastest 2nd place
 3rd fastest 2nd place, etc.
 (Concluding with)
 Fastest time qualifier 2nd
 fastest time qualifier
 3rd fastest time qualifier, etc.
- (ii) for other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).
- (c) The athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

A 1 6 7 12 13 18 19 24

B 2 5 8 11 14 17 20 23

C 3 4 9 10 15 16 21 22

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 4 × 400m, where there are several successive rounds of a race, lanes will be drawn as follows:
 - (a) In the first round and any preliminary qualification round as per Rule 166.1, the lane order shall be drawn by lot.
 - (b) For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown in Rule 166.3(b)(i) or, in the case of 800m, 166.3(b)(ii).

Three draws will then be made:

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

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

Note (ii): In competitions under Rules 1.1(d) to (j), the 800m event may be run with one or two athletes in each lane, or with group start behind an arced line. In competitions under Rules 1.1(a), (b), (c) and (f), this should normally be applied only in the first round, unless because of ties or advancement by the Referee, there are more athletes in a race of a subsequent round than were anticipated.

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

Note (iv): When there are more lanes than athletes, the inside lane(s) should always remain free.

Single Rounds

- (5) In competitions under Rules 1.1(a), (b), (c) and (f), for events longer than 800m, relays longer than 4 × 400m and any event where only a single round (final) is required, lanes / starting positions shall be drawn by lot.
- (6) Where it is decided to conduct a series of races in an event rather than rounds and finals, the Regulations for the competition shall set out all relevant considerations including seedings and draws and the method by which the final results will be determined.
- (7) An athlete shall not be allowed to compete in a heat or lane other than the one in which his name appears, except in circumstances which, in the opinion of the Referee, justify an alteration.

Progression

- (8) In all preliminary rounds, unless otherwise provided by alternate tables permitted under Rule 166.2, at least the first and second places in each heat shall qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify.

Except where Rule 167 applies, any other athletes may qualify by place or by time according to Rule 166.2, the particular Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.

Minimum Times between Rounds

- (9) 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

**RULE 166 S 1 UKA SUPPLEMENT SEEDINGS, DRAWS AND
QUALIFICATIONS
(PREVIOUSLY UKA RULE 115)**

QUALIFICATION FROM PRELIMINARY HEATS

(1) In the preliminary rounds of races, at least the winner, and preferably the winner and second should qualify for the next round or final. Any other competitors to qualify shall be decided either according to their places or according to their times. Where any qualifying position is decided by time only one system of timing may be applied in determining times. Where photo-finish equipment is in use the Chief Photo-Finish Judge shall consider, where necessary, the actual time recorded in 1/1000ths of a second by the competitor in deciding qualifiers by time.

(2) The following minimum times must be allowed between the last heat of the round and the first heat of the subsequent round or final.

Up to 100 metres	20 minutes
Over 100m and up to 200m	40 minutes
Over 200m and up to 400m	60 minutes
Over 400m and up to 800m	80 minutes
Over 800m	100 minutes

(3) In any athletics meeting competitors shall be excluded from participating in further events, including relays, when they have qualified in preliminary rounds or heats (including a qualifying round or pool in a Field Event) for further participation in any event but then do not compete further without giving a valid reason to the Referee. If a meeting extends over more than one day the exclusion shall apply to all subsequent events of the meeting.

(4) It is recommended that a limit be placed on the number of competitors in races. In general the number should not be so great as to create possible danger or unfairness to any competitor, and if at the beginning of any race the number of competitors appears to be excessive, the Referee, whose decision shall be final, is empowered to order that the competitors be divided into such heats as considered necessary and the event shall be run off accordingly.

(5) In competitions where the composition of heats is printed in the programme, competitors shall not be allowed to compete in any heat other than that in which their name appears; but the Referee, whose decision shall be final, is empowered to permit a departure from this Rule if this is considered just and reasonable.

(6) In races of 3,000 metres, 5,000 metres and 10,000 metres, when considered appropriate and practicable, the competitors may be divided into two groups, with one group of approximately 65% of the competitors using the regular arc'd

start line and the other group using a separate arced start line marked across the outer half of the track. The other group shall run as far as a designated line at the end of the first bend on the outer half of the track before being allowed to gain the inside of the track. The separate arced start line shall be marked in such a way that all the competitors shall run the same distance.

RULE 167 TIES

- (1) If the Judges or the Photo Finish Judges are unable to separate the athletes for any place according to Rules 164.2, 165.18, 165.21 or 165.24 (as may be applicable), it shall be determined to be a tie and the tie shall remain.
- (2) In determining whether there has been a tie between athletes in different heats for a ranking position according to Rule 166.3(b) or for the last qualifying position for a subsequent round based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 0.001 second. If it is thus (or according to 167.1) determined that there has been a tie for a ranking position the tie shall be broken by draw. Where there is a tie for the last qualifying position for a subsequent round based on time or place, the tying athletes shall be placed in the next round or, if that is not practicable, lots shall be drawn to determine who shall be placed in the next round.

Note: Where qualifying for the next round is based on place and time (e. g., the first three in each of two heats plus the next two fastest), and there is a tie for the last qualifying position based on place, placing the tied athletes in the next round shall reduce the number of athletes qualifying based on time.

RULE 168 HURDLE RACES

- (1) The standard distances shall be:

Men, U20 Men and U18 Boys: 110m, 400m

Women, U20 Women and U18 Girls: 100m, 400m

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

Men, U20 Men and U18 Boys

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

Women, U20 Women and U18 Girls

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

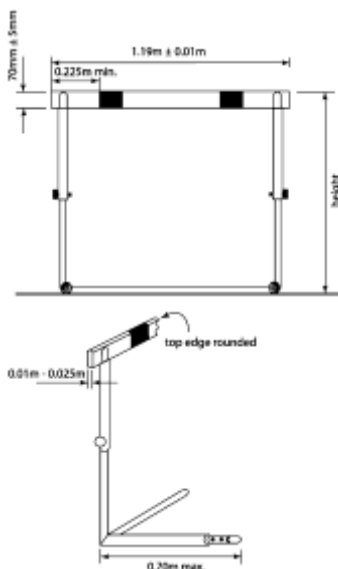


Figure 168 - Example of a hurdle

Each hurdle shall be so placed on the track that the feet shall be on the side of the approach by the athlete. The hurdle shall be so placed that the vertical plane of the side of the bar nearer to the approaching hurdler coincides with the track marking nearest the athlete.

- (2) The hurdles shall be made of metal or some other suitable material with the top bar of wood or other non-metallic suitable material. They shall consist of two feet and two uprights supporting a rectangular frame, reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. The hurdle shall be of such a design that a force at least equal to the weight of 3.6kg applied horizontally to the

centre of the top edge of the top bar is required to tilt it. The hurdle may be adjustable in height for each event. The counterweights shall be adjustable so that at each height a force at least equal to the weight of 3.6kg and not more than 4kg is required to tilt it.

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

- (3) Dimensions: The standard heights of the hurdles shall be:

Distance	Men	U20 Men	U18 Boys	Women/U20	U18Girls
110m/100m	1.067m	0.991m	0.914m	0.838m	0.762m
400m	0.914m	0.914m	0.838m	0.762m	0.762m

Note: Due to manufacturing varieties, hurdles up to 1.000m are also acceptable in the U20 110m Hurdles.

In each case, there shall be a tolerance allowance of 3mm, above and below the standard heights, to allow for variation in the manufacture. The width of the hurdles shall be from 1.18m to 1.20m. The maximum length of the base shall be 0.70m. The total weight of the hurdles shall be not less than 10kg.

- (4) The height of the top bar shall be 70mm \pm 5mm. The thickness of this bar should be between 10mm and 25mm, and the top edges should be rounded. The bar should be firmly fixed at the extremities.
- (5) The top bar should be painted with white and black stripes, or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment), such that the lighter stripes, which should be at least 0.225m wide are on the outside.
- (6) All races shall be run in lanes and each athlete shall keep to, and go over the hurdles in, his own lane throughout, except as provided in Rule 163.4. An athlete shall also be disqualified if he directly or indirectly knocks down or significantly displaces a hurdle in another lane.
- (7) Each athlete shall jump each hurdle. Failure to do so will result in a disqualification.

In addition, an athlete shall be disqualified, if:

- (a) his foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
 - (b) in the opinion of the Referee, he deliberately knocks down any hurdle.
- (8) Except as provided in Rules 168.6 and 168.7(b), the knocking down of hurdles shall not result in disqualification nor prevent a Record being made.
 - (9) For a World Record, all hurdles must comply with the specifications of this Rule.

RULE 168 S 1 UKA SUPPLEMENT - HURDLES SPECIFICATIONS (PREVIOUSLY UKA RULE 116(13))

Specifications for non-IAAF age group hurdle events are:

Race	Height	Dist. to 1st flight	Dist. bet. flights	Dist. to finish	No.	Track Colour
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MEN'S EVENTS

Under 17 (2.7kg Toppling Weight)

100m	91.4cm	13.0m	8.5m	10.5m	10	Yellow
400m	84.0cm	45.0m	35.0m	40.0m	10	Green

Under 15 (2.7kg Toppling Weight)

80m	84.0cm	12.0m	8.0m	12.0m	8	Black
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Under 13 (2.7kg Toppling Weight)

75m	76.2cm	11.5m	7.5m	11.0m	8	Orange
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WOMEN'S EVENTS

Under 17 (2.7kg Toppling Weight)

80m	76.2cm	12.0m	8.0m	12.0m	8	Black
300m	76.2cm	50.0m	35.0m	40.0m	7	Green

Under 15 (2.7kg Toppling Weight)

75m	76.2cm	11.5m	7.5m	11.0m	8	Orange
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Under 13 (2.7kg Toppling Weight)

70m	68.5cm	11.0m	7.0m	10.0m	8	Pink
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MASTER'S EVENTS

Men 35-49 (3.6kg Toppling Weight)

110m	99.1cm	13.72m	9.14m	14.02m	10	Blue
400m	91.4cm	45.0m	35.0m	40.0m	10	Green

Men 50-59 (100m: 3.6kg Toppling Weight; 400m: 2.7kg Toppling Weight)

100m	91.4cm	13.0m	8.50m	10.5m	10	Yellow
400m	84.0cm	45.0m	35.0m	40.0m	10	Green

Men 60-69 (2.7kg Toppling Weight)

100m	84.0cm	12.0m	8.0m	16.0m	10	—
300m	76.2cm	50m	35.0m	40.0m	7	Green

Men 70-79 (2.7kg Toppling Weight)

80m	76.2cm	12.0m	7.0m	19.0m	8	—
300m	68.5cm	50.0m	35.0m	40.0m	7	Green

Men 80 and over (2.7kg Toppling Weight)

80m	68.5cm	12.0m	7.0m	19.0m	8	—
200m	68.5cm	20.0m	35.0m	40.0m	5	—

Women 35-39 (2.7kg Toppling Weight)						
100m	84.0cm	13.0m	8.5m	10.5m	10	Yellow
400m	76.2cm	45.0m	35.0m	40.0m	10	Green
Women 40-49 (2.7kg Toppling Weight)						
80m	76.2cm	12.0m	8.0m	12.0m	8	Black
400m	76.2cm	45.0m	35.0m	40.0m	10	Green
Women 50-59 (2.7kg Toppling Weight)						
80m	76.2cm	12.0m	7.0m	19.0m	8	—
300m	76.2cm	50.0m	35.0m	40.0m	7	Green
Women 60 and over (2.7kg Toppling Weight)						
80m	68.5cm	12.0m	7.0m	19.0m	8	—
Women 60-69 (2.7kg Toppling Weight)						
300m	68.5cm	50.0m	35.0m	40.0m	7	Green
Women 70 and over (2.7kg Toppling Weight)						
200m	68.5cm	20.0m	35.0m	40.0m	5	—

(14) Specifications for Indoor Hurdle events are:

MEN'S EVENTS

Race	Height	Dist. to 1st flight	Dist. bet. flights	Dist. to finish	No.	Track Colour
Under 17 (2.7kg Toppling Weight)						
60m	91.4cm	13.0m	8.5m	13.0m	5	
Under 15 (2.7kg Toppling Weight)						
60m	84.0cm	12.0m	8.0m	16.0m	5	
Under 13 (2.7kg Toppling Weight)						
60m	76.2cm	11.5m	7.5m	18.5m	5	

WOMEN'S EVENTS

Race	Height	Dist. to 1st flight	Dist. bet. flights	Dist. to finish	No.	Track Colour
Under 17 (2.7kg Toppling Weight)						
60m	76.2cm	12.0m	8.0m	16.0m	5	
Under 15 (2.7kg Toppling Weight)						
60m	76.2cm	11.5m	7.5m	18.5m	5	
Under 13 (2.7kg Toppling Weight)						
60m	68.5cm	11m	7.0m	21.0m	5	

MASTERS' EVENTS

Men 35-49 (3.6kg Toppling Weight)						
60m	99.1cm	13.72m	9.14m	9.72m	5	
Men 50-59 (3.6kg Toppling Weight)						

60m	91.4cm	13.0m	8.50m	13.0m	5
Men 60-69 (2.7kg Toppling Weight)					
60m	84.0cm	12.0m	8.0m	16.0m	5
Men 70-79 (2.7kg Toppling Weight)					
60m	76.2cm	12.0m	7.0m	20.0m	5
Men 80 and over (2.7kg Toppling Weight)					
60m	68.5cm	12.0m	7.0m	20.0m	5
Women 35-39 (2.7kg Toppling Weight)					
60m	84.0cm	13.0m	8.5m	13.0m	5
Women 40-49 (2.7kg Toppling Weight)					
60m	76.2cm	12.0m	8.0m	16.0m	5
Women 50-59 (2.7kg Toppling Weight)					
60m	76.2cm	12.0m	7.0m	20.0m	5
Women 60 and over (2.7kg Toppling Weight)					
60m	68.5cm	12.0m	7.0m	20.0m	5

NOTE 1: In each case there shall be a tolerance of 3mm above and below the standard height to allow for variation in manufacture.

NOTE 2: Hurdles up to 100.0cm are also acceptable in the Under 20 Men's sprint hurdle events above

RULE 169 STEEPLECHASE RACES

- (1) The standard distances shall be: 2000m and 3000m.
- (2) There shall be 28 hurdle jumps and 7 water jumps included in the 3000m event, and 18 hurdle jumps and 5 water jumps in the 2000m event.
- (3) For the steeplechase events, there shall be five jumps in each lap after the finish line has been passed for the first time, with the water jump as the fourth. The jumps should be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap.

Note (i): Adjustment to the hurdle spacing may be necessary to ensure that safe distances from a hurdle / start line and to the next hurdle are maintained before and after the finish line respectively, as indicated in the IAAF Track and Field Facilities Manual.

Note (ii): In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.

- (4) In the 3000m event, the distance from the start to the beginning of the first lap shall not include any jumps, the hurdles being removed until the athletes have entered the first lap. In the 2000m event, the first jump is at

the third hurdle of a normal lap. The previous hurdles shall be removed until the athletes have passed them for the first time.

- (5) The hurdles shall be $0.914\text{m} \pm 0.003\text{m}$ high for men's / boys' events and $0.762\text{m} \pm 0.003\text{m}$ for women's / girls' events and shall be at least 3.94m wide. The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 0.127m square.

The weight of each hurdle shall be between 80kg and 100kg . Each hurdle shall have on either side a base between 1.2m and 1.4m (see Figure 169a).

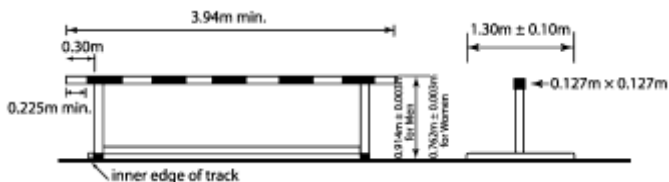


Figure 169a - Example of a steeplechase hurdle

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

The top bars should be painted with white and black stripes, or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment), such that the lighter stripes, which should be at least 0.225m wide, are on the outside.

The hurdle shall be placed on the track so that at least 0.30m of the top bar will extend inside the inner edge of the track.

Note: It is recommended that the first hurdle taken in the race should be at least 5m in width.

- (6) The water jump, including the hurdle, shall be $3.66\text{m} \pm 0.02\text{m}$ in length and the water pit shall be $3.66\text{m} \pm 0.02\text{m}$ in width.

The bottom of the water pit shall consist of a synthetic surface, or matting, of sufficient thickness to ensure safe landing, and allow for the spikes to grip satisfactorily. The depth of the water closest to the hurdle shall be 0.70m for approximately 0.30m . From there, the bottom shall have a uniform slope upwards to the level of the track at the farther end of the water pit. At the start of a race, the surface of the water shall be level with the surface of the track within a margin of 20mm .

Note: The depth of the water in the pit from the track surface level may be reduced from 0.70m maximum down to 0.50m minimum. The uniform slope of the bottom of the water (12.48 ± 18) shall be maintained as

shown in Figure 169b. It is recommended that all new water pits be constructed to the shallower depth.

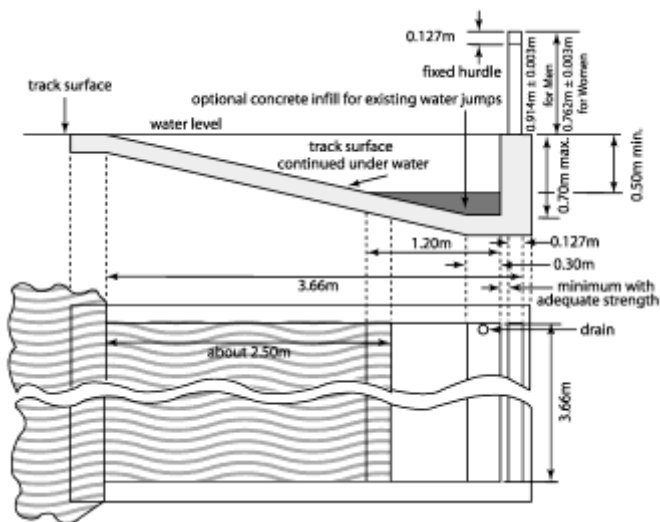


Figure 169b - Water jump

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

In addition, an athlete shall be disqualified, if

- (a) he steps to the one side or other of the water jump, or
- (b) his foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle.

Provided this Rule is observed, an athlete may go over each hurdle in any manner.

RULE 169 S 1 UKA SUPPLEMENT - STEEPLECHASE RACES (PREVIOUSLY UKA RULE 117)

(1) Seniors, Under 20 and Under 17s are allowed to contest any steeplechase event. With effect from 1st April 2016 Under 15 athletes may compete in Steeplechase races over 1500m and a hurdle height of 0.762m on the understanding that this will be a developmental event for the period of this Rule Book.

- (2) The standard events are:

Distance of Race	Number of Hurdles	Number of Water Jumps	Distance from start to first hurdle
3000m	28	7	257.8m
2000m	18	5	203.8m
1500m	13	3	255.8m

NOTE: Owing to the water jump having to be constructed on the arena inside or outside the track, thereby shortening or lengthening the normal distance of the lap, it is not possible to lay down any rule specifying the exact length of the lap or state precisely the position of the water jump.

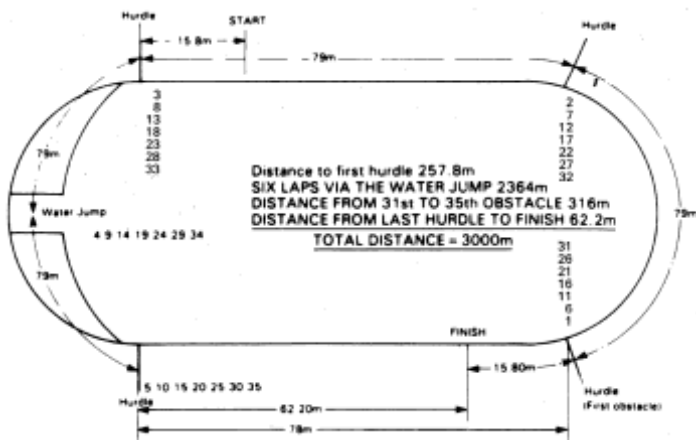
It should be borne in mind that there must be enough distance from the starting line to the first hurdle to prevent competitors from overcrowding and there should be approximately 62.2m from the last hurdle to the finish line.

The water jump should be, where possible, the fourth jump in each lap. If necessary, the finish line should be moved to another part of the track.

(3) The following measurements are given as a guide and any adjustments necessary should be made by lengthening or shortening the distance at the starting point of the race. It is assumed that a lap of 400 metres has been shortened by 6 metres by constructing the water jump inside the track.

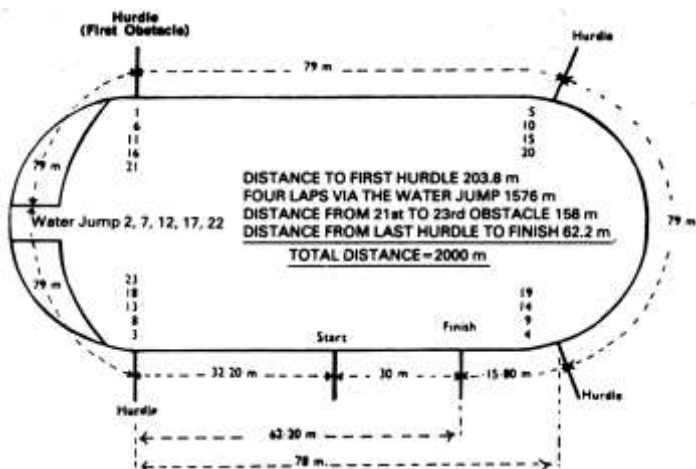
(i) 3000 Metres

Distance from starting point to commencement of first lap, to be run without jumps	242.0m
Distance from commencement of 1st lap to 1st hurdle	15.8m
From 1st to 2nd hurdle	79.0m
From 2nd to 3rd hurdle	79.0m
From 3rd hurdle to water jump	79.0m
From water jump to 4th hurdle	79.0m
From 4th hurdle to finishing line	62.2m
	<hr/>
7 laps of 394m =	2758.0m
plus	242.0m
	<hr/>
	3000m



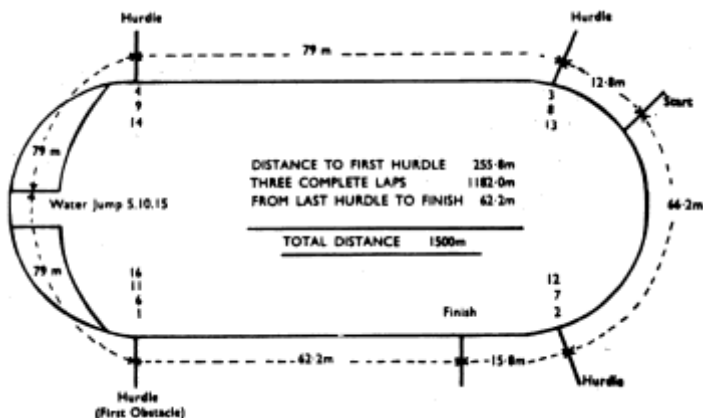
(ii) 2000 Metres

(if the course is laid out with a lap of 394m.)



(iii) 1500 Metres

(if the course is laid out with a lap of 394m.)



RULE 170 RELAY RACES

- (1) The standard distances shall be: 4 × 100m, 4 × 200m, 100m-200m-300m-400m Medley Relay (Medley Relay), 4 × 400m, 4 × 800m, 1200m-400m-800m-1600m Distance Medley Relay (Distance Medley Relay), 4 × 1500m.

Note: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 170.14, 170.18, 170.19 and 170.20.

- (2) Lines 50mm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.
- (3) Each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.4 is observed.
- (4) When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cm × 40cm, of a distinctive colour

which cannot be confused with other permanent markings. No other check-mark may be used.

- (5) The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 0.28m to 0.30m. The outside diameter shall be 40mm \pm 2mm and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.
- (6) (a) A baton shall be used for all Relay Races held in the Stadium and shall be carried by hand throughout the race. At least for competitions conducted under Rules 1.1 (a), (b), (c) and (f), each baton shall be numbered and of a different colour and may include a timing transponder.

Note: If possible, the allocation of the colour to each lane or starting order position should be shown on the start list.

- (b) Athletes are not permitted to wear gloves or to place material (other than those permitted by Rule 144.4(c)) or substances on their hands in order to obtain a better grip of the baton.
- (c) If dropped, the baton shall be recovered by the athlete who dropped it. He may leave his lane to retrieve it provided that, by doing so, he does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification.

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

- (7) The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification.
- (8) Athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. Rules 163.3 and 163.4 shall not apply to these athletes. If an athlete impedes a member of another team by running out of position or lane at the finish of his leg, Rule 163.2 shall be applied.
- (9) If during the race an athlete takes or picks up the baton of another team, his team shall be disqualified. The other team should not be penalised unless an advantage is obtained.

- (10) Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.
- (11) The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the Organising Committee and may be made only until the final call time for the particular heat in which the team is competing. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.
- (12) The 4 × 100m race shall be run entirely in lanes.
- (13) The 4 × 200m race may be run in any of the following ways:
- (a) where possible, entirely in lanes (four bends in lanes),
 - (b) in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (three bends in lanes),
 - (c) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes).
- Note: Where not more than four teams are competing and option (a) is not possible, it is recommended that option (c) should be used.*
- (14) The Medley Relay race should be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (two bends in lanes).
- (15) The 4 × 400m race may be run in either of the following ways:
- (a) in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (three bends in lanes),
 - (b) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes).
- Note: Where not more than four teams are competing, it is recommended that option (b) should be used.*
- (16) The 4 × 800m race may be run in either of the following ways:
- (a) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes),
 - (b) without the use of lanes.

- (17) The Distance Medley Relay race and the 4 × 1500m race shall be run without the use of lanes.
- (18) In the 4 × 100m and 4 × 200m races, athletes other than the first, and in the Medley Relay, the second and third athletes, may commence running not more than 10m outside the takeover zone (see Rule 170.3). A distinctive mark shall be made in each lane to denote this extended limit. If an athlete does not follow this Rule, his team shall be disqualified.
- (19) For the final takeover in the Medley Relay and for all takeovers in the 4 × 400m, 4 × 800m, Distance Medley Relay and 4 × 1500m races, athletes are not permitted to begin running outside their takeover zones, and shall start within this zone. If an athlete does not follow this Rule, his team shall be disqualified.
- (20) In the Medley Relay, the athletes running the final leg and in the 4 × 400m race, the athletes running the third and fourth legs shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team shall be disqualified.
- Note: In the 4 × 200m race (if this event is not run entirely in lanes) where the previous leg is not run in lanes, the athletes shall line up in the order of the start list (inside to out).*
- (21) In any race, when lanes are not being used, including when applicable, in 4 × 200m, the Medley Relay and 4 × 400m, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his progress. In 4 × 200m, the Medley Relay and 4 × 400m, waiting athletes shall maintain the order in accordance with Rule 170.20. If an athlete does not follow this Rule, his team shall be disqualified.

RULE 170 S 1 UKA SUPPLEMENT - RELAY RACES (PREVIOUSLY RULE 118)

On completion of the final leg the baton is to be handed to an official by the last runner. It is not to be dropped or thrown from the hand. Failure to comply with this instruction may lead to disqualification. (See also Rule 145)

SECTION IV - FIELD EVENTS

RULE 180 GENERAL CONDITIONS – FIELD EVENTS

Practice Trials at the Competition Area

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

Markers

- (3)
 - (a) In all Field Events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organising Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything which leaves indelible marks.
 - (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.

Note: Each marker shall be composed of a single piece only.

- (c) For Pole Vault, the Organising Committee should place suitable and safe distance markers beside the runway at each 0.5m between the points 2.5m to 5m from the "zero" line and at each 1.0m from the 5m to the 18m point.

RULE 180 S 1 UKA SUPPLEMENT - PRACTICE TRIALS (PREVIOUSLY UKA RULE 120(11))

Practice Trials at the Competition Area

In the case of practice trials for throwing events the judges shall have the power to alter the order of the trials.

NOTE: In the Long and Triple Jumps athletes may request that a line be laid down alongside the runway, using tape which is a maximum of 5cm

in width and 10cm in length. For the Long & Triple Jumps, this line is to be placed at 3m from the scratch line. If more than one take-off board is to be used for the Triple Jump, it shall only be placed for the board further (furthest) from the landing area.

Performance Markers and Wind Socks

- (4) (a) A distinctive flag or marker may be provided to mark the existing World Record and, when appropriate, the existing Area, National or Meeting Record.
- (b) 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.

Competing Order and Trials

- (5) The athletes shall compete in an order drawn by lot. Failure to do so shall result in the application of Rules 125.5 and 145.2. If there is a preliminary round, there shall be a fresh drawing of lot for the final (see also Rule 180.6).

RULE 180 S 2 UKA SUPPLEMENT - ORDER OF COMPETING (PREVIOUSLY UKA RULE 120(1))

The Judges shall have the power to alter the order of competing.

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

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

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

Where there are eight athletes or fewer, each athlete shall be allowed six trials. If more than one fail to achieve a valid trial during the first three rounds 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 last three rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials;
- (b) when the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw.

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

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

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

RULE 180 S 3 UKA SUPPLEMENT - NUMBER OF TRIALS

The competition may be decided by each competitor being allowed from three to six trials

Recording of Trials

- (7) Except in High Jump and Pole Vault, a valid trial shall be indicated by the measurement taken.

For the standard abbreviations and symbols to be used in all other cases see Rule 132.4.

Completion of Trials

- (8) The judge shall not raise a white flag to indicate a valid trial until a trial is completed.

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

- (a) in the case of vertical jumps, once the judge has determined that there is no failure according to Rules 182.2, 183.2 or 183.4;
- (b) in the case of horizontal jumps, once the athlete leaves the landing area in accordance with Rule 185.2;
- (c) in the case of throwing events, once the athlete leaves the circle or runway in accordance with Rule 187.17.

Qualifying Competition (Preliminary Round)

- (9) 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.
- (10) The athletes shall normally be divided into two or more groups at random, but whenever possible so that representatives of each nation or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its practice trials immediately after the previous group has finished.

- (11) It is recommended that, in competitions of more than three days, a rest day be provided between qualifying competitions and the finals in the vertical jumping events.
- (12) The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Technical Delegate(s). If no Technical Delegate(s) have been appointed, the conditions shall be decided by the Organising Committee. For competitions conducted under Rules 1.1(a), (b), (c) and (f), there should be at least 12 athletes in the final unless otherwise provided in the Regulations for the competition.
- (13) In a qualifying competition, apart from the High Jump and the Pole Vault, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, he shall not continue in the qualifying competition.
- (14) In the qualifying competition for the High Jump and the Pole Vault, the athletes, not eliminated after three consecutive failures, shall continue to compete according to Rule 181.2 (including passing a trial) until the end of the last trial at the height set as the qualifying standard, unless the number of athletes for the final has been reached as defined in Rule 180.12. Once it is determined that an athlete will be in the final, he shall not continue in the qualifying competition.
- (15) If no athletes, or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to that number by adding athletes according to their performances in the qualifying competition. In the case of the last qualifying place, if two or more athletes have the same best performances in the overall results of the competition, Rule 180.22 or 181.8 as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.
- (16) When a qualifying competition for the High Jump and Pole Vault is held in two simultaneous groups, it is recommended that the bar be raised to each height at the same time in each group. It is also recommended that the two groups be of approximately equal strength.

Substitute Trials

- (17) If, for any reason, an athlete is hampered in a trial or the trial cannot be correctly recorded, the Referee shall have the authority to award him a substitute trial. No change in the order shall be permitted. A reasonable time shall be allowed for the replacement trial according to the particular circumstances of the case. In cases when the competition has progressed before the substitute trial is awarded, it should be taken before any other subsequent trials are then made.

Time Allowed for Trials

- (18) An athlete in a Field Event who unreasonably delays making a trial,

renders himself liable to have that trial disallowed and recorded as a failure. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay.

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment. If an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.

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

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

The following times should not normally be exceeded:

Individual Events

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

Combined Events

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

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

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

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

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

**RULE 180 S 4 UKA SUPPLEMENT - TIME LIMITS
(PREVIOUSLY UKA RULE 120(5))**

The following times should not normally be exceeded:

Number of athletes left in the competition	High Jump	Pole Vault	Other
More than 3	1 min	1 min	1 min
3 or fewer	1.5 min	2 min	1 min
Consecutive trials by the same athlete	2 min	3 min	2 min

Absence during Competition

- (19) 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 or Time

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

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

Result

- (21) Each athlete shall be credited with the best of all his trials, including, in the case of High Jump and Pole Vault, those achieved in resolving a tie for first place.

Ties

- (22) Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this Rule 180.22, it shall be determined to be a tie.

Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

Note: For Vertical Jumps, see Rules 181.8, 181.9.

A. Vertical Jumps

RULE 181 GENERAL CONDITIONS – VERTICAL JUMPS

- (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. (For Combined Events, see Rule 200.8(d)).

Trials

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

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

If an athlete passes 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.

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

- (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 shall never be raised by less than 2cm in the High Jump and 5cm in the Pole Vault after each round of trials; and
 - (b) the increment of the raising of the bar shall never increase.

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

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

Note: This Rule does not apply for a Combined Events Competition.

Measurements

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

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

Crossbar

- (7) The crossbar shall be made of fibre-glass, or other suitable material but not metal, circular in cross-section except for the end pieces. The overall length of the crossbar shall be $4.00\text{m} \pm 0.02\text{m}$ in the High Jump and $4.50\text{m} \pm 0.02\text{m}$ in Pole Vault. The maximum weight of the crossbar shall be 2kg in the High Jump and 2.25kg in Pole Vault. The diameter of the circular part of the crossbar shall be $30\text{mm} \pm 1\text{mm}$.

The crossbar shall consist of three parts - the circular bar and two end pieces, each 30mm-35mm wide and 0.15m-0.20m long for the purpose of resting on the supports of the uprights.

These end pieces shall be circular or semi-circular with one clearly defined flat surface on which the bar rests on the crossbar supports. This flat surface may not be higher than the centre of the vertical cross section of the crossbar. The end pieces shall be hard and smooth. They shall not be 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 20mm in the High Jump and 30mm in Pole Vault.

Control of elasticity: Hang a 3kg weight in the middle of the crossbar when in position. It may sag a maximum of 70mm in the High Jump and 0.11m in Pole Vault.

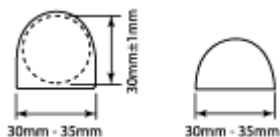


Figure 181 - Alternative ends for crossbar

Placings

- (8) If two or more athletes clear the same final height, the procedure to decide the places will be the following:
- The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.
 - If the athletes are equal following the application of Rule 181.8(a), the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.

- (c) If the athletes are still equal following the application of Rule 181.8 (b), the athletes concerned shall be awarded the same place unless it concerns the first place.
- (d) If it concerns the first place, a jump-off between these athletes shall be conducted in accordance with Rule 181.9, unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition but before the start of the event by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

Note: This Rule 181.8(d) does not apply for a Combined Events Competition.

Jump-off

- (9) (a) Athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decide not to jump further.
- (b) Each athlete shall have one jump at each height.
- (c) The jump-off shall start at the next height determined in accordance with Rule 181.1 after the height last cleared by the athletes concerned.
- (d) If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm for the High Jump and 5cm for the Pole Vault.
- (e) If an athlete is not jumping at a height he automatically forfeits any claim to a higher place. If only one other athlete then remains he is declared the winner regardless of whether he attempts that height.

High Jump - Example

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

Athlete Heights Failures Jump Off Pos

	1.75m	1.80m	1.84m	1.88m	1.91m	1.94m	1.97m	1.91m	1.89m	1.91m		
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

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

Rules 181.8 and 181.9 now come 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" are still equal and as this concerns the first place, they

shall jump at 1.91m which is the next height after the height last cleared by the athletes concerned.

As all the athletes failed, the bar is lowered to 1.89m for another jump-off. As only "C" failed to clear 1.89m, the two other 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 182 HIGH JUMP

Competition

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

Note: To assist in the implementation of this Rule a white line 50mm wide shall be drawn (usually by adhesive tape or similar material) between points 3m outside of each upright, the nearer edge of the line being drawn along the vertical plane through the nearer edge of the crossbar.

- (c) He touches the crossbar or the vertical section of the uprights when running up without jumping.

Runway and Take-off Area

- (3) The minimum width of the runway shall be 16m and the minimum length of the runway shall be 15m except in competitions held under Rules 1.1(a), (b), (c), (e) and (f), where the minimum length shall be 25m.
- (4) The maximum overall downward inclination in the last 15m of the runway and take-off area shall not exceed 1:250 (0.4%) along any radius of the semi-circular area centred midway between the uprights and

having the minimum radius specified in Rule 182.3. The landing area should be placed so that the athlete's approach is up the inclination.

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

Apparatus

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

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

They shall be sufficiently tall as to exceed the actual height to which the crossbar is raised by at least 0.10m.

The distance between the uprights shall be not less than 4.00m nor more than 4.04m.

- (7) The uprights or posts shall not be moved during the competition unless the Referee considers that either the take-off or landing area has become unsuitable.

In such a case, the change shall be made only after a round of trials has been completed.

- (8) The crossbar supports shall be flat and rectangular, 40mm wide and 60mm 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 surface of the supports shall be smooth.

The supports shall not be of, or covered with, rubber or with any other material which has the effect of increasing the friction between them and the surface of the 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.

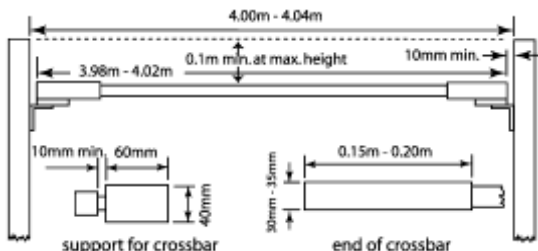


Figure 182 - High jump uprights and crossbar

- (9) There shall be a space of at least 10mm between the ends of the crossbar and the uprights.

Landing Area

- (10) For competitions under Rules 1.1(a), (b), (c), (e) and (f), the landing area shall be not smaller than 6m long x 4m wide x 0.7m high behind the vertical plane of the crossbar. For other competitions, the landing area should measure not less than 5m long x 3m wide x 0.7m high.

Note: The uprights and landing area should also be designed so that there is a clearance of at least 0.1m between them when in use, to avoid displacement of the crossbar through a movement of the landing area causing contact with the uprights.

RULE 182 S 1 UKA SUPPLEMENT - HIGH JUMP LANDING AREA

The landing area should measure at least 5m long (that is at the take-off side) by 3m wide. The minimum depth of the landing area shall be 0.6m.

RULE 183 POLE VAULT

Competition

- (1) Athletes may have the crossbar moved only in the direction of the landing area so that the edge of the crossbar nearest the athlete can be positioned at any point from that directly above the back end of the box to a point 80cm in the direction of the landing area.

An athlete shall, before the competition starts, inform the appropriate official of the position of the crossbar he requires for his first trial and this position shall be recorded.

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

Note: A line, 10mm wide and of distinguishable colour, shall be drawn at right angles to the axis of the runway, in line with the back end of the box ("zero" line). A similar line, up to 50mm wide, shall appear on the surface of the landing area and be prolonged as far as the outside edge of the uprights. The edge of the line nearer to the approaching athlete coincides with the back end of the box.

- (2) An athlete fails if:
- (a) after the vault, the bar does not remain on both pegs because of the action of an athlete whilst vaulting; or
 - (b) he touches the ground, including the landing area, beyond the vertical plane through the back end of the box with any part of his body or with the pole, without first clearing the bar; or

- (c) after leaving the ground, he places his lower hand above the upper one or moves the upper hand higher on the pole; or
- (d) during the vault, he steadies or replaces the bar with his hand(s).

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

Note (ii) It is not a failure if the pole touches the landing mats, in the course of a trial, after properly being planted in the box.

- (3) Athletes may, during the competition, place a substance on their hands or on the pole, in order to obtain a better grip. The use of gloves is permitted.
- (4) After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the Referee is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be recorded as a failure.
- (5) If, in making a trial, an athlete's pole is broken, it shall not be counted as a failure and he shall be awarded a new trial.

Runway

- (6) The minimum length of the runway, measured from the "zero" line, shall be 40m and where conditions permit, 45m. It shall have a width of 1.22m \pm 0.01m and shall be marked by white lines 50mm in width.

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

- (7) The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify the IAAF providing an exemption and, in the last 40m of the runway, the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

Apparatus

- (8) The take-off for the Pole Vault shall be from a box. It shall be constructed of suitable material, with rounded upper or soft edges and shall be sunk level with the runway. It shall be 1.00m in length, measured along the inside of the bottom of the box, 0.60m in width at the front end and tapering to 0.15m in width at the bottom of the stop board. The length of the box at runway level and the depth of the stop board are determined by the angle of 1058 formed between the base and the stop board. (Tolerances on dimensions and angles: \pm 0.01m and $-0^\circ / + 1^\circ$)

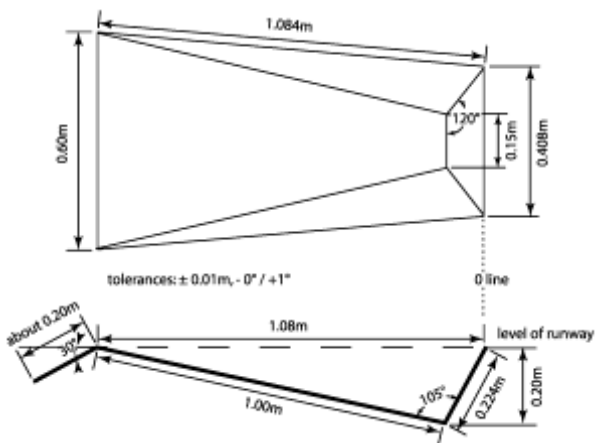


Figure 183a - Pole Vault box (top and side view)

The base of the box shall slope from runway level at the front end to a vertical distance below ground level of 0.20m at the point where it meets the stop board. The box should be constructed in such a manner that the sides slope outwards and end next to the stop board at an angle of approximately 120° to the base.

Note: An athlete may place padding around the box for additional protection during any of his trials. The placement of such equipment shall be done within the time allowed for the athlete's trial and shall be removed by the athlete immediately after his trial is completed. At competitions under Rules 1.1 (a), (b), (c), (e) and (f) this shall be provided by the organisers.

- (9) Any style of uprights or posts may be used, provided they are rigid. The metallic structure of the base and the lower part of the uprights above the landing area must be covered with padding of appropriate material in order to provide protection to the athletes and the poles.
- (10) The crossbar shall rest on horizontal pegs so that if it is touched by an athlete or his pole, it will fall easily to the ground in the direction of the landing area. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13mm in diameter.

They shall not extend more than 55mm from the supporting members,

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

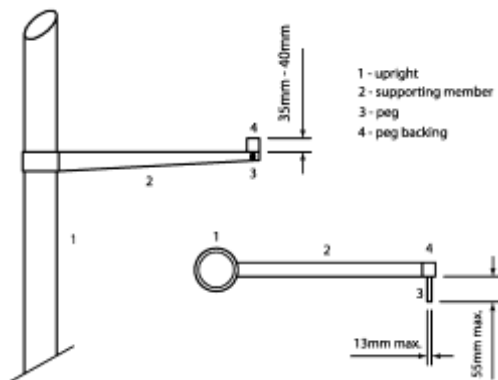


Figure 183b - Pole Vault crossbar support (view from landing area and top view)

The distance between the pegs shall be 4.30m-4.37m. The pegs shall not be of, or covered with, rubber or with any other material which has the effect of increasing the friction between them and the surface of the bar, nor may they have any kind of springs.

Note: To lessen the chance of injury to an athlete by his falling on the feet of the uprights, the pegs supporting the crossbar may be placed upon extension arms permanently attached to the uprights, thus allowing the uprights to be placed wider apart, without increasing the length of the crossbar (see Figure 183b).

Vaulting Poles

- (11) Athletes may use their own poles. No athlete shall use any other athlete's pole except with the consent of the owner.

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

The pole may have layers of tape at the grip end (to protect the hand) and of tape and/or any other suitable material at the bottom end (to protect the pole). Any tape at the grip end must be uniform except for incidental overlapping and must not result in any sudden change in diameter, such as the creation of any "ring" on the pole.

Landing Area

- (12) For competitions under Rules 1.1(a), (b), (c), (e) and (f), the landing area shall be not smaller than 6m long (behind the zero line and excluding the front pieces) x 6m wide x 0.8m high. For other competitions, the landing area should measure not less than 5m long (excluding the front pieces) x 5m wide. The front pieces, in all cases, must be at least 2m long.

The sides of the landing area nearest to the box shall be placed 0.10m to 0.15m from the box and shall slope away from the box at an angle of approximately 45° (see Figure 183c).

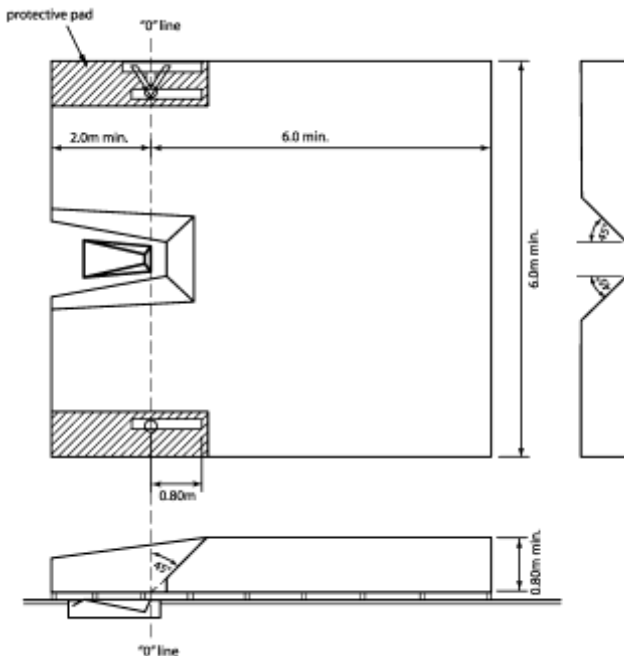


Figure 183c - Pole Vault landing area (tops and side views)

B. Horizontal Jumps

RULE 184 GENERAL CONDITIONS – HORIZONTAL JUMPS

Runway

- (1) The minimum length of the runway, measured from the relevant take-off line shall be 40m and, where conditions permit, 45m. It shall have a width of $1.22\text{m} \pm 0.01\text{m}$ and shall be marked by white lines 50mm in width.

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

- (2) The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify the IAAF providing an exemption and, in the last 40m of the runway, the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

Take-off Board

- (3) The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.
- (4) 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 $1.22\text{m} \pm 0.01\text{m}$ long, $0.20\text{m} \pm 0.002\text{m}$ wide and not more than 0.10m deep. It shall be white.
- (5) The plasticine indicator board shall consist of a rigid board, $0.10\text{m} \pm 0.002\text{m}$ wide and $1.22\text{m} \pm 0.01\text{m}$ long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of $7\text{mm} \pm 1\text{mm}$. The edges shall either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45° (see Figure 184a).

RULE 184 S 1 UKA SUPPLEMENT - PLASTICINE

NOTE: For the avoidance of doubt the plasticine is deemed to be the ground.

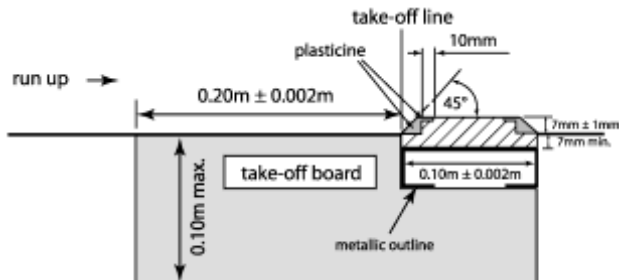


Figure 184a - Take-off board and plasticine indicator board

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.

Landing Area

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

Note: When the axis of the runway is not in line with the centre line of the landing area, a tape, or if necessary, two tapes, should be placed along the landing area so that the above is achieved (see Figure 184b).

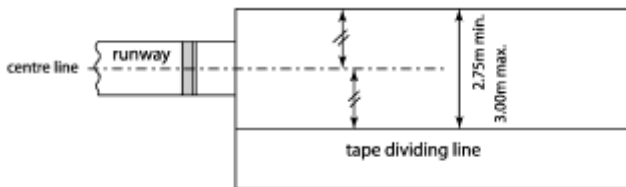


Figure 184b - Centralised Long Jump / Triple Jump landing area

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

Distance Measurement

- (8) The measurement of each jump shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 146.5). All jumps shall be measured from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark, to the take-off line, or take-off line extended. The measurement shall be taken perpendicular to the take-off line or its extension.
- (9) In all horizontal jumping events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

Wind Measurement

- (10) The wind gauge shall be the same as described in Rules 163.8 and 163.9. It shall be operated as described in Rules 163.11 and 184.12 and read as per Rule 163.13.
- (11) The relevant Field Events Referee shall ensure that the wind gauge is placed 20m from the take-off line. It shall be positioned 1.22m high and not more than 2m away from the runway.
- (12) The wind velocity shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m. If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time he commences his run.

RULE 185 LONG JUMP

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 employs any form of somersaulting whilst running up or in the act of jumping; or
 - (d) after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or
 - (e) in the course of landing, he touches the border of, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand; or
 - (f) he leaves the landing area in any manner other than that described in Rule 185.2.
- (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 (which may be any mark made on overbalancing completely inside the landing area or when walking back closer to the take-off line than the initial break on landing).

Note: This first contact is considered leaving.

- (3) An athlete shall not be regarded to have failed if:
 - (a) he runs outside the white lines marking the runway at any point; or
 - (b) except as described in Rule 185.1(b), he takes off before reaching the board; or
 - (c) under Rule 185.1(b) a part of his shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or
 - (d) if in the course of landing, he touches, with any part of his body, or anything attached to it at that moment, the border of, or the ground outside the landing area, unless such contact contravenes Rule 185.1 (d) or (e); or
 - (e) he walks back through the landing area after having left the landing area in the manner described in Rule 185.2.

Take-off Line

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

RULE 186 TRIPLE JUMP

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

Competition

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

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

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

Take-off Line

- (3) The distance between the take-off line for men and the far end of the landing area shall be at least 21m.
- (4) For International Competitions, there should be a separate take-off board for men and women. The take-off line shall not be less than 13m for men and 11m for women from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.
- (5) Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of 1.22m \pm 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

RULE 187 GENERAL CONDITIONS – THROWING EVENTS

Official Implements

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

Implement	Girls	Women	Boys	Men	Men
	U18	U20/Sen	U18	U20	Senior
Shot	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Discus	1.000kg	1.000kg	1.500kg	1.750kg	2.000kg
Hammer	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Javelin	500g	600g	700g	800g	800g

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

- (1) Except as provided below, all such implements shall be provided by the Organising Committee. The Technical Delegate(s) may, based on the relevant Technical Regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organising Committee before the competition and made available to all athletes. Such implements will not be accepted if the same model is already on the list of those provided by the Organising Committee.

RULE 187 S 1 UKA SUPPLEMENT - IMPLEMENTS (PREVIOUSLY UKA RULE 130(5))

Competitors may use any implements provided for general use. Subject to any regulations laid down by the Promoting Body, competitors who wish to use their own implements must submit them to the Referee for approval. An athlete shall not use another's implement without the owner's prior permission.

RULE 187 S 2 UKA SUPPLEMENT – SAFETY (PREVIOUSLY UKA RULE 131(2), 133(2), 135(2) & 139(2))

In order to avoid accidents the central throwing area or the specific safety sector must be roped off as a unit at a height of approximately 1 metre. Alternatively, shot throwing sectors must be roped off at a height of approximately 1 metre and at a minimum distance of 2 metres outside the shot sector lines.

For safety reasons all throws should be preceded by a warning which shall be acknowledged by the event officials before the throw commences.

NOTE: Referees are reminded of the need to ensure that discus, hammer and javelin competitions (including warm-up for these events) are not held at the same time within the central throwing area when the standard of any of the competitors is likely to create possible danger to the officials operating within and alongside the respective sectors of these events.

- (3) No modification shall be made to any implements during the competition.

Assistance

- (4) The following shall be considered assistance and are therefore not allowed:
 - (a) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
 - (b) The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.
 - (c) The use of gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.
 - (d) The spraying or spreading by an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.
- (5) The following shall not be considered assistance and are therefore allowed:
 - (a) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower on his gloves. A shot putter may use such substances on his neck.
 - (b) The placement by an athlete, in the Shot Put and Discus Throw, on the implement, chalk or a similar substance.

All substances used on the hands and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue.

- (c) The use of taping on the hands and fingers that is not in contravention of Rule 187.4(a).

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 $20\text{mm} \pm 6\text{mm}$ 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 $2.135\text{m} \pm 0.005\text{m}$ in the Shot Put and the Hammer Throw and $2.50\text{m} \pm 0.005\text{m}$ in the Discus Throw.

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

The hammer may be thrown from the discus circle provided the diameter of this circle is reduced from 2.50m to 2.135m by placing a circular ring inside.

Note: The circular ring should preferably be coloured other than white so that the white lines required by Rule 187.8 be clearly visible.

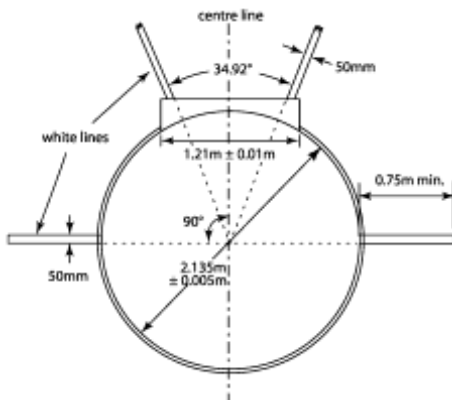


Figure 187a - Layout of Shot Put circle

- (8) A white line 50mm wide shall be drawn from the top of the rim extending for at least 0.75m 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.

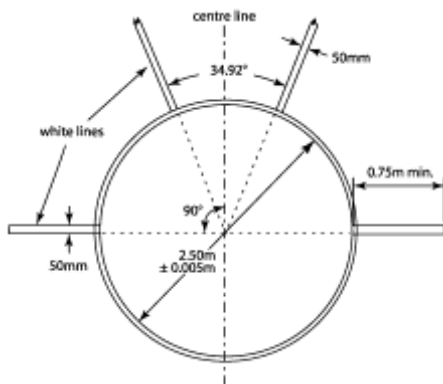


Figure 187b - Layout of Discus Throw circle

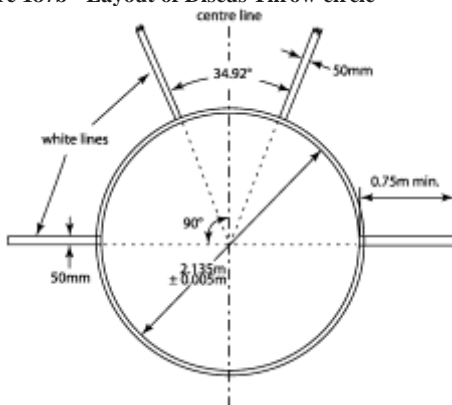


Figure 187c - Layout of Hammer Throw circle

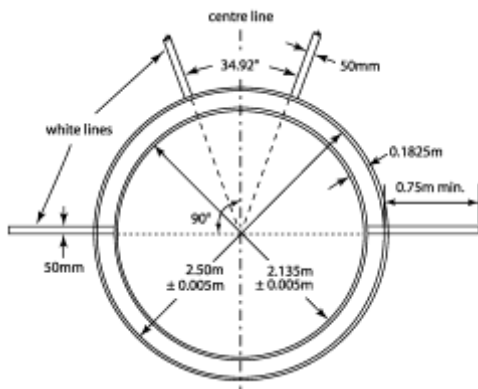


Figure 187d - Layout of concentric circles for Discus and Hammer Throw circle

Javelin Throw Runway

- (9) The minimum length of the runway shall be 30m except in competitions held under Rules 1.1(a), (b), (c) (e) and (f), where the minimum shall be 33.50m. Where conditions permit, the minimum length should be 36.50m.

It shall be marked by two parallel white lines 50mm 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 at least a 70mm 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, at least 0.75m long and at least 70mm wide. The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify the IAAF providing an exemption and, in the last 20m of the runway, the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

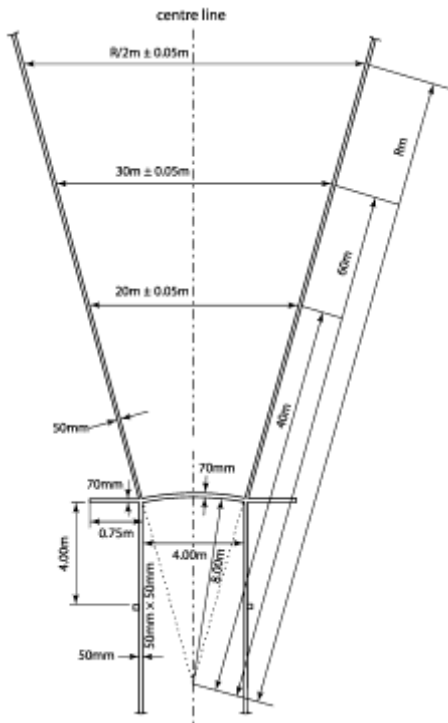


Figure 187e - Javelin Throw runway and landing sector (not to scale)

Landing Sector

- (10) The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.
- (11) The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 (0.1%).
- (12) (a) Except for the Javelin Throw, the landing sector shall be marked with white lines 50mm 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 $12m \pm 0.05m$ ($20m \times 0.60m$) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 0.60m.

- (b) In the Javelin Throw, the landing sector shall be marked with white lines 50mm 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 187e). The sector angle is thus 28.96°.

Trials

- (13) In the Shot Put, Discus Throw and Hammer Throw, implements shall be thrown from a circle, and in the Javelin Throw, from a runway. In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot Put, he is also allowed to touch the inside of the stop board described in Rule 188.2.
- (14) It shall be a failure if an athlete in the course of a trial:
 - (a) releases the shot or the javelin other than as permitted under Rules 188.1 and 193.1,
 - (b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle,
 - (c) in the Shot Put, touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top),
 - (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 or any part of the hammer strikes the cage after release provided that no other Rule is infringed.

- (15) Provided that, in the course of a trial, the Rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave it.

When leaving the circle or runway he shall step out as required in Rule 187.17 before returning to the circle or runway to begin a fresh trial.

Note: All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule 180.18.

- (16) It shall be a failure if the shot, the discus, the hammer head or the head of

the javelin in contacting the ground when it first lands touches the sector line or the ground or any object (other than the cage as provided in the Note to Rule 187.14) outside the sector line.

- (17) It shall be a failure if the athlete leaves the circle or runway before the implement has touched the ground, or
- (a) for throws made from a circle, if when leaving the circle, the athlete's first contact with the top of the rim or the ground outside the circle is not 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, if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not 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.
- (18) After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

Measurements

- (19) In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.
- (20) The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 146.5):
- (a) from the nearest mark made by the fall of the shot, discus and hammer head, to the inside of the circumference of the circle along a line to the centre of the circle;
- (b) in Javelin Throw, from where the head of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

RULE 188 SHOT PUT

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.

Stop Board

- (2) The stop 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 Figure 188), and shall be firmly fixed to the ground or to the concrete surrounding the circle.

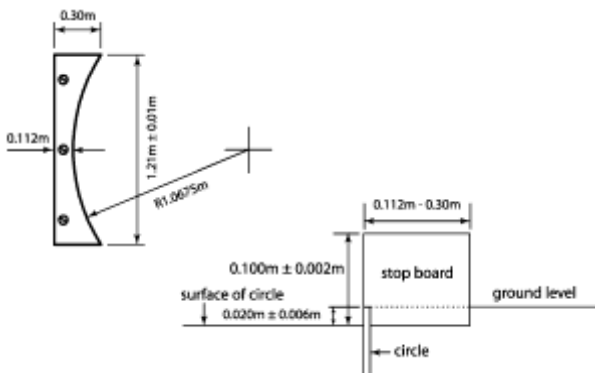


Figure 188 - Shot Put stop board (top and side view)

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

- (3) The stop board shall measure 0.112m to 0.30m 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 $0.10\text{m} \pm 0.008\text{m}$ high in relation to the level of the inside of the circle adjacent to the stop board.

Shot

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

Minimum weight for admission to competition and acceptance of a

Record: 3.000kg	4.000kg	5.000kg
6.000kg	7.260kg	

Information for manufacturers: Range for supply of implement for competition

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

Diameter:

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

RULE 188 S 1 UKA SUPPLEMENT - SHOT SPECIFICATIONS FOR NON-IAAF AGE GROUPS (PREVIOUSLY UKA 132(8))

MEN

UNDER 17

UNDER 15

	Minimum	Maximum	Minimum	Maximum
Weight	5kg	—	4kg	—
Diameter	100mm	120mm	95mm	110mm

UNDER 13

Weight	3.25kg	—
Diameter	90mm	105mm

WOMEN

UNDER 17

UNDER 15

Weight	3kg	—	3kg	—
Diameter	85mm	110mm	85mm	110mm

UNDER 13

Weight	2.72kg	—
Diameter	85mm	95mm

MASTERS

MEN 35–49

MEN 50–59

Weight	7.26kg	—	6kg	—
Diameter	110mm	130mm	105mm	125mm

MEN 60–69

MEN 70–79

Weight	5kg	—	4kg	—
Diameter	100mm	120mm	95mm	110mm

MEN 80+

Weight	3kg	—
Diameter	85mm	130mm

WOMEN 35–49

WOMEN 50 –74

Weight	4kg	—	3kg	—
Diameter	95mm	110mm	85mm	110mm

WOMEN 75+

Weight	2kg	—
Diameter	80mm	110mm

RULE 189 DISCUS THROW

Discus

- (1) The body of the discus may be solid or hollow and shall be made of wood, or other suitable material, with a metal rim, the edge of which shall

be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the centre of the sides. Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications.

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

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

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

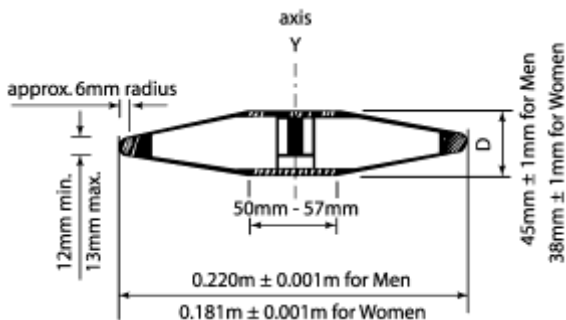


Figure 189 - Discus

- (2) The discus shall conform to the following specifications:

Minimum weight for admission to competition and acceptance of a Record:

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

RULE 189 S 1 UKA SUPPLEMENT - DISCUS SPECIFICATIONS FOR NON-IAAF AGE GROUPS (PREVIOUSLY UKA 136(8))

	Weight	Outer Dia. of Metal Rim		Dia. of Metal Plates		Thicknes s At Centre		Thickness of Rim at 6mm from the Edge	
	kgs	Min mm	Max mm	Min mm	Max mm	Min mm	Max mm	Min mm	Max mm
Men									
Under 17	1.5	200	205	50	57	37	42	12	13
Under 15	1.25	180	182	50	57	37	39	12	13
Under 13	1.0	180	182	50	57	37	39	12	13
Women									
Under 17 and Under 15	1.0	180	182	50	57	37	39	12	13
Under 13	0.75	145	170	50	57	25	35	10	11
Masters									
Men 35 - 49	2.0	219	221	50	57	44	46	12	13
Men 50 - 59	1.5	200	205	50	57	37	42	12	13
Men 60+	1.0	180	182	50	57	37	39	12	13
Women 35 - 74	1.0	180	182	50	57	37	39	12	13
Women 75+	0.75	145	170	50	57	25	35	10	11

RULE 190 DISCUS CAGE

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

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

- (2) The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25 metres per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.
- (3) The cage should be U-shaped in plan as shown in Figure 190. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m.

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.

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

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

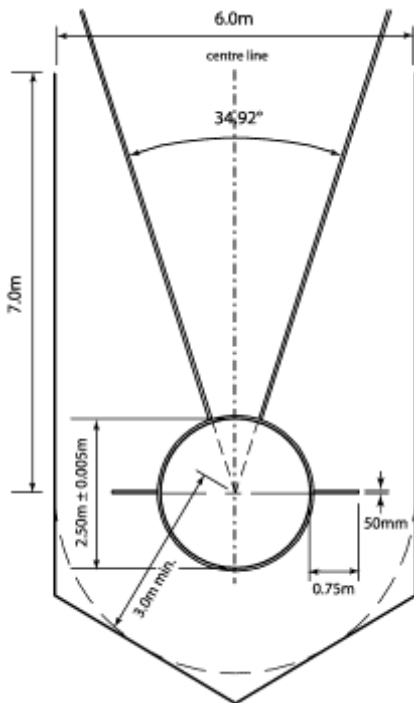


Figure 190 - Cage for Discus Throw only

RULE 191 HAMMER THROW

Competition

- (1) An athlete, in his starting position prior to the preliminary swings or turns, is allowed to put the head of the hammer on the ground inside or outside the circle.
- (2) It shall not be considered a failure if the head of the hammer touches the

ground inside or outside the circle, or the top of the rim. The athlete may stop and begin the throw again, provided no other Rule has been breached.

- (3) If the hammer breaks during a throw or while in the air, it shall not count as a failure, provided the trial was 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.

Hammer

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

The centre of gravity of the head shall be not more than 6mm from the centre of the sphere, i.e. - it must be possible to balance the head, less handle and wire, on a horizontal sharp-edged circular orifice 12mm in diameter (see Figure 191a). If a filling is used, this shall be inserted in such manner that it is immovable and complies with the requirement for the centre of gravity.

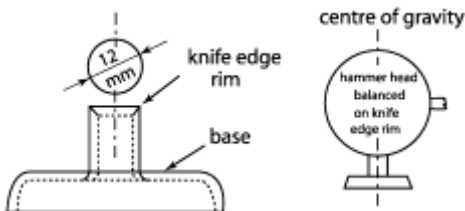


Figure 191a - Suggested apparatus for testing centre of gravity of hammer head

- (6) The wire shall be a single unbroken and straight length of spring steel wire not less than 3mm in diameter and shall be such that it cannot stretch appreciably while the hammer is being thrown.

The wire may be looped at one or both ends as a means of attachment. The wire shall be connected to the head by means of a swivel, which may be either plain or ball bearing.

- (7) The handle shall be rigid and without hinging joints of any kind. The total deformation of the handle under a tension load of 3.8kN shall not exceed 3mm. It shall be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length

of the hammer. The handle shall be connected to the wire by means of a loop. A swivel may not be used.

The handle shall have a symmetric design and may have a curved or straight grip and/or brace. The minimum handle breaking strength shall be 8kN.

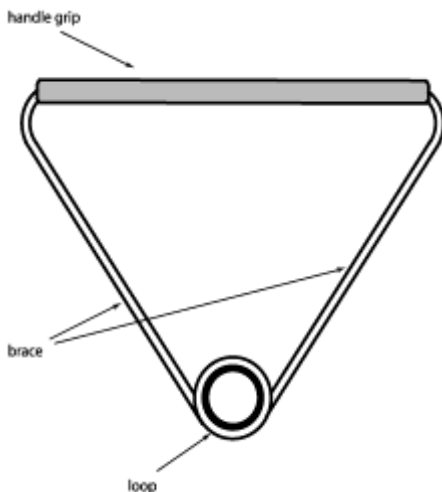


Figure 191b - Generic hammer handle

Note: Other designs complying with the specifications are acceptable.

(8) The hammer shall conform to the following specifications:

Minimum weight for admission to competition and acceptance of a Record:

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

Information for manufacturers: Range for supply of implement for competition

3.005kg	4.005kg	5.005kg	6.005kg	7.265kg
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3.025kg	4.025kg	5.025kg	6.025kg	7.285kg
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Length of hammer measured from inside of handle:

Maximum	1195mm	1195mm	1200mm	1215mm	1215mm
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(No further tolerance applies to the maximum length.)

Diameter of head:

Minimum	85mm	95mm	100mm	105mm	110mm
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Maximum	100mm	110mm	120mm	125mm	130mm
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Note: The weight of the implement includes the totality of the hammer head, wire and handle.

**RULE 191 S 1 UKA SUPPLEMENT - HAMMER SPECIFICATIONS
FOR NON-IAAF AGE GROUPS
(PREVIOUSLY UKA 133(5))**

MEN	UNDER 17		UNDER 15	
	Minimum	Maximum	Minimum	Maximum
Weight Complete	5kg	—	4kg	—
Length of Hammer	—	120.0cm	—	119.5cm
Diameter of Head	100mm	120mm	95mm	110mm
MEN	UNDER 13		UNDER 15, UNDER 13	
	Minimum	Maximum	Minimum	Maximum
Weight Complete	3kg	—	—	—
Length of Hammer	—	119.5cm	—	—
Diameter of Head	85mm	100mm	—	—
WOMEN	UNDER 17, UNDER 15, UNDER 13		UNDER 17, UNDER 15, UNDER 13	
	Minimum	Maximum	Minimum	Maximum
Weight Complete	3kg	—	—	—
Length of Hammer	—	119.5cm	—	—
Diameter of Head	85mm	100mm	—	—
MASTERS	MEN 35–49		MEN 50–59	
	Minimum	Maximum	Minimum	Maximum
Weight Complete	7.26kg	—	6kg	—
Length of Hammer	—	121.5cm	—	121.5cm
Diameter of Head	110mm	130mm	105mm	125mm
MEN	MEN 60–69		MEN 70–79	
	Minimum	Maximum	Minimum	Maximum
Weight Complete	5kg	—	4kg	—
Length of Hammer	—	120.0cm	—	119.5cm
Diameter of Head	100mm	120mm	95mm	110mm
MEN	MEN 80 and OVER		MEN 80 and OVER	
	Minimum	Maximum	Minimum	Maximum
Weight Complete	3kg	—	—	—
Length of Hammer	—	119.5cm	—	—
Diameter of Head	85mm	100mm	—	—
WOMEN	WOMEN 35–49		WOMEN 50–74	
	Minimum	Maximum	Minimum	Maximum
Weight Complete	4kg	—	3kg	—
Length of Hammer	—	119.5cm	—	119.5cm
Diameter of Head	95mm	110mm	85mm	100mm
WOMEN	WOMEN 75 and OVER		WOMEN 75 and OVER	
	Minimum	Maximum	Minimum	Maximum
Weight Complete	2kg	—	—	—
Length of Hammer	—	119.5cm	—	—
Diameter of Head	80mm	90mm	—	—

RULE 192 HAMMER CAGE

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

or from the IAAF Office.

- (2) The cage should be designed, manufactured and maintained so as to be capable of stopping a 7.260kg hammer head moving at a speed of up to 32 metres per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.
- (3) The cage should be U-shaped in plan as shown in Figure 192a. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the pivoted netting. The height of the netting panels or draped netting at their lowest point shall be at least 7m for the panels/netting at the rear of the cage and at least 10m for the last 2.80m panels to the gate pivot points.

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

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

RULE 192 S 1 UKA SUPPLEMENT – HAMMER CAGE

The cage should be U-shaped in plan, consisting of a minimum of netting panels each having a minimum width of 2.74m as shown in the diagram. The width of the mouth should be 6m, positioned 4.2m 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 minimum height of these netting panels shall be 7m.

Provision should be made in the design and construction of the cage to prevent a hammer forcing its way through any joints in the cage or the netting. In addition, provision should be made to prevent a hammer sliding along the ground underneath the netting.

- (4) Two movable netting panels 2m wide shall be provided at the front of the cage, only one of which will be operative at a time. The minimum height of the panels shall be 10m.

RULE 192 S 2 UKA SUPPLEMENT – GATE PANELS

Two movable gate panels shall be provided at the front of the cage, only one of which will be operative at a time. The minimum height of the panels shall be 9m.

Note (i): The left hand panel is used for throwers turning anti clockwise, and the right hand panel for throwers turning clockwise. In view of the possible need to change over from one panel to the other during the competition, when both left and right-handed throwers are present, it is

essential that this changeover should require little labour and be carried out in the minimum of time.

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

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

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

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

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

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

- (6) Where it is desired to use the same cage for Discus Throw, the installation can be adapted in two alternative ways. Most simply, a 2.135m/2.50m concentric circle may be fitted, but this involves using the same surface in the circle for Hammer Throw and Discus Throw. The hammer cage shall be used for Discus Throw by fixing the movable netting panels clear of the cage opening.

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

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

- (7) The maximum danger sector for hammer throws from this cage is approximately 53°, when used by both right and left-handed throwers in the same competition. The position and alignment of the cage in the arena is, therefore, critical for its safe use.

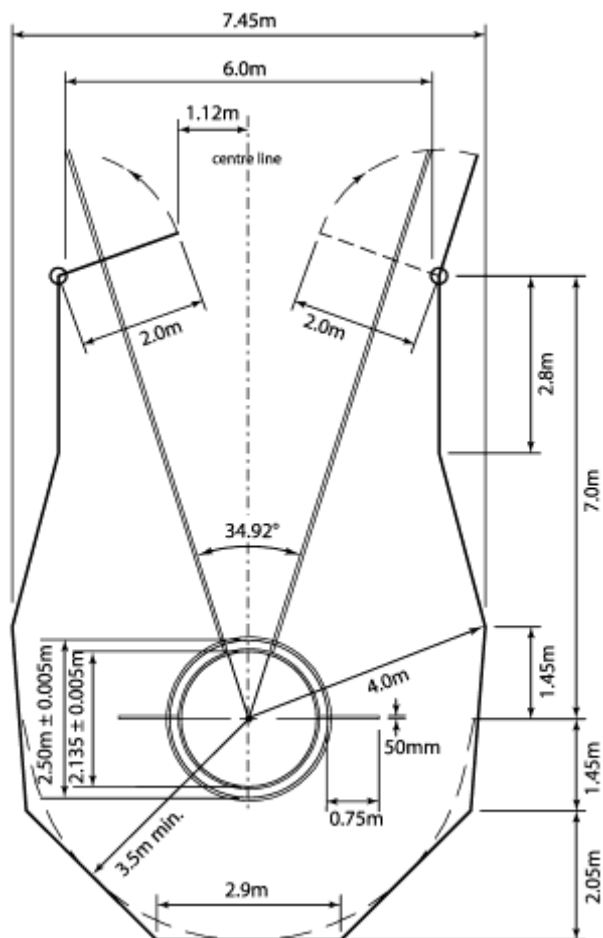


Figure 192a - Cage for Hammer and Discus Throw with concentric circles (Hammer Throw configuration)

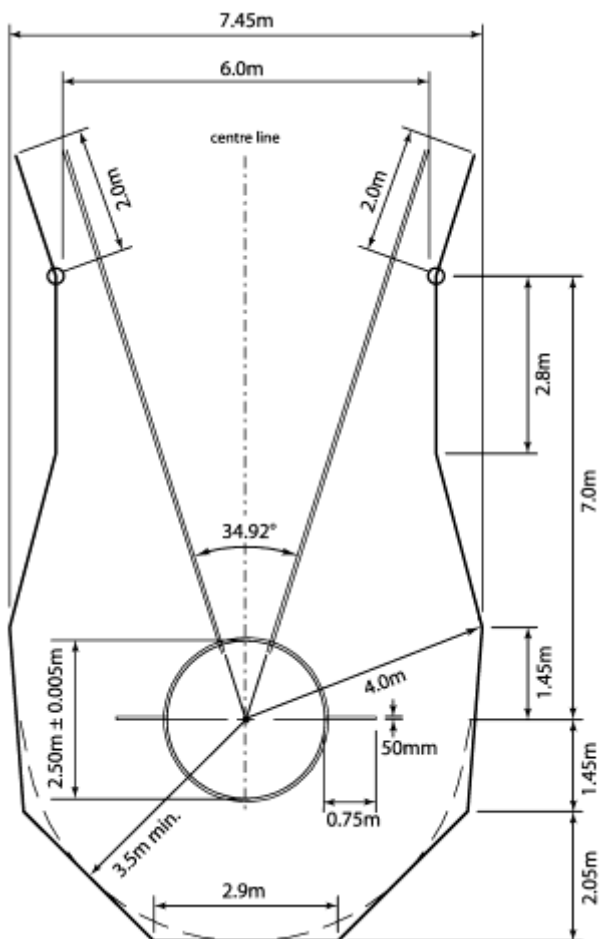


Figure 192b - Cage for Hammer and Discus Throw with concentric circles (Discus Throw configuration)

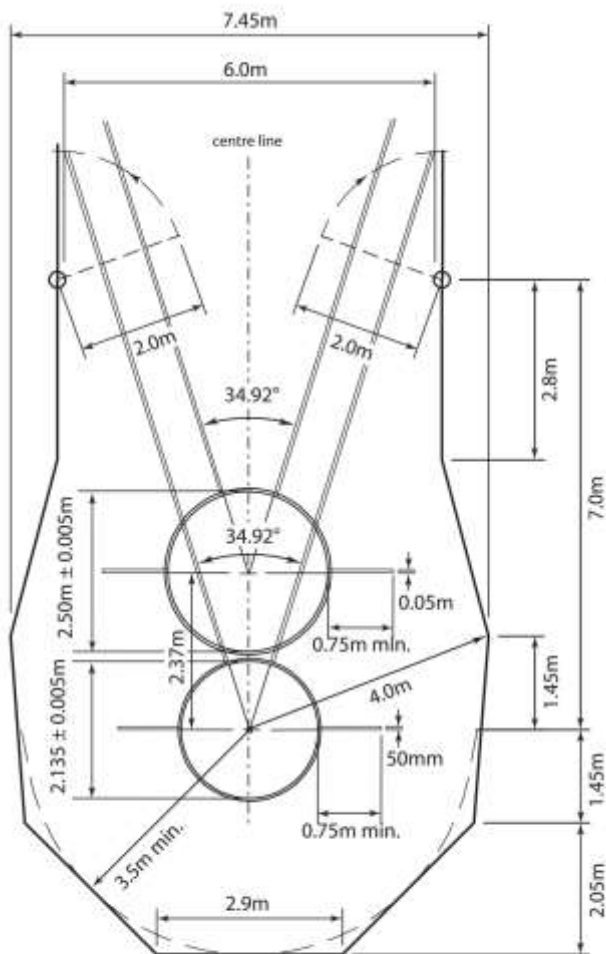
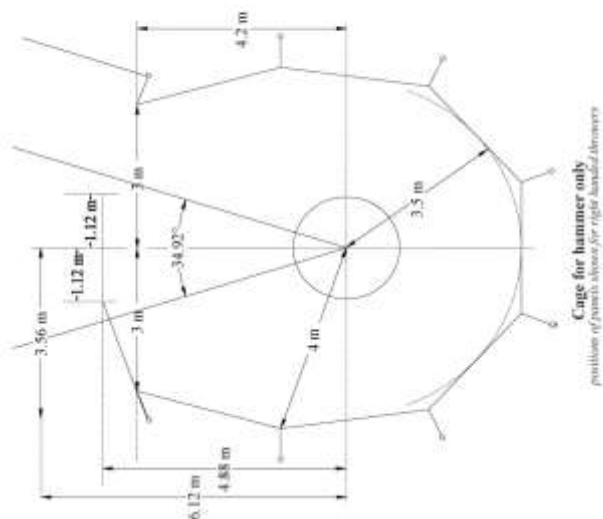
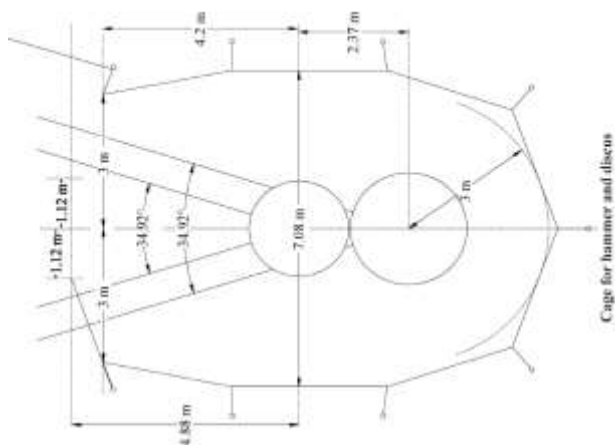
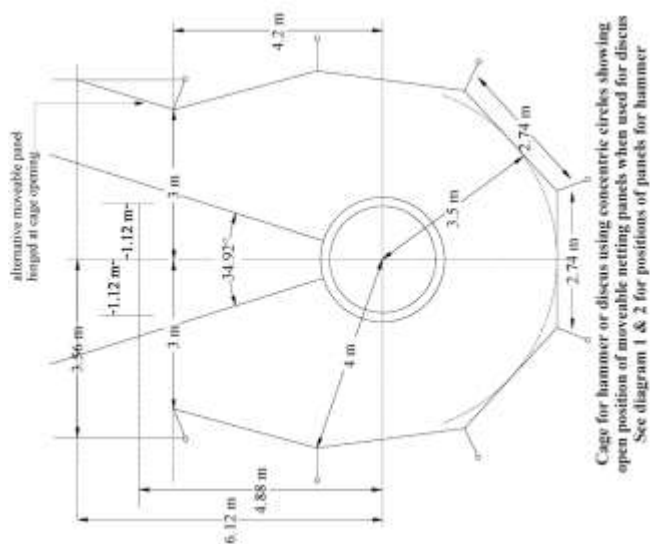


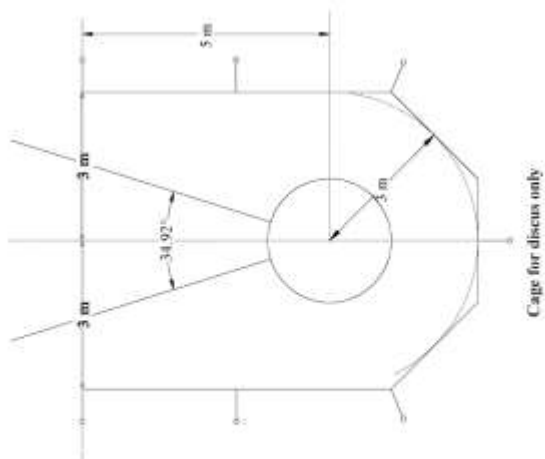
Figure 192c - Cage for Hammer and Discus Throw with separate circles

UKA Supplement 192 S3
(Previously UKA Rule 137 Cage Specifications)





Cage for hammer or discus using concentric circles showing open position of moveable netting panels when used for discus
See diagram 1 & 2 for positions of panels for hammer



Cage for discus only

RULE 193 JAVELIN THROW

Competition

- (1) (a) The javelin shall be held at the grip with one hand only. 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 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.

Javelin

- (3) The javelin shall consist of three main parts: a shaft, a head and a cord grip.
- (4) 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 surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth (see Rule 188.4) and uniform throughout.
- (5) The shaft shall have fixed to it a metal head terminating in a sharp point. The head shall be constructed completely of metal. It may contain a reinforced tip of other metal alloy fixed to the front end of the head provided that the completed head is smooth (see Rule 188.4) and uniform along the whole of its surface. The angle of tip shall not exceed 40 degrees.
- (6) The cord grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular non-slip pattern surface but without thongs, notches or indentations of any kind. The grip shall be of uniform thickness.
- (7) 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 0.3m behind the head.

Note (i): Whilst the cross section throughout should be circular, a maximum difference between the largest and the smallest diameter at any cross section of 2% is permitted. The mean value of these two diameters, at any nominated cross section, shall meet the specifications of a circular javelin in the tables hereunder.

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.

(8) The javelin shall conform to the following specifications:

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

	500g	600g	700g	800g
Information for manufacturers: Range for supply of implement for competition	505g	605g	705g	805g
	525g	625g	725g	825g

Overall length (L0):

Minimum	2.000m	2.200m	2.300m	2.600m
Maximum	2.100m	2.300m	2.400m	2.700m

Distance from tip of metal head to centre of gravity (L1):

Minimum	0.780m	0.800m	0.860m	0.900m
Maximum	0.880m	0.920m	1.000m	1.060m

Distance from tail to centre of gravity (L2):

Minimum	1.120m	1.280m	1.300m	1.540m
Maximum	1.320m	1.500m	1.540m	1.800m

Length of metal head (L3):

Minimum	0.220m	0.250m	0.250m	0.250m
Maximum	0.270m	0.330m	0.330m	0.330m

Width of cord grip (L4):

Minimum	0.135m	0.140m	0.150m	0.150m
Maximum	0.145m	0.150m	0.160m	0.160m
Diameter of shaft at thickest point (in front of grip - D0):				
Minimum	20mm	20mm	23mm	25mm
Maximum	24mm	25mm	28mm	30mm

RULE 193 S 1 UKA SUPPLEMENT - JAVELIN SPECIFICATIONS FOR NON-IAAF AGE GROUPS (PREVIOUSLY UKA 139(4))

MEN	UNDER 17		UNDER 15		UNDER 13	
	Min	Max	Min	Max	Min	Max
Weight (incl of cord grip)	700gr		600gr		400gr	
Length	230cm	240cm	220cm	230cm	170cm	195cm
Length of metal head	25cm	33cm	25cm	33cm	20cm	30cm
Distance from tip of metal head to centre of gravity	83cm	101cm	80cm	92cm	70cm	85cm
Diameter at thickest point	22mm	28mm	20mm	25mm	19mm	24mm
Width of whipcord	15cm	16cm	14cm	15cm	13cm	14cm
WOMEN	UNDER 17/ UNDER 15		UNDER 13			
	Min	Max	Min	Max		
Weight (incl of cord grip)	500gr		400gr			
Length	200cm	210cm	170cm	195cm		
Length of metal head	22cm	27cm	20cm	30cm		
Distance from tip of metal head to centre of gravity	78cm	88cm	70cm	85cm		
Diameter at thickest point	20mm	24mm	19mm	24mm		
Width of whipcord	13.5cm	14.5cm	13cm	14cm		
MASTERS	MEN	MEN	MEN	MEN	MEN	
	35 - 49	50 - 59	60 – 69	70 - 79	80+	
Weight (incl of cord grip)	800gm	700gm	600gm	500gm	400gm	
	WOMEN	WOMEN	WOMEN			
	35 - 49	50 - 74	75+			
Weight (incl of cord grip)	600gm	500gm	400gm			

- (9) The javelin shall have no mobile parts or other apparatus, which during the throw could change its centre of gravity or throwing characteristics.
- (10) 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 0.15m 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.
- (11) 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 0.15m 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

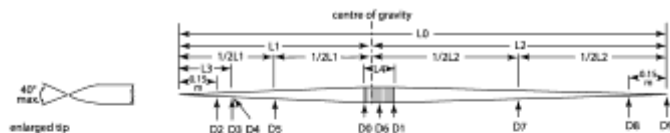


Figure 193 - International Javelin

Lengths		Diameters		Maximum	Minimum
L0	Overall	D0	In front of grip	—	—
L1	Tip to C of G	D1	At rear of grip	D0	D0-0.25mm
1/2L1	Half L1	D2	150mm from tip	0.8 D0	—
L2	Tail to C of G	D3	At rear of head	—	—
1/2L2	Half L2	D4	Immediately behind head	—	D3-2.5mm
L3	Head	D5	Half way tip to C of G	0.9 D0	—
L4	Grip	D6	Over grip	D0+8mm	—
		D7	Half way tail to C of G	—	0.9 D0
		D8	150mm from tail	—	0.4 D0
C of G	Centre of Gravity	D9	At tail	—	3.5mm

Note: All measurements of diameters must be to at least 0.1 mm.

the tail shall not be less than 3.5mm.

SECTION V - COMBINED EVENTS COMPETITIONS

RULE 200 COMBINED EVENTS COMPETITIONS

U18 Boys, U20 and Senior Men (Pentathlon and Decathlon)

- (1) The Pentathlon consists of five events which shall be held on one day in the following order: Long Jump; Javelin Throw; 200m; Discus Throw; and 1500m.
- (2) The U18 Boys' and the Men's Decathlon consists of ten events which shall be held on two consecutive days in the following order:
First day: 100m; Long Jump; Shot Put; High Jump; 400m.
Second day: 110m Hurdles; Discus Throw; Pole Vault; Javelin Throw; 1500m.

U20 and Senior Women (Heptathlon and Decathlon)

- (3) The Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:
First day: 100m Hurdles; High Jump; Shot Put; 200m.
Second day: Long Jump; Javelin Throw; 800m.
- (4) The Women's Decathlon consists of ten events which shall be held on two consecutive days in the following order:
First day: 100m; Discus Throw; Pole Vault; Javelin Throw; 400m.
Second day: 100m Hurdles; Long Jump; Shot Put; High Jump; 1500m.

U18 Girls (Heptathlon only)

- (5) The U18 Girls' Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:
First day: 100m Hurdles; High Jump; Shot Put; 200m.
Second day: Long Jump; Javelin Throw; 800m.

General

- (6) At the discretion of the Combined Events Referee, there shall, whenever possible, be an interval of at least 30 minutes between the time one event ends and the next event begins, for any individual athlete. If possible, the time between the finish of the last event on the first day and the start of the first event on the second day should be at least 10 hours.
- (7) In each separate event, except the last, of a Combined Events 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 a 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.

- (8) 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 a Fully Automatic Timing and Photo Finish System is not available, each athlete's time shall be taken by three Timekeepers independently.
 - (c) in the Track Events, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified by the Starter (see also Rule 162.7).
 - (d) in the Vertical Jumps, each increase of the bar shall be uniform throughout the competition: 3cm in the High Jump and 10cm in the Pole Vault.
- (9) Only one system of timing may be applied throughout each individual event. However, for Record purposes, times obtained from a Fully Automatic Timing and Photo Finish system shall be applied regardless of whether such times are available for other athletes in the event.
- (10) 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 c l a s s i f i c a t i o n .

Any athlete deciding to withdraw from a Combined Events competition shall immediately inform the Combined Events Referee of his decision.

- (11) The scores, according to the current IAAF Combined Events Scoring Tables, shall be announced, separate for each event and as a cumulative total, to all athletes after the completion of each event.

The athletes shall be placed in order according to the total number of points obtained.

Ties

- (12) If two or more athletes achieve an equal number of points for any place in the competition, the procedure to determine whether there has been a tie is the following:
- (a) The athlete who, in the greater number of events, has received more

points than the other athlete(s) concerned shall be awarded the higher place.

- (b) If the athletes are equal following the application of Rule 200.12(a), the athlete who has the highest number of points in any one event shall be awarded the higher place.
- (c) If the athletes are still equal following the application of Rule 200.12 (b), the athlete who has the highest number of points in a second event, etc. shall be awarded the higher place.
- (d) If the athletes are still equal following the application of Rule 200.12 (c), it shall be determined to be a tie.

Note: Rule 200.12(a) shall not be applied when more than two athletes are tied.

RULE 200 S 1 UKA SUPPLEMENT – COMBINED EVENTS FOR AGE GROUPS YOUNGER THAN IAAF AGE GROUPS (PREVIOUSLY UKA 140)

(i) The Outdoor Pentathlon for Under 15 Boys consists of five events which may be held on one day or on two consecutive days in the following order: 80 metres Hurdles, Putting the Shot, Long Jump, High Jump, 800 metres.

(ii) The Outdoor Pentathlon for Under 15 Girls consists of five events which should be held on one day or on two consecutive days in the following order: Long Jump, 75 metres Hurdles, Putting the Shot, (break of one hour), High Jump, 800 metres.

(iii) The Hexathlon for Under 15 Girls consists of six events which shall be held over two days; 75 metres Hurdles (which shall begin the first day), Long Jump, Throwing the Javelin, High Jump, Putting the Shot, 800 metres (which shall be the final event).

(iv) The Outdoor Heptathlon for Under 17 women shall be held on two consecutive days in the following order: first day: 80 metres Hurdles, High Jump, Putting the Shot, 200 metres. Second day: Long Jump, Throwing the Javelin, 800 metres but the Hurdle event specifications shall be those relating to this age group and the order of events shall be flexible.

(v) the Outdoor Octathlon for Under 17 men shall consist of the following eight events held over two days: High Jump, Long Jump, Putting the Shot, Throwing the Discus, Throwing the Javelin, 100 metres Hurdles, 400 metres (which shall conclude the first day's programme) and 1500 metres (which shall be the final event).

(vi) The Outdoor Octathlon for Under 15 Boys shall consist of the following eight events held over two days: 100 metres (which shall begin the first day), 80 metres Hurdles, High Jump, Pole Vault, Throwing the Discus, Throwing the Javelin, 400 metres (which shall conclude the first day's programme), and 1000 metres (which shall be the final event).

SECTION VI - INDOOR COMPETITIONS

RULE 210 APPLICABILITY OF OUTDOOR RULES TO INDOOR COMPETITIONS

With the exceptions stated in the following Rules of this Section VI and the requirement for wind measurement set out in Rules 163 and 184, the Rules of Sections I to V for outdoor competitions shall apply to Indoor Competitions.

RULE 211 THE INDOOR STADIUM

- (1) The stadium shall be completely enclosed and covered. Lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.
- (2) The arena should include an oval track; a straight track for sprints and hurdles; runways and landing areas for jumping events. In addition, a circle and landing sector for 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 6mm spikes in running shoes.

Alternative thicknesses may be provided by the stadium management, who will notify athletes of the permissible length of spikes. (See Rule 143.4).

Indoor Track and Field competitions under Rules 1.1(a), (b), (c), and (f) should be held only on facilities that hold an IAAF Indoor Athletics Facility Certificate. It is recommended that, when such facilities are available, competitions under Rules 1.1(d), (e), (g), (h), (i) and (j) should also be held on these facilities.

- (4) The foundation on which the synthetic surface of the tracks, runways and take-off areas is laid shall be either solid e.g. concrete or, if of suspended construction (such as wooden boards or plywood sheets mounted on joists), without any special sprung sections and, as far as technically possible, each runway shall have a uniform resilience throughout. This shall be checked, for the take-off area for the jumps, before each competition.

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

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

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

RULE 212 THE STRAIGHT TRACK

- (1) The lateral inclination of the track should not exceed 1:100 (1%) unless special circumstances exist which justify the IAAF providing an exemption, and the inclination in the running direction shall not exceed 1:250 (0.4%) at any point and 1:1000 (0.1%) 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 50mm wide. The lanes shall all be $1.22\text{m} \pm 0.01\text{m}$ wide including the lane line on the right.

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

Start and Finish

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

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

RULE 213 THE OVAL TRACK AND LANES

- (1) The nominal length should preferably be 200m. It shall consist of two parallel 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 50mm in height and width, or with a white line 50mm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the kerb or line shall be horizontal throughout the length of the track with a maximum slope of 1:1000 (0.1%). The kerb on the two straights may be omitted, and a white line 50mm wide substituted.

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 $\pm 0.01\text{m}$ to the selected width. The lanes shall be separated by white lines 50mm wide.

Banking

- (3) The angle of banking in all the lanes in the bend and, separately, in the straight, should be the same at any cross section of the track. The straight may be flat or have a maximum lateral inclination of 1:100 (1%) 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 0.20m high. The flags shall be approximately 0.25m \times 0.20m in size, at least 0.45m high and set at an angle of 60° with the ground away from the track. The cones or flags shall be placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track. The cones or flags shall be placed at intervals not exceeding 1.5m on the bends and 10m on the straights.

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

RULE 214 START AND FINISH ON THE OVAL TRACK

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

Basic Requirements

- (2) The start and finish of a race shall be denoted by white lines 50mm 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, it shall be on a straight part of the track and 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 takeover zone lines for Relay Races) should not be on the steepest part of the banking.

Conduct of the Races

- (6) (a) Races of up to, and including, 300m shall be run entirely in lanes.
UKA Note: 300m races shall start and continue in lanes until the breakline marked at the end of the second bend.
- (b) Races over 300m, and less than 800m shall start and continue in lanes until the breakline marked at the end of the second bend.
- (c) For the start of 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 4, may be used. In these cases, athletes may leave their lane, or those running in the outer group may join the inner group, only after the breakline marked at the end of the first bend, or if the race is run with two bends in lanes, at the end of the second bend.
UKA Note: A (single) arced start may be used for 800m races.
- (d) Races longer than 800m shall be run without lanes using an arced start line or group starts. If a group start is used, the breakline shall be at the end of either the first or second bend.

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

The breakline shall be an arced line marked after each bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 50mm x 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

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

Note (ii): On tracks with less than six lanes, a group start as in Rule 162.10 may be used to allow six athletes to compete.

Start Line and 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.

RULE 215 SEEDINGS, DRAWS AND QUALIFICATION IN TRACK EVENTS

Rounds and Heats

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

60m, 60m H

Declared First Round Second Round Semi-Finals

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

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

Declared First Round Second Round Semi-Finals

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

1500m

Declared First Round Second Round Semi-Finals

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

3000m

Declared First Round

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

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

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

Draw for Lanes

- (2) For all events, other than 800m, run wholly or partly in lanes around a bend, where there are successive rounds of a race, three draws for lanes will be made:
 - (a) one for the two highest ranked athletes or teams to determine placings in the outer two lanes;
 - (b) another for the third and fourth ranked athletes or teams to determine placings in the next two lanes;
 - (c) another for the other athletes or teams to determine placings in any remaining inner lanes.

The ranking referred to shall be determined as follows:

- (d) for the first round, from the relevant list of valid performances achieved during the predetermined period.;
 - (e) after the first round, in accordance with the procedures identified in Rule 166.3(b)(i).
- (3) For all other races, the lane order shall be drawn in accordance with Rules 166.4 and 166.5.

RULE 216 CLOTHING, SHOES AND ATHLETE BIBS

That part of each spike which projects from the sole or the heel shall not exceed 6mm (or as required by the Organising Committee) subject always to the maxima provided in Rule 143.4.

RULE 217 HURDLE RACES

- (1) The standard distances shall be: 50m or 60m on the straight track.
- (2) Layout of the hurdles for races:

	U18 Boys	U20 Men	Men	U18 Girls	U20 Women/ Women
Height of hurdle	0.914m	0.991m	1.067m	0.762m	0.838m
Distance			50m/60m		
Number of hurdles			4/5		
Start line to first hurdle		13.72m		13.00m	
Between hurdles		9.14m		8.50m	
Last hurdle to finish line		8.86m/9.72m		11.50m/13.00m	

RULE 218 RELAY RACES

Conduct of the Races

- (1) In the 4 × 200m race, all the first leg and the first bend of the second leg up to the nearer edge of the breakline described in Rule 214.6, shall be run in lanes. Rule 170.18 shall not apply, therefore the second, third and fourth athletes are not permitted to begin running outside their takeover zones, and shall start within this zone.
- (2) The 4 × 400m race shall be run according to Rule 214.6(b).
- (3) The 4 × 800m race shall be run according to Rule 214.6(c).
- (4) The waiting athletes in the third and fourth legs of the 4 × 200m race, in the second, third and fourth legs of the 4 × 400m and the 4 × 800m race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team shall be disqualified.

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

RULE 219 HIGH JUMP

Runway and Take-Off Area

- (1) If portable mats are used, all references in the Rules to the level of the take-off area must be construed as referring to the level of the top surface of the mat.
- (2) An athlete may start his approach on the banking of the oval track

provided that the last 15m of his run up is on a runway complying with Rules 182.3, 182.4 and 182.5.

RULE 220 POLE VAULT

Runway

An athlete may start his approach on the banking of the oval track provided that the last 40m of his run up is on a runway complying with Rules 183.6 and 183.7.

RULE 221 HORIZONTAL JUMPS

Runway

An athlete may start his approach on the banking of the oval track provided that the last 40m of his run up is on a runway complying with Rules 184.1 and 184.2.

RULE 222 SHOT PUT

Landing Sector

- (1) The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimise any bounce.
- (2) Where necessary to ensure the safety of spectators, officials and athletes, the landing sector shall be enclosed at the far end and on the two sides by a stop barrier and/or protective netting, placed as close to the circle as required. The recommended minimum height of the netting should be 4m and sufficient to stop a shot, whether in flight or bouncing from the landing surface.
- (3) In view of the limited space inside an indoor arena, the area enclosed by the stop barrier may not be large enough to include a full 34.928 sector. The following conditions shall apply to any such restriction.
 - (a) The stop barrier at the far end shall be at least 0.50m 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.

Construction of the Shot

- (4) Depending on the type of landing area (see Rule 222.1), 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

- (5) These shall comply with Rule 188.4 and 188.5, for the Shot Put outdoors.

Plastic or Rubber Cased Shot

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

Minimum weight for admission to competition and acceptance of a Record:

3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
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Information for manufacturers: Range for supply of implement for competition

3.005kg	4.005kg	5.005kg	6.005kg	7.265kg
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3.025kg	4.025kg	5.025kg	6.025kg	7.285kg
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Diameter:

Minimum	85mm	95mm	100mm	105mm	110mm
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Maximum	120mm	130mm	135mm	140mm	145mm
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RULE 223 COMBINED EVENTS COMPETITIONS

U18 Boys, U20 and Senior Men (Pentathlon)

- (1) The Pentathlon consists of five events, which shall be held on one day in the following order:

60m Hurdles; Long Jump; Shot Put; High Jump; 1000m.

U18 Boys, U20 and Senior Men (Heptathlon)

- (2) The Heptathlon consists of seven events which shall be held over two consecutive days in the following order:

First day: 60m; Long Jump; Shot Put; High Jump.

Second day: 60m Hurdles; Pole Vault; 1000m.

U18 Girls, U20 and Senior Women (Pentathlon)

- (3) The Pentathlon consists of five events and shall be held on one day in the following order:

60m Hurdles; High Jump; Shot Put; Long Jump; 800m.

Heats and Groups

- (4) Preferably four or more, and never less than three, athletes shall be placed in each heat or group.

SECTION VII - RACE WALKING EVENTS

RULE 230 RACE WALKING

Distances

- (1) The standard distances shall be: indoor: 3000m, 5000m; outdoor: 5000m, 10km, 10,000m, 20km, 20,000m, 50km, 50,000m.

Definition of Race Walking

- (2) Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Judging

- (3) (a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.
(b) All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.
(c) In competitions held under Rule 1.1(a), all Judges shall be International Race Walking Judges. In competitions held under Rules 1.1(b), (c), (e), (f), (g) and (j), all Judges shall be either Area or International Race Walking Judges.
(d) For Road Races, there should normally be a minimum of six to a maximum of nine Judges including the Chief Judge.
(e) For Track Races, there should normally be six Judges including the Chief Judge.
(f) In competitions held under Rule 1.1(a) not more than one Judge (excluding the Chief Judge) from any Country can officiate.

RULE 230 S 1 UKA SUPPLEMENT (PREVIOUSLY UKA 303)

All walking races must be judged by judges holding a UKA officials' licence for Race Walk judging. The responsibility for ensuring that races are properly judged rests with the Competition Provider who, if unable to find the judges from within his/her own Club, should apply to the appropriate National Judges' Secretary for judges. Any application for judges must include details of the status of the race(s) so that judges of an appropriate grade can be provided. Applications should be made at least three months before the date of the race(s).

The system of judging set out in IAAF Rule 230.4-6 (IAAF system) must be used in all UKA Championships. Additionally this system should be adopted in other races with the following exceptions:

- when there are fewer than three judges in attendance,
- relays,
- point-to-point races.

Chief Judge

- (4) (a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete in the last 100m, when his mode of progression obviously fails to comply with the Rule 230.2 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. He shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.
- (b) The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 230.4(a). In competitions held under Rules 1.1(a), (b), (c) and (f), two or more Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.
- (c) For all competitions held under Rules 1.1(a), (b), (c) and (f), an official in charge of the Posting Board(s) and a Chief Judge's Recorder shall be appointed.

Yellow Paddle

- (5) When a judge is not completely satisfied that an athlete is fully complying with Rule 230.2, he should, where possible, show the athlete a yellow paddle with the symbol of the offence on each side.

An athlete cannot be shown a second yellow paddle by the same Judge for the same offence. Having shown a yellow paddle to an athlete, the Judge shall inform the Chief Judge of his action after the competition.

Red Cards

- (6) When a Judge observes an athlete failing to comply with Rule 230.2 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.

Disqualification

- (7) (a) Except as provided in Rule 230.7(c), when three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.
- (b) In competitions under Rules 1.1(a), (b), (c) or (e), in no circumstances shall the Red Cards of two Judges of the same nationality have the power to disqualify.
- (c) A Pit Lane shall be used for any race where the applicable

Regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organising Committee. In such cases, an athlete will be required to enter the Pit Lane and remain there for the applicable period (as set out in the Regulations or Organising Committee decision) once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him. If, at any time, the athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified. An athlete who fails to enter the Pit Lane when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge.

- (d) In Track Races, an athlete who is disqualified shall immediately leave the track and, in Road Races, shall, immediately after being disqualified, remove the distinguishing bibs and leave the course. Any disqualified athlete who fails to leave the course or track or comply with directions given under Rule 230.7(c) to enter and remain for the required period in the Pit Lane may be liable to further disciplinary action in accordance with Rule 145.2.
- (e) One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. The symbol of each offence should also be indicated on the Posting Board.
- (f) For all Rule 1.1(a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rules 230.4(a), 230.7(a) or 230.7(c) by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.

Start

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

Safety

- (9) The Organising Committee of Race Walking events shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a),

(b), (c) and (f), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.

Drinking / Sponging and Refreshment Stations in Road Events

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

(b) For all events of 5km or longer up to and including 10km, water only drinking / sponging stations shall be provided at suitable intervals if weather conditions warrant such provision.

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

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

(d) Refreshments, which may be provided by either the Organising Committee or the athlete, shall be placed at the stations so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes.

(e) Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre to the side, but not in front, of the table.

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

Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

(g) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.

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

Road Courses

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

RULE 230 S 2 UKA SUPPLEMENT (PREVIOUSLY UKA 309)

Road Races may be promoted on open roads in the form of either a lap longer than 2km or a point-to-point race. In such cases Competition Providers must comply with all required safety conditions and conduct and work to appropriate risk assessments that comply with licensing conditions for events on the road.

Race Conduct

- (12) In events of 20km or more, an athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten the distance to be covered.
- (13) If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

SECTION VIII - ROAD RACES

RULE 240 ROAD RACES

Distances

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

Note: It is recommended that the Road Relay race be run over the Marathon distance, ideally over a 5km loop course, with stages of 5km, 10km, 5km, 10km, 5km, 7.195km. For an U20 Road Relay, the recommended distance is a Half-Marathon with stages of 5km, 5km, 5km, 6.098km.

Course

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

Note (i): It is recommended that, for Road Races staged over standard distances, the start and finish points, measured along a theoretical straight line between them should not be further apart than 50% of the race distance. For approval of Records, see Rule 260.21(b).

Note (ii): It is acceptable for the start, finish and other segments of the race to be conducted on grass or other non-paved surfaces. These segments shall be kept to a minimum.

- (3) The course shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race.

In all competitions under Rules 1.1(a) and, where possible, (b), (c) and (f), the measurement line should be marked along the course in a distinctive colour that cannot be mistaken for other markings.

The length of the course shall not be less than the official distance for the event. In competitions under Rules 1.1(a), (b), (c) and (f), the uncertainty in the measurement shall not exceed 0.1% (i.e. 42m for the Marathon) and the length of the course should have been certified in advance by an IAAF approved course measurer.

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

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

factor should be 0.1% which means that each km on the course will have a "measured length" of 1001m.

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

Note (iv): It is recommended that for Road Races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000, i.e. 1m per km (0.1%). For approval of Records, see Rule 260.21(c).

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

- (4) The distance in kilometres on the route shall be displayed to all athletes.
- (5) For Road Relays, lines 50mm wide shall be drawn across the course to mark the distances of each stage and to denote that scratch line. Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

RULE 240 S 1 UKA SUPPLEMENT - COURSE (PREVIOUSLY UKA RULE 210)

- (1) The responsibility for providing a suitable course rests with the Competition Provider who must:
 - (i) take account of any advice given by the Local Authority Safety Advisory Group or equivalent, local Police Force, Highways Authority, Regional Licensing Panel and the UKA Course Measurer before publishing details of the course.
 - (ii) adequately signpost the course.
 - (iii) appoint marshals to direct runners throughout, particularly at intricate parts of the course and at road junctions.
- (2) Races shall be run on tarmac, concrete or paved surfaces. When traffic or similar circumstances make it unsuitable the course, duly marked, may be on a bicycle path or on a footpath, but should not be on soft ground such as verges or the like. Measuring a road surface can include a limited section off-road in length where needed. The agreed definition of a road course is determined from time to time by runbritain and the Association of UK Course Measurers.
- (3) A course that includes a railway level crossing will only be deemed safe and a licence issued where a written undertaking has been obtained from the Railway Track Authority that no train will use the line for the

duration of the race.

- (4) The start and finish area may be in an enclosed ground or athletics arena. The start and finish areas should be traffic free.
- (5) If a race is advertised as being of a particular distance, then the correctness of that distance must be verified by a UKA qualified and registered and graded Course Measurer, accredited by, and using a measurement method approved by, the UK Association of Course Measurers.
 - (i) The course must be measured along the ideal line of running. i.e. the shortest possible route, in the section of the road permitted for runners, using a bicycle fitted with a Jones Counter and calibrated to IAAF standards.
 - (ii) The measured distance must not be less than the advertised distance of the race, nor should it exceed the advertised distance by more than 0.2%.
- (6) All runners must follow the course as designed and follow the normal rules of the road except where otherwise instructed by representatives of the Local Police or Local Authority or other authorised persons.
- (7) Where any part of a road used for a race is open to traffic at the same time as the competition is in progress, a runner must remain on the left hand side of the road (unless directed otherwise by the Police or a race official or other authorised persons).
- (8) The Race Referee has the power to disqualify any runner who does not follow the correct course or obey the instructions of a race official after consultation with the Competition Provider.

Start

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

Safety

- (7) Organising Committees of Road Races shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.

Drinking / Sponging and Refreshment Stations

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

(b) For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.

Note (i): Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.

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

(c) Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organising Committee will determine which refreshments it will provide based on prevailing conditions.

(d) Refreshments will normally be provided by the Organising Committee but it may permit athletes to provide their own, in which case the athlete shall nominate at which stations they shall be made available to him. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

(e) The Organising Committee shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official or authorised person shall, under any circumstances, move beside an athlete while he is taking refreshment or water.

(f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the area designated for their Country at any one time.

Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

(g) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.

(h) An athlete who receives or collects refreshment or water from a

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

RULE 240 S 2 UKA SUPPLEMENT - REFRESHMENTS (PREVIOUSLY UKA RULE 211)

- (1) In full Marathons and longer races, Competition Providers must supply drinks to cater for the entire field at least every 5km throughout the race.
- (2) In races of 10km and above Competition Providers must supply drinks at intervals of not greater than 5 k m .
- (3) In races of less than 10km, drinks may be provided by the Competition Provider.
- (4) A Competition Provider must provide additional drink stations on the advice of the Race Medical Officer.
- (5) A Competition Provider should provide drinks for the entire field at the finish.

Race Conduct

- (9) In Road Races, an athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten the distance to be covered.
- (10) If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

RULE 240 S 3 UKA SUPPLEMENT - RACE CLASSIFICATION (PREVIOUSLY UKA RULE 203)

- (1) An open road race is one which is open to all eligible runners subject to the restrictions on age and distance as defined in Rule 141.
- (2) A closed road race is one open only to runners in a particular Service, occupation, business house or educational establishment.
- (3) An open team road race is open to all Clubs affiliated to a National Association. Athletes must be registered in the current year with their National Association in order to compete as a First Claim athlete in Open Team Competition.
- (4) A closed team road race is confined to Clubs affiliated to UKA or other recognised Governing Body of athletics, within a particular category,

e.g. Services, trade, occupation, business house, educational establishment.

NOTE: Team races may be included by Competition Providers within any race subject to the above classifications.

- (5) Competition Providers must declare in advance which team awards are included within the race and the manner in which they will be decided. Unless different details for a team competition are given by the Competition Providers any league competition held will be an open club team competition held with eligibility on the basis of (3) above.
- (6) Events for Masters shall be confined to athletes who are at least 35 years of age on the day of competition.

RULE 240 S 4 UKA SUPPLEMENT - RELAYS (PREVIOUSLY UKA RULE 203)

Where the number of stages in the relay exceeds eight, the number of entries will be restricted to three times the number of runners entitled to compete per team, or 36, whichever is the greater.

NOTE: IAAF Rule 240.1 relating to Relays will not apply.

RULE 240 S 5 UKA SUPPLEMENT – HEADPHONES

The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic. This restriction does not apply to races held on dual carriageways provided that there are clear, structured separations between the separate carriageways. Competition Providers of races held entirely on roads closed to traffic may apply this condition where appropriate to local circumstances.

RULE 240 S 6 UKA SUPPLEMENT- ASSISTANCE (PREVIOUSLY UKA RULE 212)

Runners must not be accompanied by a personally owned or controlled dog in the race.

SECTION IX – CROSS-COUNTRY, MOUNTAIN AND TRAIL RACES

There are extreme variations in conditions in which Cross-Country Running, Mountain Running and Trail Running are practised throughout the world and it is difficult to legislate international standardisation of these events. It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer. The following Rules are intended as a guide and incentive to assist Members to develop Cross-Country Running, Mountain Running and Trail Running.

RULE 250 CROSS-COUNTRY RACES

Course

- (1) (a) The course must be designed on an open or woodland area, covered as far as possible by grass, with natural obstacles, which can be used by the course designer to build a challenging and interesting race course.
(b) The area must be wide enough to accommodate not only the course but also all the necessary facilities.
- (2) For Championships and international events and, wherever possible, for other competitions:
 - (a) A loop course must be designed, with the loop measuring between 1500m and 2000m. If necessary, a small loop can be added in order to adjust the distances to the required overall distances of the various events, in which case the small loop must be run in the early stages of the event. It is recommended that each long loop should have a total ascent of at least 10m.
 - (b) Existing natural obstacles shall be used if possible. However, very high obstacles should be avoided, as should deep ditches, dangerous ascents / descents, thick undergrowth and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition. It is preferable that artificial obstacles should not be used but if such use is unavoidable, they should be made to simulate natural obstacles met within open country. In races where there are large numbers of athletes, narrow gaps or other hindrances which would deny the athletes an unhampered run shall be avoided for the first 1500m.
 - (c) The crossing of roads or any kind of macadamised surfaces shall be avoided or at least kept to a minimum. When it is impossible to avoid such conditions in one or two areas of the course, the areas must be covered by grass, earth or mats.
 - (d) Apart from the start and finish areas, the course must not contain any other long straight. A "natural", undulating course with smooth curves and short straights, is the most suitable.

- (3) (a) The course shall be clearly marked with tape on both sides. It is recommended that all along one side of the course a 1m wide corridor, heavily fenced from the outside of the course, shall be installed for the use of organisation officials and media only (obligatory for Championship events). Crucial areas must be heavily fenced; in particular the start area (including the Warm-up Area and the Call Room) and finish area (including any mixed zone). Only accredited people will be allowed access to these areas.
- (b) The general public should only be allowed to cross the course in the early stages of a race at well organised cross-over points, marshalled by stewards.
- (c) It is recommended that, apart from the start and finish areas, the course be a width of 5 metres, including the obstacle areas.

Distances

- (4) Distances at IAAF World Cross-Country Championships should be approximately:

Men	10km	Women	10km
U20 Men	8km	U20 Women	6km

The distances recommended for U18 competitions should be approximately:

U18 Boys	6km	U18 Girls	4km
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It is recommended that similar distances be used for other International and National competitions.

Start

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

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

Departure boxes shall be provided for teams races and the members of each team shall be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command "On your marks", the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

RULE 250 S 1 UKA SUPPLEMENT - START (PREVIOUSLY UKA RULE 506)

The start should be signalled by the firing of a gun or other similar apparatus. An athlete crossing the starting line before the starting signal is given shall be liable to disqualification.

Safety

- (6) Organising Committees of Cross-Country Races shall ensure the safety of athletes and officials.

Drinking / Sponging and Refreshment Stations

- (7) Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking / sponging station shall be provided every lap, if weather conditions warrant such provision.

Race Conduct

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

RULE 250 S 2 UKA SUPPLEMENT - ENTRIES (PREVIOUSLY UKA RULES 505 & 503)

- (1) No athlete who is not qualified to compete shall join a cross country race. Athletes infringing this rule shall be liable to expulsion from any race under the jurisdiction of UKA and could render their club liable to disqualification.
- (2) Open cross country races must be advertised and decided under these Rules. Appropriate entry forms must be used for all individual entries. Inter-Club races for which no entry fee is charged are not considered Open Events.

RULE 251 MOUNTAIN RACES

Course

- (1)
 - (a) Mountain Races take place on terrain that is mainly off-road, unless there is significant elevation gain on the route in which case a macadamised surface is acceptable.
 - (b) The course should not include dangerous sections.
 - (c) Athletes shall not use supplementary aid(s) to assist their progress on course.
 - (d) The profile of the course involves either considerable amounts of ascent (for mainly uphill races), or ascent / descent (for up and down races with start and finish at the same level).
 - (e) The average incline should include a minimum of 5% (or 50 metres per kilometre) and not exceed 20% (or 200 metres per kilometre).
 - (f) The highest point on the course should not exceed 3000 metres altitude.
 - (g) The entire course shall be clearly marked and include kilometre marks.
 - (h) Natural obstacles or challenging points along the course should be additionally marked.

- (i) A detailed course map must be provided along with a profile using the following scales:

Altitude: 1/10,000 (10mm = 100m)

Distance: 1/50,000 (10mm = 500m)

Types of Mountain Races

- (2) (a) Classic Mountain Races

For Championships, the recommended distances and total amount of ascent should be approximately:

	Mainly Uphill		Up and down races	
	Distance	Ascent	Distance	Ascent
Senior Men	12km	1200m	12km	600m/750m
Senior Women	8km	800m	8km	400m/500m
U20 Men	8km	800m	8km	400m/500m
U20 Women	4km	400m	4km	200m/250m
U18 Boys	5km	500m	5km	250m/300m
U18 Girls	3km	300m	3km	150m/200m

- (b) Long Distance Mountain Races

Long Distance Mountain Race courses include distances of approximately 20km to 42.195km, with a maximum elevation of 4000m. Participants under the age of 18 years should not compete at distances exceeding 25km.

- (c) Relay Mountain Races

- (d) Time Trial Mountain Races

Mountain Races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.

Start

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

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

Departure boxes shall be provided for teams races and the members of each team shall be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command "On your marks", the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Safety

- (4) Organising Committees of Mountain Races shall ensure the safety of athletes and officials.

Drinking / Sponging and Refreshment Stations

- (5) Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations may be provided at suitable places along the course, if the length and difficulty of the race and the weather conditions warrant such provision.

Race Conduct

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

RULE 251 S 1 UKA SUPPLEMENT - FELL AND HILL RACE CATEGORIES (PREVIOUSLY UKA RULES 402 & 400)

(1) Domestic Race Categories

A fell race is one run on fell, hill or mountain terrain and shall be categorised as follows:

Category A

- (i) Should average not less than 50m of climb per km.
- (ii) Should not have more than 20% of the race distance on road.
- (iii) Should be at least 1.5km in length.

Category B

- (i) Should average not less than 25m of climb per km.
- (ii) Should not have more than 30% of the race distance on road.

Category C

- (i) Should average not less than 20m of climb per km.
- (ii) Should not have more than 40% of the distance on road.
- (iii) Should contain some genuine fell terrain.

(2) International Races

International races affiliated to the World Mountain Running Association, and selection races organised by National Associations for International Races.

(3) Race Length Categories

- (i) A Category "L" (long) race is 20km or over.
- (ii) A Category "M" (medium) race is over 10km but less than 20km.
- (iii) A Category "S" (short) race is 10km or less.

Official UKA Fell, Hill and Mountain Races must be organised to comply with the Safety Requirements.

Safety

The National Committees for Fell, Hill and Mountain Running are empowered to determine the rules and requirements for Fell, Hill and Mountain Running, including the Safety Rules for Competition Providers and runners, in consultation with UKA.

Veteran age limits in races (Men and Women)

For Fell, Hill and Mountain Running a Veteran is a competitor aged at least 40 years on the date of the competition.

RULE 252 TRAIL RACES

Course

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

Equipment

- (2) (a) Trail Running does not specify the use of a particular technique or specific equipment in its progression.
- (b) The Organiser may, however, impose or recommend obligatory security equipment applicable to the conditions expected or possibly to be encountered during the race which would allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.
- (c) A survival blanket, whistle, supply of water and a food reserve are the minimum elements which each athlete should possess.
- (d) If specifically permitted by the Organisers, athletes may use poles such as hiking poles.

Start

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

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

Safety

- (4) The Organisers shall ensure the safety of athletes and officials and must have a race specific plan for health, safety and rescue, including the means to provide assistance to athletes and other participants in distress.

Aid Stations

- (5) Since Trail Running is based on self-sufficiency, each athlete shall be autonomous between aid stations in relation to clothing, communications, food and drink. Accordingly, aid stations shall be sufficiently spaced out according to the organisers' plan so as to respect the autonomy of athletes but taking in account health and safety.

Race Conduct

- (6) If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.
- (7) Assistance may only be provided at aid stations.
- (8) The Organisers of each trail race shall publish specific Regulations setting out the circumstances that may result in the penalisation or disqualification of an athlete.

RULE 252 S 1 UKA SUPPLEMENT - RACE CONDITIONS (PREVIOUSLY UKA RULE 608)

- (1) **Support Stations:** Unless stated otherwise in the advertisement and competitors' brief, refreshment stations with drinks as a minimum requirement should be not less than 10km apart and stocked with sufficient for the whole field. In warm weather extra stations with separation as little as 5km may be necessary.
- (2) **Along Roads:** UK Athletics Rules for Road Running shall apply for parts of a course that are on roads, e.g. competitors must run on the left side of the road.

RULE 252 S 2 UKA SUPPLEMENT - COMPETITORS' RESPONSIBILITIES (PREVIOUSLY UKA RULE 613)

- (1) **Safety:** Competitors have a primary responsibility for their own safety.
- (2) **Course:** Follow the whole of the course as designed, unless they are leaving it for the purpose of retirement, in which event they may proceed to the nearest control station by a practically convenient route without

trespassing. If they get lost or take a wrong turning competitors must return to the correct course, without trespassing, where they left it. They may be assisted in regaining the correct course.

- (3) **Other Rights of Way Users:** Unless the appropriate authority has closed the route to all other users, recognise they have equal rights to be on the path and be courteous.
- (4) **Behaviour at Obstacles & Narrow Paths:** Competitors should not jostle at stiles and other obstacles. Nor should they push past slower runners on narrow paths. The correct etiquette is for the overtaking runner to shout 'track' and the slower to step out of the way as soon as practical, standing still if necessary.
- (5) **Countryside Code:** In England and Wales 'The Countryside Code' must be obeyed, and in Scotland, The Scottish Access Code.
- (6) **Injured Competitors:** If they come across another competitor who is ill or hurt they **MUST** offer assistance.
- (7) **Voluntary Retirement:** If they wish to retire from the race they must report this to the nearest race official and to the finish, and then remove their number. If they become physically incapable of personally reporting, they should endeavour to get a message passed to an official.
- (8) **Compulsory Retirement:** Retire immediately if asked to do so by a race official.

RULE 252 S 3 UKA SUPPLEMENT - ASSISTANCE (PREVIOUSLY UKA RULE 614)

- (1) **Assistance Whilst Running:** A competitor may only be accompanied by an attendant for all or part of a race when the rules for that particular race authorise this. Any limitations, such as when and where along the course this is allowed, must be clear in the rules of the race. Failure to comply may lead to disqualification of the competitor being helped.
- (2) **Supporters' Cars:** When the competitors' brief states that handlers and supporters following the race may park their cars only at designated places, failure to comply may lead to the disqualification of the competitor being supported.

RULE 260 WORLD RECORDS

Full requirements for World records can be found in the detailed rules in the IAAF handbook.

Submission and Ratification

- (1) A World Record shall be made in a bona fide competition which has been duly arranged, advertised and authorised before the day of the event by the Member in whose Country or Territory the event takes place and

which has been conducted under the Rules. For individual events, at least three athletes and for relay events, at least two teams must be bona fide competitors in the event. Except for Field Events conducted as provided in Rule 147, no performance set by an athlete will be ratified if it has been accomplished during a mixed competition.

- (2) The following categories of World Records are accepted by the IAAF:
- (a) World Records;
 - (b) World U20 Records;
 - (c) World Indoor Records;
 - (d) World U20 Indoor Records.

Note (i): For the purposes of these Rules, unless the context dictates otherwise, World Records refers to all categories of records under this Rule.

Note (ii): World Records under Rule 260.2(a) shall recognise the best ratified performances achieved at any facility complying with Rule 260.12 or 260.13.

RULE 261 EVENTS FOR WHICH WORLD RECORDS ARE RECOGNISED

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

Hand Timed performances (H.T.)

Transponder Timed performances (T.T.)

Men

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m;
110m Hurdles; 400m Hurdles;
4 × 100m Relay; 4 × 200m Relay; 4 × 400m Relay;
Decathlon

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m;
5000m; 10,000m; 20,000m; 1 Hour; 25,000m; 30,000m;
3000m Steeplechase;
4 × 800m Relay; Distance Medley Relay; 4 × 1500m Relay;
Race Walking (Track): 20,000m; 30,000m, 50,000m.

F.A.T. or H.T.

or T.T.: Road Races: 10km; 15km; 20km; Half Marathon; 25km; 30km;
Marathon; 100km;
Road Relay (Marathon distance only);
Race Walking (Road): 20km; 50km.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump
Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw

Women

Running, Combined and Race Walking Events:

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

100m Hurdles; 400m Hurdles;

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

Heptathlon; Decathlon

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m;

5000m; 10,000m; 20,000m; 1 Hour; 25,000m; 30,000m;

3000m Steeplechase;

4 x 800m Relay; Distance Medley Relay; 4 x 1500m Relay;

Race Walking (Track): 10,000m; 20,000m; 50,000m*.

F.A.T. or H.T.

or T.T.: Road Races: 10km; 15km; 20km; Half Marathon; 25km; 30km;
Marathon; 100km;

Road Relay (Marathon distance only);

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

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

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

*Initial record to be recognised on 31 December 2015.

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

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

RULE 262 EVENTS FOR WHICH WORLD U20 RECORDS ARE RECOGNISED

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

Hand Timed performances (H.T.)

Transponder Timed performances (T.T.)

U20 Men

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m;
110m Hurdles; 400m Hurdles;
4 × 100m Relay; 4 × 400m Relay;
Decathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m;
5000m; 10,000m; 3000m Steeplechase;
Race Walking (Track): 10,000m.

F.A.T. or H.T.

or T.T.: Race Walking (Road): 10km.

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

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

U20 Women

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m;
100m Hurdles; 400m Hurdles;
4 × 100m Relay; 4 × 400m Relay;
Heptathlon, Decathlon

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m;
5000m; 10,000m; 3000m Steeplechase;
Race Walking (Track): 10,000m.

F.A.T. or H.T.

or T.T.: Race Walking (Road): 10km.

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

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

*Only ratified if over 7300 points.

RULE 263 EVENTS FOR WHICH WORLD INDOOR RECORDS ARE RECOGNISED

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

Hand Timed performances (H.T.)

Men

Running, Combined and Race Walking Events:

F.A.T. only: 50m; 60m; 200m; 400m; 800m;

50m Hurdles; 60m Hurdles;
4 x 200m Relay; 4 x 400m Relay;
Heptathlon

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m;
4 x 800m Relay;
Race Walking: 5000m.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump
Throwing Event: Shot Put

Women

Running, Combined and Race Walking Events:

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

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m;
4 x 800m Relay;
Race Walking: 3000m

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump
Throwing Event: Shot Put

RULE 264 EVENTS FOR WHICH WORLD U20 INDOOR RECORDS ARE RECOGNISED

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

Hand Timed performances (H.T.)

Men

Running and Combined Events:

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

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

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump
Throwing Event: Shot Put

Women

Running and Combined Events:

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

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

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

Throwing Event: Shot Put

RULE 264 S1 UKA SUPPLEMENT - RECORDS (PREVIOUSLY UKA RULE 141)

Technical Advisory Committee is responsible for the management and sanction of British records

- (1) An application for a record must be made on the appropriate form which must be forwarded with a copy of the programme, and in the case of a field event, the score card, within 14 days to the Secretary of the appropriate National Association in respect of Home Country records, by the Secretary of the body responsible for the organisation of the meeting at which the performance was accomplished.
- (2) If an application concerns a UKA National or All-comers record or in respect of a foreign athlete and the claim for a National Record, a Record of Performance form should be completed and forwarded to the Chief Executive of UKA, together with other appropriate details.
- (3) The standard record form shall, as appropriate, state or confirm:
 - (a) Place.
 - (b) Date.
 - (c) Name and affiliation of the competitor.
 - (d) Performance.
 - (e) Force and direction of wind.
 - (f) Correctness as to the distance covered by the competitor in the race.
 - (g) Correctness as to spacing and type of hurdle used and the number knocked down if not of the International type.
 - (h) Correctness of time, distance or height claimed.
 - (i) Correctness of weight, measurement and material of implement.
 - (j) The time at the end of each lap and the name of the leader for all events over 400m in length.
 - (k) That the appropriate Rules of UKA and/or the IAAF have been strictly observed.
- (4) The appropriate Referee must sign the record form, confirming the accuracy of all the details included in the application form and supporting information.

- (5) Claims for outdoor records will not be accepted if the performance was achieved on a wooden surface, or, in the case of all running and walking events, if the track was banked. Separate indoor records are maintained for which these restrictions do not apply.
- (6) No outdoor record at a distance of 200m or more shall be accepted if made on a track exceeding 400 metres in perimeter or if not started on the perimeter, except in steeplechase events where the water jump is placed outside the normal 400 metre track.
- (7) For outdoor records the maximum lateral inclination of tracks, runways or circles shall not exceed 1:100 and in the running direction 1:1000 downwards; any inclination should be uniform. The inclination of a throwing field shall not exceed 1:1000 downwards in the throwing direction.
- (8) When photo finish or an approved fully automatic electrical timing device is used the time for distances up to and including 10,000m, unless recorded as an exact 1/100th of a second, shall be read and recorded to the next longer 1/100th of a second. For distances over 10,000m the time shall be read and recorded to 1/10th second. Record claims for events up to and including 400m can only be submitted when such a device has been used for timing.
- (9) Where a record claim is made when hand timing only is in operation the performance must have been timed by three Timekeepers each of whom should be at least Level 4. Immediately after the race they shall exhibit their watches to the Chief Timekeeper who will decide which time shall be recorded in accordance with Rule 165(9) and complete the Record Application Form appropriately.
- (10) All the Track Officials signing the Record Application Form should be at least Level 4.
- (11) For records claimed in Walking Events the Chief Judge of Walking must certify that the competitor complied fully with the definition of walking. The certification shall not be given unless there are four Judges of Race Walking, of whom at least three shall be at least Level 4 or its equivalent, or be on the IAAF Panel.
- (12) In a race run wholly or partly in lanes no record shall be accepted where the athlete has run on, or inside, the inner curved border of his or her lane.
- (13) For records claimed in Field Events the distance or height shall have been measured by three Field Judges using EDM, VDM, or other scientific apparatus, which has obtained a certificate of accuracy from a nationally recognised standardising organisation. Alternatively in certain circumstances a steel or fibre glass tape, or bar may be used. The Field Referee should be at least Level 4 and the other Judges signing the result card should be qualified officials.

- (14) For all outdoor record claims up to 200m on the track and in the Long Jump and Triple Jump information as to wind conditions must be available. If the component of the wind measured in the direction of running behind the runner averages more than 2 metres per second the performance shall not be accepted as a record except as outlined in (19) below. The wind gauge must have been sighted in accordance with Rule 163, 165 & 184 as appropriate.
- (15) The periods for which the wind component shall be measured are as follows:
- | | |
|--|---------|
| All distances up to and including 100m | 10 secs |
| 100m hurdles and 110m hurdles | 13 secs |
| Long jump and triple jump | 5 secs |
| 200m. Commencing as the runners enter the straight | 10 secs |
- Wind speeds shall be recorded in accordance with rule 163, 165 & 184
- (16) The record claimed must have been made in a bona fide competition included in the programme of the meeting where it was held. Record claims may be submitted for performances made in heats or qualifying trials, and in Combined Events.
- (17) No performance will be accepted in an individual event unless it has been accomplished during an official competition with a minimum of three competitors taking part. At least two relay teams must have participated in any relay race for a record to be considered.
- (18) Except in Field Events no performances achieved in a Handicap shall be accepted as a record.
- (19) Outdoor records in Combined Events will be accepted only if performances in each event of which the competition consists are certified in accordance with the preceding paragraphs of this Rule, except that in events where wind velocity is measured, the average velocity (based on the sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed + 2 metres per second.
- (20) In any race decided on the distance covered in a fixed period of time the distance achieved shall be measured to the nearest metre behind the rear edge of the last foot-print of the competitor, i.e. fractions of a metre shall be ignored.
- (21) In the case of United Kingdom records UKA will decide whether the competition was a bona fide one and shall have absolute and unfettered discretion in deciding whether to accept or to refuse a record claim. Provided the essential Rules for Competition have been observed it is a matter for UKA to decide whether the omission of any technicality can be ignored.

(22) Events for which United Kingdom All-Comers and National Records are recognised outdoors are:

Men and Women (Seniors): 100m, 200m, 400m, 800m, 1000m, 1500m, 1 Mile, 2000m, 3000m, 5000m, 10000m, 1 Hour, 25000m, 30000m, 400m Hurdles, 3000m Steeplechase, 4x100m, 4x400m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, Decathlon.

Men only (Seniors): 110m Hurdles, 4x200m, 4x800m, 20km Walk, 2 Hours Walk, 30km Walk, 50km Walk.

Women only (Seniors): 100m Hurdles, 5km Walk, 10km Walk, Heptathlon.

(23) Events for which United Kingdom National Under 23 Records are recognised outdoors are:

Men and Women: 100m, 200m, 400m, 800m, 1000m, 1500m, 1 Mile, 2000m, 3000m, 5000m, 10000m, 1 Hour, 25000m, 30000m, 400m Hurdles, 3000m Steeplechase, 4x100m, 4x400m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, Decathlon.

Men only: 110m Hurdles, 4x200m, 4x800m, 20km Walk, 2 Hours Walk, 30km Walk, 50km Walk.

Women only: 100m Hurdles, 5km Walk, 10km Walk, Heptathlon.

(24) Events for which United Kingdom National U20 Records (Juniors) are recognised outdoors (using Senior or Under 20 specifications) are:

Men and Women: 100m, 200m, 400m, 800m, 1000m, 1500m, 1 Mile, 3000m, 5000m, 10000m, 400m Hurdles, 3000m Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, Decathlon.

Men only: 110m Hurdles, 10km Walk.

Women only: 100m Hurdles, 5km Walk, Heptathlon.

(25) Events for which United Kingdom National U18 Records are recognised outdoors (using Under 18 specifications only) are:

Men and Women: 100m, 200m, 400m, 800m, 1000m, 1500m, 1 Mile, 3000m, 400m Hurdles, 2000m Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin.

Men only: 110m Hurdles, 10km Walk, Decathlon.

Women only: 100m Hurdles, 5km Walk, Heptathlon.

(26) Events for which United Kingdom All-Comers and National records are recognised indoors are:

Men and Women: 50m, 60m, 200m, 400m, 800m, 1000m, 1500m, 1 Mile, 3000m, 5000m, 50m Hurdles, 60m Hurdles, 4x200m, 4x400m, 4x800m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put.

Men only: 5km Walk, Heptathlon.

Women only: 3km Walk, Pentathlon.

- (27) Indoor records at 200m and over are only valid if the oval track does not have a nominal length of more than 200 metres.
- (28) **Additional United Kingdom National Records** will be added from time to time during the duration of this rule book by UKA Technical Advisory Group for events which have become established at National championships.

APPENDIX 1

ULTRA DISTANCE ROAD AND TRACK EVENTS RULES

The following rules include the use of transponder technology and are now recognised by UKA for the conduct of track and road events over 30km. Long distance track events must be conducted according to the rules of the IAAF and UKA, which shall apply except where specifically modified within these Rules.

GENERAL RULES

RULE ULTRA 1

UKA authenticates track and road records and maintains lists of best performances as shown below in (a) to (c). The categories maintained are: World Record/Best Performances for distances accepted by the IAAF, United Kingdom (All Comers) Record/Best Performances and United Kingdom (National) Record/Best Performances for all categories. Any application for a Best Performance shall be sent to the runbritain/ Road Running Advisory Group without undue delay, together with the supporting documents required. After the Record/Best Performance has been ratified by this group it will be included when the list of Best Performances and Records is next published.

The distance/time periods for which records and/or best performances are recognised are the following:

- (a) 20 miles, 25 miles, 30 miles, 40 miles, 50 miles and 100 miles or
- (b) 20 km, 25km, 30km, 50km, 100km, 150km, and 200km or
- (c) 1 hour, 2 hours, 24 hours, 48 hours and 6 days.

RULE ULTRA 2

Track races must be held outdoors on a 400 metre track (with raised border as identified in Rule 160 S1(1)) and in bona fide competition, i.e. more than one competitor and no pacing.

RULE ULTRA 3

- (1) The track must be certified in accordance with the requirements of UKA.
- (2) Pacing may be interpreted as taking place when a runner not officially entered in the competition, or a runner entered in the competition who does not start, or a runner who has dropped out of the competition, runs more than 200 metres with the record claimant. The Race Referee has discretion to decide whether the claimant has received unfair assistance.
- (3) The event must have been advertised beforehand and a programme must have been produced bearing the claimant's name.

RULE ULTRA 4 ROAD – SET DISTANCE/FIXED TIME

Transponder timing may be employed as an alternative to manual timekeeping for road and track races. Ultra Rule 9 will apply and must be included in the event organisation in the case of a technical fault or loss of power with a transponder system.

Transponder Timing

- (1) The use of transponder timing systems is permitted provided that:
 - (a) the system requires no action by an athlete during the competition, at the finish or at any stage in the result processing.
 - (b) the weight of the transponder and its housing carried on the athlete's uniform, race number or shoe is not significant.
 - (c) none of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.
- (2) At the finish the athletes shall still be placed in the order in which any part of their bodies (i.e. the torso as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the nearer edge of the finish line. The Referee shall be final arbiter regarding the finishing order of the athletes.
- (3) In competitions where the Competition Providers chooses to use a transponder timing system, each competitor must wear the necessary equipment, as directed by the Competition Providers. Failure to wear the necessary equipment as issued may result in disqualification.

Manual Timing

- (4) In every long distance road race the lap times of every competitor must be taken and recorded on a lap scoring board.
- (5) Each competitor should have a lap scorer, though a skilled lap scorer may record more than one competitor. A lap scorer may be replaced by another during the race. Lap scorers must sign the boards/sheets they have completed any part of.
- (6) A display clock should be placed at the finish of each lap so that the lap scorers and competitors may read the time. If this is not available, a Timekeeper must call out lap times of all competitors during the race.
- (7) An additional record should be kept of the leader's lap times during the race.
- (8) Any application for a Best Performance must be accompanied by the lap scoring board of the claimant and of the race leader.

(These Rules do not apply to point-to-point races).

RULE ULTRA 5 TRACK – LAP TIMES – SET DISTANCE

- (1) The use of a transponder timing system is permitted for pre-set ultra-distance track events provided that:
 - (a) In competitions where the Competition Provider chooses to use a transponder timing system, each competitor must wear the necessary equipment, as directed by the Competition Provider. Failure to wear the necessary equipment as issued may result in disqualification.
 - (b) the weight of the transponder and its housing carried on the athlete's uniform, race number or shoe is not significant.
 - (c) none of the equipment used at the start, along the lap or at the finish line constitutes a significant obstacle or barrier to the progress of the athlete.
 - (d) The lap times of every competitor must be recorded on a lap scoring board, visibly accessible LCD screen at track side and/or other lap scoring systems linked to the transponder process.
 - (e) A display clock should be placed at the finish of each lap so that competitors may read the elapsed time and distance.
 - (f) At the finish the athletes shall still be placed in the order in which any part of their bodies (i.e. the torso as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the nearer edge of the finish line. The Referee shall be final arbiter regarding the finishing order of the athletes.

Manual timing

- (2) In every long distance track race the lap times of every competitor must be taken and recorded on a lap scoring board.
- (3) Each competitor should have a lap scorer, though a skilled lap scorer may record more than one competitor. A lap scorer may be replaced by another during the race. Lap scorers must sign the boards/sheets they have completed any part of.
- (4) A display clock should be placed at the finish of each lap so that the lap scorers and competitors may read the time. If this is not available, a Timekeeper must call out lap times of all competitors during the race.
- (5) An additional record should be kept of the leader's lap times during the race.
- (6) To reduce the likelihood of human error, lap recorders must be in an elevated, tiered seating area sited directly opposite the lap start/finish line. This should give each one a clear unobstructed view of the line and the race clock.
- (7) Any application for a Best Performance must be accompanied by the lap scoring board of the claimant and of the race leader.

RULE ULTRA 6 FIXED TIME RACES

- (1) Some long-distance road/track races are held over a fixed period of time (e.g. 24, 48 hours) rather than a fixed distance. In such races, a competitor need not necessarily be on the road/track at the end of the race, the winner being the competitor who covers the greatest distance during the period of the race.
- (2) On completion of the fixed time, a recorder/official is responsible for marking the exact spot of each runner on the lap, which is to be taken at the rear of the runner's foot. The distance is measured by steel tape from the nearest convenient marker. All distances are to be rounded downwards to the nearest metre.

(Rule Ultra 5(1) (a) to (e) also applies to these events)

RULE ULTRA 7 MULTI-DAY RACES

In some multi-day track races and Ultra-distance track races the runners reverse direction every 3–4 hours. This has been found to reduce the risk of injury. When the signal is given, each runner should complete the lap currently in progress and then reverse direction. During this procedure, runners who have not yet reversed have priority in the inside lane.

RULE ULTRA 8 GENERAL CONDITIONS

TRACK - SET DISTANCE / FIXED TIME

Minor departures are allowed from normal IAAF and UKA Rules in view of the special nature of long distance track races.

- (1) The maximum number of starters for any event over 30 miles should not exceed 40 in number.
- (2) Race numbers must be worn by runners, above waist height to the front and rear and clearly visible, on all clothing, at all times for the duration of any type of event.
- (3) Each runner/lap recorder should be made known to each other prior to the event start. They should agree two signals: one to acknowledge to each other at the end of a lap that the lap has been completed/recorded and the other to indicate to the recorder that the runner's next lap time will be extended because they will be leaving the track for a short time. This extended lap should be indicated on the scoring board/sheet by the lap recorder (see also (6) below).
- (4) There are no restrictions on the supply of refreshments during the race.
- (5) A runner may be accompanied by an attendant for such purposes as refreshments and changes of kit. The attendant is not permitted to render any direct assistance to the runner's progress (this includes pacing-see

Ultra Rule 3(2)), and must not interfere with other competitors or officials.

- (6) A competitor may leave the track and return to the same place on the track provided, in the opinion of the Referee, the time off the track is not excessive.
- (7) A competitor may claim a Record/Best Performance at a distance less than the advertised distance of the race, e.g. 100 miles in a 24 hours race or 50 miles in a 100km race.
- (8) Women may compete in the same race as men, and female performances shall be eligible for ratification as Records/Best Performances.
- (9) Lapped runners are not eliminated from the race.
- (10) The runner with the greatest distance achieved during the fixed time does not have to be on the track when the fixed time ends.

RULE ULTRA 9 MANUAL TIMEKEEPING

- (1) There should be three UKA qualified Timekeepers, one of whom is appointed Chief Timekeeper, all using timers of a kind approved by UKA.
- (2) The Timekeepers must time the race independently, and exhibit their times to the Chief Timekeeper. Each of the three times must be entered on the record application form. The Chief Timekeeper shall return the time of the race, if two timers agree and the other disagrees, as the time of the two which agree. If all three timers disagree, the middle of the three times shall be recorded as the official time. If for any reason only two timers record the time, the longer of the two shall be taken as the official time.
- (3) All times shall be rounded up to the next whole second.
- (4) In longer races, where the guaranteed accuracy of watches is greater than +/-0.5 seconds over the period of the race, the BBC radio signal received by an AM or FM receiver should be used to judge if any correction factor is required.

APPENDIX 2

TECHNICAL OFFICIALS' PATHWAY (TRACK & FIELD)

If any changes are made to this section during the lifetime of the Rule Book, they will be displayed on the UKA web-site.

The disciplines for technical officials are: Field Judges, Starters/ Starters' Assistants, Timekeepers, Photo-finish Judges, Race Walk Judges and Track Judges. The initial grade for discipline specific officials is Level 1 (The Club Officials Award and the Young Officials Award being a multi-disciplinary introduction to assisting with competition.)

Applications from those interested in becoming officials should be made through the appropriate club, county or National Association. Details of the relevant contact name can be obtained in the first instance through UK Athletics, Alexander Stadium, Birmingham, B90 8AJ. Tel 0121 713 8400, Fax 0121 713 8452, Email information@uka.org.uk. Other information may also be found at www.uka.org.uk.

REQUIREMENTS FOR TRACK AND FIELD TECHNICAL OFFICIALS

UK Athletics and officials' networks are working together to ensure quality, standardised experiences for new volunteers entering the sport and a clear competence based pathway for those already involved. In association with the various administration areas, a National Database of Officials has been established. All qualified technical officials receive a pass and licence that recognises their level of qualification. All qualified technical officials must hold a current DBS certificate (or National Associations equivalent), available through UK Athletics, or, if under the age of 16, should self-declare their eligibility.

A Technical Official's pathway exists, the details of which are shown below.

1. Club Officials Award & Young Officials Award

These are awards that qualify people to assist in officiating. They enable people to develop the following qualities, skills and knowledge at a basic level:

Qualities: to be athlete centred, fair, unobtrusive, sensitive, diplomatic, systematic, firm, focused, objective, decisive, consistent and calm.

Skills: to be able to measure distances and times; make and share judgements; record observations, judgements and data; ensure safety and report concerns; liaise and communicate with other officials and athletes; report rule infringements; follow procedures and apply rules

Knowledge: to know the basic rules for events and officiating procedures. To achieve either of the awards candidates must:

- 1.1. Attend a workshop delivered by an approved tutor
- 1.2. Complete and record a minimum of two practical officiating experiences

- 1.3. Submit evidence of two practical experiences and a registration form to their National Association.
- 1.4. Successfully complete a Health & Safety and Risk Assessment course (Club Officials Award course only)

UK Athletics are responsible for maintaining a list of new Club Officials and Young Officials and ensuring that this information is accessible to all appropriate administration areas.

2. Level 1 (formerly Level 2a)

The UK Athletics Level 1 qualifies officials to operate in a single discipline – as a Track Judge, Field Judge, Timekeeper, Starter/ Starters' Assistant or Photo-finish Judge. Beginner officials are able to enter the system at Level 1 if they are aware of the discipline in which they wish to officiate and have prior experience within the sport.

To achieve **Level 1** officials must:

- 2.1 Successfully complete the Introduction to Officiating course.
- 2.2 Successfully complete the Health & Safety and Risk Assessment course.
- 2.3 Attend a discipline specific workshop delivered by an approved tutor
- 2.4 Complete Record Sheets showing evidence of officiating at a minimum of four (4) meetings (for Field Judges this must include judging at least one horizontal jump, one vertical jump and the throws, including both the Shot Put and long throws. For starters, this should include four experiences as a Starter and four as a Starters' Assistant.)

Note: Officials cannot qualify at Level 1 or above, in any discipline, until they have successfully completed the UKA Track & Field Health & Safety course module.

Note: Officials cannot judge in the landing sector in any throwing event until they have successfully completed the UKA Track & Field Health & Safety course module.

(3) Level 2 (formerly Level 2b)

To progress to **Level 2** they must also:

- 3.1.1 Complete a logbook including providing evidence of officiating at a minimum of ten (10) meetings. The Record of Experience form can be used for this purpose.
- 3.1.2 Work with an appropriate mentor who may have been formally appointed on their behalf or informally through their own contacts.
- 3.2 Submit relevant sections of their logbook for assessment (to an approved assessor) and meet assessment criteria. The system of appointment of assessors will be finalised during the lifetime of this Rule Book.

Note: Officials cannot act as a Chief Judge of a long throw event until they

have reached Level 2, due to the fact that, until that point, there is no compulsion on them having officiated at any more than one long throw competition.

4. Level 3 (formerly Level 2c)

To progress to **Level 3** they must also:

- 4.1 Complete a logbook including providing evidence of officiating at a minimum of an additional ten (10) meetings (the Record of Experience form can be used for this purpose) plus one report.
- 4.2 Work with an appropriate mentor, as described above.
- 4.3 Submit relevant sections of their logbook for assessment (to an approved assessor) and meet assessment criteria as described above.

As further experience is gained within Level 3, officials will have that experience recognised. During this period they may start to request for reports on their performance to be given to them, so that they can, if they wish, progress to Level 4, as described below. There are specific reports required, and details are shown in the section on Level 4.

UK Athletics are responsible for maintaining a list of all licenced officials and ensuring that this information is accessible to all appropriate administration areas.

5. Level 4 (formerly Level 3)

The UK Athletics Level 4 is a progression from Level 3 that both consolidates learning at Level 3 and prepares the official to operate at national and international level through the introduction of additional modules including meeting management and the use of appropriate technology. Officials who have satisfied the requirements of the Level 4 accreditation system will be listed as Level 4P for two years after qualification but will immediately become eligible to receive information regarding selection for national and international competitions under the auspices of UKA. This is a probationary period during which positive assessments are required in order for the official to remain eligible for consideration for selection for such competitions. Should such assessments not be received the official will retain their Level 4 designation but will no longer be eligible for selections as mentioned above. Detailed guidelines for applicants for Level 4 are produced annually and displayed on the UKA website.

To achieve Level 4 officials must:

- 5.1 Attend a generic workshop delivered by an approved tutor
- 5.2 Attend a discipline specific workshop on a chosen area relevant to their discipline, including all of the areas available at Level 4, including photo-finish.
- 5.3 Attend a technology workshop specific to their own discipline, including Automatic False Start Equipment, Photo Finish and EDM,
- 5.4 Complete a logbook.
- 5.5 Show evidence of officiating at a minimum of thirty (30) competitions

within three years, and submit at least six (6) positive reports from appropriate officials as described below.

5.6 Work with an appropriate mentor

5.7 Submit logbook for assessment and undergo assessment of competence and knowledge and understanding of UKA and IAAF rules and the differences between them by an approved assessor.

5.8 Submit reports of successful experience at a minimum of six events, to include specific duties.

The Reports:

- One as a Chief Official / Referee at a League Match or County Championship or similar equivalent event.
- Two as a member of a team of officials.
- One from a reporter outside your Region or other National Associations equivalent.
- One as Clerk of Course
- One using relevant Technology.

Reports must be written by officials who have supervised the official. The reporter must be at least in Level 4, with a minimum of two years at least in Level 4. The Technology report may be written by the same official as one other report, but at a different competition. Other than this exception, all reports must be by different officials.

The Level 4 qualification recognises all technical officials at that level as National Technical Officials, equivalent to Level 1 officials under the IAAF TOECS (Technical Officials Education & Certification System).

Any level 4 official who has not submitted their records of experience and availability forms for a period of three years will be considered to be inactive at National level and will no longer receive availability requests. They may apply for re-instatement through their TRNG.

6. The International Meetings Officials (IMO) Group

The IMO group is made up of those members of the Level 4 list who are regarded by their peers as being outstanding technicians in their discipline. The list is determined each year and used to assist in the following year's selection of officials for Level 5 competitions. Members of the group will, under normal circumstances, including their availability and the number of fixtures to be held at that level, be assigned to at least two Level 5 competitions during the year.

In order to be considered for membership of the IMO Group, and to remain on the list, officials must satisfy the requirements as published on the UKA web-site which include demonstrating their competence, making themselves available for a minimum of four (4) Level 5/4a Permit Meetings in a calendar year and providing evidence on a Record of Experience form of having officiated at a minimum of twenty (20) days of track and field athletics each year. (Further

details of the requirements can be found in Appendix 3 under “Selection to International / National meetings”).

UK Athletics are responsible for maintaining a list of Level 4 Officials as well as the IMO Group and ensuring that this information is accessible to all appropriate administration areas.

7. Level 5

Candidates will be recognised as competent to operate at the highest level of the sport within the United Kingdom and be capable of becoming nominees for European Athletics and IAAF appointments.

Assessment procedures will include a course and an examination equivalent to the IAAF Level 2 course and examination.

Officials qualified at Level 4 may be invited to apply for accreditation at Level 5. To be eligible, candidates must:

- Be a Level 4 official who has been on the UKA Active List for at least the previous 5 years. (This time scale can be reduced in exceptional circumstances).
- Be a member of the IMO group in the year of the invitation for accreditation.
- Is a member of the Discipline Management Group and / or Competition Management Group (see description below).
- Have gained the Competition Management Award (see description below).

A Level 5 official must be capable of carrying out a wide range of roles at any level of the sport, from grassroots to International level, and:

- Has proven ability to act as Discipline Referee/Chief and in Competition Management at International level, including at events for athletes with a disability.
- Has demonstrated ability to report on meetings and officials, both in writing and verbally.
- Is knowledgeable in all disciplines and able to demonstrate that knowledge by successful completion of an examination.

As part of the application process, candidates must show evidence of:

- Successful experience in the position of Chief / Referee and senior management positions at national and international events during the previous four years.
 - Qualification in two other disciplines, as described above.
 - Working at events for athletes with a disability.
 - Participation in events in a range of duties other than as a discipline specific Technical Official including such roles as Meeting Manager, Call Room etc. as appropriate.
- Mentoring of other officials.

In addition, candidates must attend a course specially staged on the

requirements and knowledge base required to be capable of attempting the examination which forms the basis of qualification at this level.

Appointment to Level 5 is for a four year period. In order to maintain this accreditation the official must attend a refresher course and successfully complete the examination.

The course and examination will take place once in every four years, with an examination held in the year leading up to the European Athletics examination, so that those deemed to have been most successful will be considered for entry to the EA examination as the nominees of UKA, if eligible and if places are available for nomination.

The first course will be held in 2016. Details will be circulated when appropriate.

8. Competition Management Award

Officials qualified at Level 3 and above may apply to take the Competition Management Award, which recognises their ability to become part of the management team at events at all levels.

An official with this award may be described as an official with a wide range of experience who has proven ability to:-

- Act as Referee/Chief in a technical discipline, including completing reports on meetings and officials on time.
- Work in roles other than as a discipline specific Technical Official at a range of meetings.
- Officiate competently at events for athletes with a disability.
- Act as a mentor to other officials.

Candidates for the award must attend three compulsory modules, which are

7.1 Management Structure and Leadership

7.2 Mentoring, assessment and reporting

7.3 Disability (either track or field)

They must also attend two of the optional modules, which are

7.4 Meeting Manager

7.5 Call Room

7.6 Technical Information Centre (TIC)

7.7 Disability (the module not taken in 4.3)

Attendance at the Management Structure & Leadership module is recommended for officials who wish to act as Chief or Referee at a national or international event.

Assessment for this award will be by

- Observation of the candidate in the position of Chief / Referee at two appropriate meetings.

- Evidence of working at events for athletes with a disability (by production of the Annual Record of Experience).
- Careful scrutiny of the annual record, which needs to show a range of duties carried out other than as a discipline specific Technical Official including such roles as Meeting Manager, Call Room Manager etc as appropriate. The candidate may also be asked to provide a statement summarising this experience.
- Evidence of mentoring, including the provision to request a statement from the candidate as to the mentoring they have done, and contacting some of those who have been mentored.

Officials at Level 2 and above may, for their own benefit, take part in any courses which are part of the Competition Management Award for their own development.

SELECTION & RECORDS OF OFFICIALS

Peer Groups

The mechanism by which officials are selected for Televised, International and National meetings is by offering themselves when invitations are published. Invitations are sent to all Level 4 (and above) officials, including Level 4P officials, as described above).

Peer Group members are elected by their peers. To be eligible to be nominated, a Level 4 official must be either a member of the Discipline Management Group.

Complete details of the selection process and election process to Peer Group are contained in Appendix 3.

Affiliation of Officials

All Officials are part of a single database. This database, with appropriate security, contains the official's personal details and qualifications (complete or in progress). In England it will hold their primary memberships of County, Region and Tri-Regional Group whilst in Scotland, Wales and Northern Ireland it will hold their Regional, District or National Association as appropriate. Officials will have, within reasonable parameters, complete choice over each of these primary affiliations, rather than purely by postcode. Officials will be able to access their own data entry and Tri-Regional and County Officials Secretaries will have access to their relevant lists. Protocols for access and updating data are in place.

Tri-Regional and National Officials Groups (TRNG) comprise officials groups from:-

- **Northern Ireland**
- **Scotland**
- **Wales**
- **Three English Tri-Regional Groups which are:-**
- **Northern Group** - comprising North West, North East and Yorkshire & Humberside
- **Midlands and South West Group** - comprising East Midlands, West Midlands and South West

- **Southern Group** - comprising South East, East and London.

Each of the six TRNGs will have either their own Peer Groups reflecting those that exist in UKA or ensure that they have an appropriate mixture of technical expertise and representation.

Officials Tri-Regional Group selection Officials make their own choice of which TRNG list they belong to, through their affiliation (below), which is particularly relevant in areas where there may be divided loyalties.

OVERSEAS APPOINTMENTS

All officials who are invited to officiate at competitions overseas must first seek the approval of UKA. If the appointment is by an International Federation (European Athletics, IAAF or IPC Athletics) those officials who have qualified as international officials through the system approved by UKA should inform UKA of their appointment as a courtesy. For any other appointments by organisations (including the above, plus any others), invitations from other National Federations or any others not included above, officials must request approval by writing to UKA (by email or post) giving full details of the invitation. The letter should include details of the competition and the host organisation's address details for UKA to enquire further should they need to do so.

Failure to follow this procedure could result in disciplinary action being taken against the official concerned, including, but not confined to, suspension of their Licence.

FIREARMS CERTIFICATES FOR STARTING OFFICIALS

The Home Office guidance to police forces on establishing good reason to possess a firearm for the purposes of starting races at athletic meetings is that a starter should have achieved a suitable level under the UKA structure. The official must have a letter of recommendation issued by the Technical Advisory Group and obtained from and signed by the UKA Welfare Officer. The current recommended level is for that to be level 3. New applicants will have to provide evidence of two years' experience at the level formerly known as 2C. Level 4 starters will, for the purposes of this guidance, show themselves at their previous level of 3 when seeking the recommendation letter.

The UKA Welfare Officer will arrange the reimbursement of the licence fee on the completion of the letter and the receipts being received.

HANDBOOKS AND INSTRUCTIONAL BOOKS

UKA Rules for Competition effective 1st April 2016

IAAF Competition Rules effective 1st November 2015.

IAAF Instructional document "The Referee" available on the IAAF website: www.iaaf.org

IPC Athletics Rule Book available on the IPC website: <http://ipc-athletics.paralympic.org/>

APPENDIX 3

APPOINTMENT OF, DUTIES OF & SELECTION OF OFFICIALS TECHNICAL OFFICIALS (Track & Field)

If any changes are made to this section during the lifetime of the Rule Book, they will be displayed on the UKA web-site.

(1) APPOINTMENT OF OFFICIALS

(a) The following officials should be appointed at every Track and Field Meeting:

A Referee for Track Events

A Referee for Field Events. If there are to be several field events it may be desirable to appoint two Field Referees, one for the throwing events and one for the jumping events. (In meetings with many field events, further sub divisions of the Field Referee's duties may be carried out by the appointment of further Referees for specific duties.)

Track Judges/Umpires

Field Judges

A Chief Timekeeper

Timekeepers

A Starter – two if there are many track events, one of whom should then be designated Start Coordinator, supported by a Starter's Assistant and two or more if there are many track events, one of whom should then be designated as Chief Starter's Assistant.

Clerks of Course

Announcer(s)

Competitors' Steward(s)

Recorders and other Stewards as may be necessary.

Walking Judges (where walking events are included in the programme).

(b) The following additional officials should be appointed for meetings at level 3 and above:

A Meeting Manager, who shall have overall responsibility for the control of the meeting

A Photo-finish Team (as required)

Additional Starter(s) so that there is a team of not less than 3, thereby enabling Start Recallers to be used (see below).

A Technical Manager/Equipment Officer

Electronic Distance Measurement Team (as required).

Scoreboard Operators and two-way Radio Stewards

Call Room Stewards

Seeding Officers

Press and Results Stewards

Presentation Stewards

Doping Control Stewards

(c) The following additional officials may be appointed by the Technical Advisory Group for National and International Meetings:

National Technical Delegate

Jury of Appeal

Competition Director

Technical Manager (formerly known as Technical Director at such meetings)

(d) Duties of Technical Officials

All officials share the responsibility for events starting to time and for the meeting to be run smoothly and without undue waste of time. Officials who are not officiating regularly should always consult the Rules for Competition before going to an athletics meeting.

(2) EVENT MANAGEMENT ROLES (Appointed by UKA Technical Advisory Group for all meetings promoted by UKA)

(a) NATIONAL TECHNICAL DELEGATE

- (1) Oversee organisation from appointment to completion of competition reports.
- (2) Be the first point of contact for the relevant competition, for issues from the UKA office.
- (3) Proof read, and approve all materials sent out to officials prior to the meeting. (From January 2013 the UKA Officials Manager will act as the link to the NTD from the Competitions Department and will be copied in to all communications from England Athletics)
- (4) Oversee and manage the completion of all competition reports relevant to the meeting.
- (5) Chair the briefing of Chief Officials, in doing so; establish the competition rules and regulations of the event in question.
- (6) Monitor the briefings of officials by the Chief (this should be done in conjunction with Jury of Appeal members).
- (7) Ensure all technical checks are carried out by the Technical Manager and his team.
- (8) Monitor the seeding and draws in track and field events where appropriate.

- (9) During the competition observe a representative sample of technical aspects of the officiating. In doing so, accrue a range of information about the meeting conduct (as in an ATO/ITO role.)
- (10) In conjunction with the Chair of the Jury of Appeal (where appointed) ensure that a schedule is prepared for JoA members to act as event observers, taking on this part of the role of ATOs.
- (11) Evaluate the performance of chief officials and event managers – this may be in conjunction with others.
- (12) Receive copies of all reports post the completion of the event and collate
- (13) Prepare a report for UK Athletics.
- (14) Inform future post holders and the future event planning process.
- (15) Establish that all relevant paperwork has been sent to all competition officials.
- (16) Confirm with Event Management that all necessary preparation has been completed prior to meeting to brief Chiefs.

(b) JURY OF APPEAL

- (1) In addition to their role as defined in the IAAF Rules for Competition, the Jury of Appeal act as the NTD's "eyes and ears."
- (2) They will be allocated by the NTD to observe the discipline briefings, supplying brief written feedback on each to the NTD.
- (3) The Chair of the Jury of Appeal will prepare a schedule allocating each member of the jury as observers to as many events as is feasible. In doing so they act as "pseudo ITOs/Area ITOs". It is important to note, however, that they should not directly intervene in the conduct of an event, as ATOs/ITOs are now authorised to do. Instead, they should draw any concerns to the attention of the judge in charge of an event.
- (4) It is important that they be seated wherever possible and remain as unobtrusive as possible.
- (5) At the conclusion of the event they should supply feedback to the NTD.
- (6) They are not there to assess officials, that is the responsibility of assessors where appointed, or Referees.
- (7) In the event of a protest, the Meeting Manager will act as secretary to the Jury of Appeal

(c) COMPETITION DIRECTOR

- (1) Co-ordinate timetable planning and sign off the final version as workable. In doing so work in close consultation with Event Production, Broadcasters and UKA/England Competitions Department staff.
- (2) Advise Chiefs/Referees, in advance of any timetabling or production issues which may impinge on the conduct of their duties, including arrangements for athlete introductions.

- (3) Design procedures and routes for the movement of athletes through the various stages of the competition process. In doing so, ensure that:
- (4) Plan routes from the Call-Room to event starts and sites, ensuring that these are agreed and communicated to appropriate officials
- (5) Ensure that Referees are briefed and understand the system for getting athletes through the mixed zone and to presentation. Also confirm with Start Co-ordinator procedures for escorting any disqualified athletes from the start.
- (6) Run the meeting to time.
- (7) Wherever possible, be at the start of each track and field event.
- (8) Produce a detailed call-up schedule for officials to use.
- (9) Prepare a simplified call-up schedule for display to athletes.
- (10) Produce guidance notes for chief officials.
- (11) Be the link during the event to Event Presentation production.
- (12) Be the final decision-maker on the conduct of the meeting, dealing with such issues as may arise.

(d) MEETING MANAGER

The Meeting Manager shall assume overall responsibility for the running and control of the meeting. Duties may include:

- (1) To approve expense claim forms during the meeting.
- (2) To supervise receipt of bib numbers from event organisers, where appropriate, and deliver these to number stewards.
- (3) To agree with the press / photocopying centre a number of start lists to be printed and put aside for competition management. Collect and distribute these to all those who need them.
- (4) To obtain a master set of technical lists (field cards) from Results Company, copy these and distribute as necessary.
- (5) To supervise the distribution and collection of radios.
- (6) To ensure that all required personnel are in place and liaise with relevant Chiefs to arrange substitutes as necessary.
- (7) To supervise any necessary system for the distribution of draw-sheets and results.
- (8) To collect hard copies of field cards and deal with any record forms – a stock of relevant record forms to be available for completion by Chiefs.
- (9) To act as Secretary for the Jury of Appeal.
- (10) To maintain a trackside presence throughout the meeting, whenever possible, dealing with such issues as may arise from time to time.
- (11) To deal with any issues relating to accommodation.

- (12) To agree the dress code and inform officials.
- (13) To work with UKA staff or other appointees to ensure that the following are carried out:
 - (i) Meeting and greeting officials including collection and checking of expense claim forms
 - (ii) Distributing programmes to officials.
 - (iii) Supervising the distribution of any clothing.
 - (iv) Supervising the collection of packed lunches, or other dining arrangements.

(e) TECHNICAL MANAGER

- (1) Ensure that all meetings are conducted within the appropriate IAAF/UKA rules for competition and technical requirements.
- (2) Carry out pre-event venue technical inspections, if requested.
- (3) Liaise with Chiefs prior to events with regard to technology being provided, etc
- (4) Agree the location of all field events.
- (5) Ensure that any necessary repairs/upgrades are carried out.
- (6) Ensure that all event sites are ready and fully equipped on the day.
- (7) Ensure that appropriate implements and all other equipment are available.
- (8) Liaise with the Equipment Officer, before and during the event.
- (9) Be the sport's link to technical service providers – TV, Event Presentation, Sports Timing, Results company and venue staff.
- (10) Be the sole arbiter of the final positioning of all equipment, including technical service providers' and TV equipment. Similarly, the placement of all Sports Science equipment and personnel.
- (11) Maintain a trackside presence throughout the meeting, dealing with such issues as may arise from time to time.
- (12) Supervise the work of venue staff, through their managers/supervisors.
- (13) Supervise the work of kit-carriers.
- (14) Produce site plans for each event at each venue with positions for officials, equipment, etc. as required. Sign these off, if produced elsewhere.

(3) TECHNICAL OFFICIALS

(a) The Equipment Officer and Clerks of Course

Shall:

- (i) Ensure that all venue equipment necessary for the competition is available, prepared and made available at the correct time along with the Clerks of Course.

- (ii) Ensure that any venue and personal implements are marked appropriately, checked and presented for the competition at the correct time for the relevant competition. Any implements that do not conform should again be marked appropriately and the reasons conveyed in particular to the relevant athlete.
- (iii) Ensure along with the Clerks of Course that equipment no longer required is removed in a timely fashion.
- (iv) Ensure along with the Clerks of Course that all equipment and implements are cleaned and returned to the appropriate store/place at the end of the competition.
- (v) Where relevant ensure that any implement involved in a record performance is rechecked and if correct confirmed with the relevant Referee.
- (vi) Shall be responsible for ensuring that the track, runways, circles, arcs, sectors, landing areas for field events and all equipment are in accordance with specification in Rules for Competition. They shall normally have overall supervision of all of the appointed Clerks of Course and shall be responsible for allocating their duties.
- (vii) In conjunction with the Track Referee, one or more of the Clerks of Course shall ensure that the course is correctly set out and kept perfectly clear. When hurdles and steeplechase races are included in the programme, the Clerk must ensure that all hurdles and barriers are correctly set and placed and that they are removed from the track when no longer required. In addition, the Clerk shall ensure that all equipment such as judges' stand, bell, batons, etc. is ready for use.
- (viii) In conjunction with the Field Referee, the Clerks of Course shall ensure that all markings are correct as required by the Rules for Competition, that take-off boards are clean and firm and landing areas ready for use. The Clerks shall ensure that all equipment necessary for maintaining runways, circles and landing areas is in a fit state for competition, that brooms, rakes, rollers, etc. are available as required and that Judges are provided with marking spikes and tapes as necessary.

They are responsible for the provision of implements for practice and competition and must see that all implements are removed from the site of the event as soon as the competition is completed.

(b) The Field Referee

Shall:

- (i) have charge of all field events;
- (ii) administer the rules for competition relating to disqualification of athletes;
- (iii) allocate Judges to particular events and duties;
- (iv) check that equipment and markings conform to specification rules in

- liaison with the Technical Manager/Equipment Officer (if appointed) or the Clerk(s) of Course;
- (v) announce to Judges and ensure that the competitors are informed of the number of trials;
- (vi) ensure that all field events commence at the due time;
- (vii) supervise the measurement of performances;
- (viii) check the final results;
- (ix) decide in the event of any difference of opinion between the Field Judges: the Field Referee's decision shall be final;
- (x) deal with any disputed issue as provided by the Rules for Competition.

(c) Field Judges

Shall

- (i) see that field events are carried out in accordance with the Rules for Competition;
- (ii) decide in which order the competitors shall be placed;

In jumping for distance, separate Judges shall be responsible for:

- (a) deciding if the take-off is fair;
- (b) marking the point in the landing area from which measurement is to be made;
- (c) operating the wind gauge (the operator shall measure and record the wind speed for the designated period of time and relay this information to the Judge in charge of the event).

In jumping for height, two Judges should keep a record of the jumps and check their recordings at the end of each round. The height of the bar should be measured when the bar is raised, particularly if standards or records are being attempted.

In throwing for distance, separate Judges shall be responsible for:

- (a) deciding if the delivery is fair;
- (b) marking the point of landing of the implement from which the measurement is to be made.

Before the start of each event the Judges should ensure that the correct competitors are present, that they are correctly dressed and are wearing numbers as on the programme and in accordance with the Rules for Competition.

(d) **Measurement Officials** may be appointed, especially if Electronic/Virtual Distance Measurement is to be used, and they are then responsible to the Field Referee for measuring and recording distances.

(e) The Track Referee

Shall:

- i) have charge of all track events;

- (ii) administer the Rules for Competition relating to disqualification of athletes;
- (iii) allocate duties to Track Judges and Umpires;
- (iv) decide in the event of any difference of opinion between the Track Judges: the Track Referee's decision shall be final;
- (v) deal with any disputed point as provided by the Rules for Competition.

If, in the opinion of the Track Referee, circumstances arise so that justice demands that a race already concluded should be contested again, the Referee shall have power to declare the race void and it shall be contested again, either on the same day if practicable, or on some future occasion. The Track Referee has absolute discretion to decide when the race shall be re-run.

(f) Track Judges and Umpires

Shall:

- (i) see that the proper distance of each run is covered;
- (ii) decide the order in which the competitors finish.

Lap scorers should be appointed for races of longer than 1500m to record each competitor completing each lap. The duty of lap scorer can be incorporated with that of 'finish judge'.

One of the scorers shall call, or show by number cards, to the competitors the number of laps still to be completed and ring the bell for each competitor to indicate the start of the last lap. Judges should be allocated as Umpires to watch the competitors, especially on bends and over hurdles and water jumps, and shall report promptly to the Referee any infringement of the rules of racing.

Any breach of the Rules should be reported to the Referee even if the athlete (or team, for relay races) does not finish the race. Judges should also be allocated to supervise relay take-overs and to work out the results of team races.

A Wind Gauge Operator should be appointed for races up to and including 200m if the gauge is not automatic, with the reading electronically transferred to the result system. The operator should measure and record the wind speed for the designated period of time and relay this information to the Track Referee.

(g) The Start Coordinator

Shall:

- (i) allocate duties to the other Starters;
- (ii) administer the Rules for Competition relating to disqualification of athletes at the start of races;
- (iii) have absolute control over all matters relating to the start;
- (iv) ensure that the track events keep to timetable.

(h) Chief Starter's Assistant

Shall:

- (i) allocate duties to the other Starter's Assistants;
- (ii) assist in keeping the track events to timetable.

(i) Starters and Starters Assistants

The Starter shall have complete control of the starting of a race. Starters Assistants are appointed to act under the direction of the Starter, to make the draw for the stations at the start (if Seeding Officers have not been appointed) ensuring that the correct competitors are present, correctly dressed and wearing numbers in accordance with the programme. Starters Assistants should then assist the Starter, at his/her instruction, in watching for infringements of the rules during the starting procedure.

At meetings of a higher level, Start Recallers are appointed from within the team of Starters. If in the opinion of the Starter or Start Recaller, the start was not fair, the competitors must be recalled. In practice, the first opportunity to recall rests with the Starter, whose decision on whether to issue a false start warning shall be final.

(j) The Chief Timekeeper

Shall:

- (i) allocate duties to the Timekeepers on the team;
- (ii) declare the time to be recorded for each competitor;
- (iii) administer the Rules for Competition applicable to timekeeping.

(k) Timekeepers

Shall:

- (i) Time each event independently and, in the event of a difference between their returns, should exhibit their watches to the Chief Timekeeper, who shall decide which time is to be returned.
- (ii) Act as back-up in the event that Fully Automated Photofinish is in operation.

(l) The Chief Photo-finish Judge

Shall:

- (i) be responsible for the functioning of the equipment (in conjunction with Equipment Providers);
- (ii) initiate with the Start Coordinator, a zero gun test before the start of each session;
- (iii) supervise the testing of the equipment and ensure that the cameras are aligned;
- (iv) allocate duties to the Photofinish Judges on the team;
- (v) determine and issue the correct placing of the athletes and their official times.

(m) Photo-finish Judges

Shall: record the finish of each race and read the times and positions of each athlete; they shall provide this information to the Chief Photofinish Judge who shall decide the official result.

(n) Walking Judges

Shall: disqualify any competitor whose mode of progression they consider fails to comply with the definition of walking in the Rules for Competition.

(4) OTHER OFFICIALS

(a) Chief Seeding Officer

Shall: be responsible for the management and duties of the Seeding Officers

(b) Seeding Officers

The Seeding Officers shall have the responsibility of allocating competitors in track events to heats or subsequent qualifying rounds according to their previous best performance. They shall prepare the draw for the finals. In the case of heats (first rounds) if possible, the seeding shall be based on the best performance at previous meetings during the current or previous season. In the case of subsequent rounds, the seeding shall be based on the performance in the earlier heats (previous rounds) for events up to and including 400m, and in events above this distance the original performance list should be used, unless a better performance was achieved in the previous round.

Seeding Officers should consult with the Track Referee before the start of the meeting to establish the qualifying conditions which the Track Referee would wish to have implemented for progressing to subsequent rounds/finals.

A random draw for lanes should be made wherever possible.

Rule 166 S1(1) states "In the preliminary rounds of races, at least the winner, and preferably the winner and second should qualify for the next round or final. Any other competitors to qualify shall be decided either according to their places or according to their times. Where any qualifying position is decided by time, only one system of timing may be applied in determining times. Where photo-finish equipment is in use the Chief Photo-finish Judge shall consider, where necessary, the actual time recorded in 1/1000ths of a second by the competitor in deciding qualifiers by time". (A mixture of hand and electric times shall not be used for the same qualifying conditions).

In National Association Championships, seeding and draws may be carried out in accordance with IAAF Rule 166.

(c) The Call Room Manager shall be responsible for supervising the transit from the warm-up area to the competition area to ensure that the athletes, after being checked in the Call Room, are present and ready at the competition site for the scheduled start of their event.

(d) The Call Room Stewards shall be responsible for seeing that all competitors are dressed in accordance with the Rules for Competition. They must produce the competitors for each event at the appropriate marshalling point at the time required by the Call Room Manager and furnish the official with a list of competitors.

(e) The Numbers'/Athlete Registration Stewards shall be responsible for

seeing that all competitors are issued with the number/name bibs allotted to them in the programme for each particular event.

(f) **Announcers, Results Stewards, Press Stewards**, together with other officials as may be necessary or desirable, should also be appointed depending upon the importance of the meeting and the number of events and competitors.

(5) ACCREDITATION OF OFFICIALS TO LEVEL 4 AND SELECTION OF OFFICIALS FOR NATIONAL/INTERNATIONAL MEETINGS

The procedure for accreditation of officials to Level 4 and for the appointment of officials to National/International meetings lies with two groups. These are the Tri-Regional and National Officials Group and the Peer Groups. The process is supported by the Officer appointed by Technical Advisory Group, the UKA Track and Field Officials' Coordinator and UKA Competitions Department.

The functions of the Tri Regional and National Officials' Groups (TRNG)

- (1) To put forward recommendations for
- (2) for names to be suggested for consideration for specific purposes e.g accreditation to Level 4 for consideration by the Peer Groups annually in November. This will involve helping to make arrangements for potential candidates to receive the required reports, arranging mentoring for such candidates, receiving all the paperwork to support their application and assessing it to determine whether or not they are ready to move up. It will also involve ensuring that they are aware of all the procedures including the need to answer the questions on rules and submit them by September 1st.
- (3) To monitor the progress of officials who wish to move upwards from Level 3 and continue to monitor the performance of Level 4 officials to identify those who show the potential to act as Referee/Chief or in other management roles, initially at area level and then at higher levels.
- (4) To review the Record of Experience forms of all Level 4 officials and note/inform Peer Groups of anyone who has not officiated at the required number of track and field meetings each year.
- (5) To put forward nominations to the Peer Groups for selection for national level meetings.
- (6) To respond to requests for information from the Technical Advisory Group who may from time to time ask. to act as Referee/Chief at National/International level meetings or for members of each discipline to be ranked.
- (7) To be involved in the selection of officials for the championship events in their own Tri-Regional or National area in conjunction with the Competition Provider.
- (8) To approve applications for Level 4 and submit them to the appropriate office to be entered onto Trinity

- (9) To attend meetings (2 or 3 a year), or to nominate a substitute to attend), with the other TRNG secretaries to give final approval to accreditations at Level 4 and selections and discuss any other matters of mutual concern.
- (10) To be represented at the Home Countries Communication Forum; this meets twice a year.

It is recognised that the above represents an unreasonable workload for a single individual. It is therefore up to each TRNG to determine how such work is carried out by allocating tasks and responsibilities as is appropriate to the situation.

The functions of the Peer Groups

The Peer Groups have a number of important functions:

- (1) Consider recommendations from “TRNG’s” for accreditation to Level 4.
- (2) To produce and mark a set of questions on the rules of each discipline to be answered by candidates for Level 4. These will be updated annually by the Peer Group and will only be available on the UKA website from June 1st, to be submitted by September 1st at the latest. Arrange for one or more of the group to mark the answers and for the group to look at the scripts submitted each year to ensure that the marking has been consistent and fair to all candidates.
- (3) Consider the competency of appropriate officials to “chief” at National meetings having regard to the need to introduce new officials to this role, possibly with mentoring built in. To monitor the progress of those officials used in this role.
- (4) To consider the composition of the various parts of the UKA Level 4 list including the International Meeting Officials list (IMO) on an annual basis using the following information
 - (a) The availability returns from both indoor and outdoor seasons and information about withdrawal from meetings or non-acceptance of invitations.
 - (b) The Record of Experience forms.
 - (c) Suggestions from the TRNGs.
 - (d) Assessments from both the indoor and outdoor seasons.
- (5) To consider recommendations from the TRNGs for selection to each of the major indoor and outdoor meetings and make alterations as required ensuring that each meeting has a well-balanced and suitably skilled list of officials.
- (6) To carefully monitor the selections to ensure that every official on the list of those eligible for Permit Level 5 meetings receives at least two such appointments in their main discipline each year.
- (7) To consider matters that relate to maintaining and improving the standard of officiating.

- (8) One representative will attend the meetings of the TRNG secretaries to present the decisions about Level 4 accreditations and selections for approval.

The International Meeting Officials (IMO) list replaced the International Officials Group list (IOG) on 1st October 2014. Only members of this new group will be selected in a technical capacity for meetings designated by Technical Advisory Group (TAG) as Permit Level 5 meetings in that year. All other officials accredited at Level 4 who meet the criteria will be eligible to be selected for the relevant Permit Level 3 & 4 meetings.

Track & Field Peer Groups

There are currently five Peer Groups, one for each of the following disciplines, although it is possible that others may be established within the next few years.

Field Judges, Photo-finish Judges, Starters/ Starters Assistants, Timekeepers and Track Judges

Each discipline Peer Group has three representatives, members of the Peer Group must be current members of the Discipline Management Group (DMG) at the time of their appointment; the DMG (and CMG) replaced the ICOG on 1st April 2014. The term of office of the Peer Group will be from the 1st October to the 30th of September of the following year, although retiring members are invited to attend and contribute to the first meeting in early October of the new term for continuity and feedback.

Discipline Management Group (DMG) This will be made up of those NTOs who have been appointed to a Chief/Referee post at a Permit Level 5 meeting within the last two years or who have been appointed to one of those roles for the following year. It will be updated every February 1st after outdoor selections.

Competition Management Group (CMG) This will be made up of those NTOs who have been appointed to a management post (NTD, Competition Director, Meeting Manager and Technical Manager) at a Permit Level 5 meeting within the last two years or have been appointed to one of those roles for the following year. It will be updated every February 1st. From 2016, membership of this group, and therefore appointment to any positions within them, is restricted to officials who have successfully completed the Management Award, and any updates to that award.

Peer Groups

In order to ensure a wide geographical representation within the United Kingdom, the following guidelines for selection of that Group apply:

There will not normally be three officials in one discipline from the any one of the six administrative areas. No official may be a Peer Group member for more than three consecutive years. No official is eligible for reappointment to a Peer Group for a further two years after they have completed their three year term of office.

Appointments to the Peer Group Timetable

July: The UKA Track & Field Officials' Coordinator invites the six Officials' Secretaries and all current members of the respective Discipline Management Groups (DMG) to nominate suitably qualified officials in each discipline to be considered for appointment.

August: The Officials' Coordinator ensures that each of the nominations has agreed to stand for election. The Officials Coordinator then collates the nominations and requests the TRNG secretaries and the members of the DMGs to rank each of the nominations in each discipline in order of preference.

September: The Officer appointed by Technical Advisory Group and the UKA Track and Field Officials' Coordinator consider the ranking lists and decide who should be the new Peer Group members in each discipline. This is then put as a recommendation to Technical Advisory Group for their consideration and approval. The new members and the current eligible members are then invited to form the Peer Groups for the year commencing October.

Selection to International/National meetings

All eligible officials on the UKA Level 4 list are provided with a copy of the appropriate Indoor and Outdoor meetings no later than the last week of October and first week of December respectively. The preferred method of communication is via E-mail, although those who so request will receive their copies by post; the lists will also be posted promptly on the UKA Officials' website. It is the responsibility of each individual official to ensure that they have access to a copy, to complete their availability list (including a NIL return with an explanation) and to ensure that it is returned to the Track & Field Officials' Coordinator by the closing date. **Only in exceptional circumstances are returns received after the closing date considered.** Failure to submit a return in a timely manner, or without a satisfactory explanation, will result in non-selection. To be eligible for the new IMO list, officials must make themselves available for a minimum of four Permit Level 5 and Permit Level 4A meetings in a calendar year, one of which must be out of their Tri-Region/Home Country and two of which can be from an indoor meeting. Officials, who TAG decide should not receive the following availability list, may appeal against the decision in writing through, and be supported by, the relevant TRNG Secretary and this must be accompanied by supporting evidence.

The returns are collated by discipline and administrative area and then the availability returns are supplied to the Officials' Secretary of each area along with a provisional allocation for some, or all, of the meetings. This is so that recommendations can be returned by each administrative area in time for the selection meetings which are normally held in November and January. The recommendations are collated and supplied to Peer Group members for consideration.

Each allocation is normally based on the proportion of the number of officials in each discipline available in each administrative area for each level of meeting, or

group of meetings, being considered. The total allocation for each administrative area in each discipline is then distributed among the meetings for which selection is being considered depending on their availabilities for each meeting.

The Peer Groups review the recommendations, make amendments depending on the importance of the meeting and the strength of the teams and appoint the "Chief" Officials". This meeting will be chaired by the UKA Track & Field Officials Coordinator. One member of each Peer Group then presents their recommendations to the meeting of the TRNG Secretaries, which will then approve them, or suggest amendments, as necessary. This meeting will be chaired by the Officer appointed by Technical Advisory Group.

APPENDIX 4

ENDURANCE RUNNING

Endurance Disciplines and Definitions

UKA and the four National Associations (England Athletics, Athletics Northern Ireland, Scottish Athletics and Welsh Athletics) regulate competition, either directly or indirectly, for the disciplines of Road Running (Rule 240), Cross Country (Rule 250), Race Walking (Rule 230), Fell and Hill Running (Rule 251) and Trail Running (Rule 252). Mountain Running events, under World Mountain Running Association (WMRA) Rules, are promoted in the UK (see the section below where we define the different disciplines).

The term “multi-terrain race” is in common usage but these events should be classified within Road Running for licensing standards.

Ultra races are held at distances exceeding the Marathon. Races may be hosted on road, trail or track and may be based on either distance or time. Ultra races shall be held under the UKA Rules for Competition for the endurance discipline that most closely reflects the nature of the event.

Fun Runs and parkruns are further additions to the accepted disciplines and definitions are offered below.

Road Running

Road Races shall be run on tarmac, concrete or paved roads. When traffic or similar circumstances make it unsuitable the course, duly marked, may be on a bicycle path or footpath alongside the road, but should not be on soft ground such as verges or the like. (UKA Rule 240 S1(2))

Guidance provided by the Association of UK Course Measurement is available at: <http://www.coursemeasurement.org.uk/>

A firm off-road surface such as smooth grass or dirt can be measured with an accuracy of about 1% using a calibration done on a road surface. The maximum amount of such off-road surface which could be used and still retain the overall accuracy of measurement of a road race:

- Up to 10kms: 10% off-road allowed (on “smooth grass or dirt”).
- Excess amount over 10kms: 5% off-road allowed

For a number of popular race distances this gives the following lengths of off-road surface:

- 5k: 0.5 km
- 10k: 1 km
- 10 miles: 1.3 km
- Half marathon: 1.6km
- 20 miles: 2.1 km
- Marathon: 2.6 km

For races which exceed the above amounts of off-road surface it may be

impossible to issue a certificate of course accuracy. These races should therefore be classed as multi-terrain on the permit application form.

Multi Terrain

Multi Terrain, although not a discipline recognised within UKA Rules for Competition, is closely aligned to Road Running. Multi Terrain races are defined as those up to and including marathon distance which do not meet the full definition of Road Races within the rules, but are run over at least 40% tarmac, concrete or paved roads.

Road Running rules and standards, where applicable, are applied to Multi Terrain races. Multi Terrain races shall be licensed by runbritain. Where a Multi Terrain licence has been issued the race prospectus and entry form should state that the event is held under UKA Rules for Road Running, where applicable to Multi Terrain events.

Any off-road race that falls outside the definition of Multi Terrain shall be held under the UKA Rules for Competition for the endurance discipline that most closely reflects the nature of the event, and permits or licences for such races shall be issued by the organisation that manages and regulates that endurance discipline.

Trail

UKA defines Trail races as follows:

- (1) Trail races are races that are predominantly along:
 - (i) footpaths, bridleways and towpaths over which there is a public right of way.
 - (ii) private paths with the consent of the owner or occupier as appropriate.
 - (iii) trails across land and coastal margins where relevant legislation grants the right of public access on foot. (Such legislation includes the Countryside and Rights of Way Act 2000, and the Land Reform (Scotland) Act 2003)
- (2) Trail race routes may include connecting stretches of public road and/or private or public land without a path when the owner's permission has been obtained, if required for legal access.
- (3) Courses of up to marathon distance, i.e. 42.2km, which are less than 60% are not to be classified as Trail Races.
- (4) For Championship events the courses must be at least 60% trail if the race is 40 miles or more, 70% if the race is over 20 miles but less than 40 miles, and 80% if 20 miles or less.
- (6) Trail races may be of any length. Their length and the total climb should be measured using accurately scaled maps, such as Ordnance Survey maps, or GPS systems.
- (7) Most trail races are traditional point to point races, but some involve unusual features:

- (i) 'Supported Races' are those where coaches, families or team managers are permitted to give competitors refreshments or provide changes of clothing along the course.
 - (ii) 'Self Sufficiency Races' require competitors to carry everything they need, except that in ultra races and in hot weather the organiser may provide water at intervals to prevent dehydration.
 - (iii) 'Kanter Races' require competitors to choose their own routes using trails and a sequence of visiting check points. These are given as grid references on Ordnance Survey maps. Any restrictions about the choice of route should be made clear in the rules of the particular race.
 - (iv) 'Staged Races' are those where the course is broken into separate stages with rests at the end of each stage. Competitors run every stage and their times are aggregated to determine the winner.
 - (v) 'Extreme Races' are self-sufficiency races of over 100km that include a section most competitors will run at night.
- (6) 'Waymarks' are permanent official signs.
 - (7) 'Routemarks' are temporary signs placed out by race organisers.
 - (8) 'Ultra Distance' is defined as further than a marathon, ie over 42.2km.

Cross Country

A cross country course is designed to be appropriate for a number of races held on one day over varying distances and as such will be on a lap course that will usually be between 1,500 and 5,000 metres in length. The course will normally be suitable for spiked shoes and should not include road or other hard surfaces although it is recognised that non-championship races may include sections that make the course more suitable for studs. When an event is held under IAAF Rules then IAAF Rule 250 provides a definition of the nature of course required.

Fell and Hill

Fell Running is a traditional activity in the UK with a long history; races are held on a wide variety of courses on mountains, hills and fells. Courses are graded into categories which are defined in UKA Rules for Competition; the grading is determined by the race distance and severity of climb. Some courses may require runners to have navigational skills and many "A" category races may prove hazardous and should only be attempted by those with the necessary experience to cope with the adverse conditions that may occur in remote mountain locations.

Mountain Running

Mountain running is recognised internationally by the International Association of Athletics Federations (via its association with the WMRA) and European Athletics. Mountain Running races take place on primarily off road terrain on well-defined routes, requiring no navigation or route choice. The profile of the course involves either considerable amounts of ascent (for mainly uphill races), or ascent/descent (for up and down races with start and finish at the same level), with no dangerous sections. The average incline of the course should be a

minimum of 5% (or 50 meters per kilometer) and not exceed 20% (or 200 meters per kilometre). Runners are not allowed to use supplementary aids such as poles.

Race Walking

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until in the vertical upright position. (Rule 230(2)).

Race Walking events are held on surfaces that allow for the judging of the event. This should normally be either track or road surfaces following the requirements and standards applied to track or road running events respectively.

parkrun

Not considered races, parkrun events are free to attend, weekly, timed 5km runs. Results are presented in time order however there are no performance related prizes or medals and the first person across the line is termed the 'first finisher' not the winner. They may cover any reasonable surface such as tarmac, gravel paths, grass, forest trails, pavement and meadow but they do not run on public highways. Although some parkrun events will be certified as 5km, in most cases this is not guaranteed especially as courses can change from week to week in order to accommodate local conditions such as flooding or fallen trees.

parkrun events look to support rather than compete with paid races and although runners of all abilities are welcome, the focus is on recreational running and increasing participation.

Fun Runs

Fun Runs do not usually operate under rules for competition in respect of age groups, gender and distances but an event cannot be considered to be a Fun Run if awards are made based on performance or results published with times.

GOVERNANCE AND COMPETITION PROMOTION RESPONSIBILITIES

The following table provides guidance on the role of each of the national bodies responsible for the management of Endurance disciplines and the promotion of competition. The function of management includes: regulation of competition; disciplinary issues; licensing / permitting of events; and producing fixture calendars. UKA recognises the role of a number of independent organisations in the management and regulation of competition, including the Fell Runners Association (FRA), Trail Running Association (TRA) and Race Walking Association (RWA).

	Governance	Competition Promotion
UKA	Yes	No
British Athletics	No	Yes
Athletics Northern Ireland	Yes	Yes
England Athletics	Yes	Yes
Scottish Athletics	Yes	Yes
Welsh Athletics	Yes	Yes
English Cross Country	No	Yes
English Road Running	No	Yes
Runbritain	Yes	No
Fell Runners Association (England)	Yes	Yes
Northern Ireland MRA	No	Yes
Scottish Hill Runners	No	Yes
Scottish Hill Racing	No	Yes
Welsh Fell Runners Association	No	Yes
Race Walking Association	Yes	Yes
Trail Running Association	Yes	Yes
Counties Association Union	No	Yes

Licensing Processes

All races in the UK are required by UKA Rules for Competition to be licensed (also referred to as permitted). Licensing processes differ from discipline to discipline and the table below indicates which body you will need to make an application to. The race licence demonstrates to competitors and insurers that the race is promoted to governing body standards and that UKA Rules for Competition will apply; it does not mean that UKA public liability insurance will apply – insurance cover only applies when the organising body is affiliated to one of the four National Associations and a licence / permit awarded to the race.

	Cross Country	Fell	Mountain	Road (Inc Multi- Terrain) runbritain	Trail (Road & Track)	Ultra	Walks
England	EA*	FRA	UKA		TRA	UKA	RWA
Northern Ireland	ANI	NIMRA	NIMRA	ANI	ANI	UKA	ANI
Scotland	SA	SA	SA	SA	SA	UKA	SA
Wales	WA	WA	WA	Runbritain	WA	UKA	WA

EA* Cross Country permits in England are issued by Midland Counties AA, Northern Athletics and South of England AA respectively.

Key

ANI Athletics Northern Ireland

EA England Athletics

FRA Fell Runners Association

NIMRA Northern Ireland Mountain Running Association

RWA Race Walking Association

SA Scottish Athletics

TRA Trail Running Association

HEALTH AND SAFETY GUIDANCE FOR OFF TRACK ENDURANCE EVENTS

To help support the delivery of safe, enjoyable endurance activity the UKA Endurance Advisory Group has produced the following good practice guidance document for organisers of off track events (Fell, Mountain Running, Cross Country, Trail, Race Walking and Road), Club Secretaries and County Secretaries.

NB. This document sets general standards and more detailed discipline specific guidance can be found in the documents referenced at the end of this section.

Marshal Instructions:

Marshals play a hugely important part in the successful management of safe endurance events and it is critically important that all marshals are provided with details of their specific role and responsibility via a pre event briefing AND clear written instructions. Key areas that should be covered in the briefing and written instructions include

- A map of the course/route showing – start/finish, direction runners are coming from and going to, position of first aid points, entrance and egress point of venue, access point for emergency vehicles giving either grid reference and or post code
- A map of the course showing relevant Marshal Positions

- A description of Marshal Positions, including street/road name and post code, grid reference or GPS coordinates as appropriate
- The method of communication – for example: mobile telephone or two way radios (whatever systems you are using check that you have full course coverage before the event)
- Emergency contact telephone numbers and procedures to follow in the event of an incident/emergency.

Medical Provision:

Extensive medical guidance for road running events is available at <http://events.runbritain.com/rdp/>; all event organisers should provide the following information to their medical provider:

- Number of participants
- Age Groups
- Distance
- Terrain – Road / Cross Country / Fell / Mountain / Trail
- Map of the Course
- Emergency procedures
- Event Risk Assessment
- Date and time of the event – Helpful for indicating types of weather you are likely to encounter
- Any past history of accidents, incidents, hospitalisation or deaths

Using this data, your medical provider will determine the number of personnel they recommend to support your event; what equipment they will bring; their staff qualifications and the number and type of vehicles. The provision should also take account of anticipated weather conditions. This, in effect, provides you with a medical plan that supplements your medical risk assessment.

It may be appropriate for certain events where large numbers are involved or where there is a particular risk to notify your nearest Accident & Emergency Hospital and Ambulance Trust giving details of the event and its venue, including access points (post code/grid reference). For Fell and Trail it may also be appropriate to inform Mountain Rescue or HM Coastguard.

Once the Medical Provider has been appointed you will need to agree:

- The most effective way of reacting to and reaching the casualty – medical positions spread around the course or mobile units working from a specified central position.
- The method of communication between the race organiser and medical provider

Risk Assessment:

UKA has produced a standard risk assessment template that is to be used across all disciplines. The template, which can be found in Fact Sheet 4 at <http://events.runbritain.com/rdp/>, provides examples of the key areas that event organisers should be covering when undertaking a risk assessment.

The risk assessment is a dynamic document and needs to be compiled pre-event

and regularly reviewed and updated, even on event day. When the document is updated note the amendment date or reference.

It should identify who is responsible for various actions but ultimately the event organiser owns the document and process. A risk assessment should account for specific conditions that are likely to be in place on the day of the event and must be conducted at the time your event is being staged to check on features such as shop opening times and church services. For disciplines such as Fell and Mountain Running it will be important to make an assessment of risks based upon anticipated weather conditions.

- It should include (or reference) other supporting organisations risk assessments, as described above – Medical Provision
- The risk assessment is unique to your event
- Whilst there is no direct legal requirement upon volunteer groups to carry out a Risk Assessment they most certainly have a duty of care to participants which (in the event of a civil claim) would require the group/organisers to demonstrate that a suitable and sufficient assessment of risks had been carried out by a competent person; the simplest way of which would be to conduct a risk assessment.

The event risk assessment should be fully integrated with the Event Plan and available for inspection as required.

Athlete Screening:

There are times when heart disease or problems remain unknown or undetected. Many sports already use screening for funded or elite athlete programmes. Athletics would like to bring to your attention the availability of Cardio Screening through www.c-r-y.org.uk (Cardiac Risk in the Young)

Reference Documents:

This guidance document has been produced to help organisers implement the essential elements of a safe endurance event. The nature of the different disciplines of endurance running inevitably means that different events will have differing safety requirements and further details can be found in the reference documents listed below. Specific circumstances particular to Fell & Hill and Trail races may apply as a consequence of the nature of terrain used and the length of races. You should refer to the Fell and Trail sites below for further guidance and note that FRA Safety Guidelines take precedence when planning Fell and Hill races.

Road Race: Handbook: <http://www.runbritain.com/rdp/>

Road Race: Medical Guidelines: <http://www.runbritain.com/rdp/>

Cross Country: Handbook: <http://uka.org.uk/competitions/useful-documents/>

Cross Country risk assessment: <http://uka.org.uk/competitions/useful-documents/>

Fell Running: Safety Requirements, Organisers Safety Checklist and Guidelines for Organisers: <http://fellrunner.org.uk/organisers.php>

Trail Running: http://www.tra-uk.org/files/A_Guide_to_Organising_Trail_Races.pdf

Race Walking: apply road running standards

ROAD RUNNING

The Event Adjudicator

An Event Adjudicator must be appointed for all Road and Multi Terrain races licensed by runbritain. Where a race series is staged at the same venue over the same course then only one race will need to be covered unless there are concerns raised within the Event Adjudicator's Report.

The Event Adjudicator is responsible for assessing whether the Race Organiser delivers the event to runbritain Licence Standards. The Event Adjudicator reports to the Regional Panels and should issues be raised these are flagged for action. Subsequent licence applications by the race or race organiser cannot be considered until the Chair of the Regional Panel is satisfied that all issues have been addressed and resolved.

Experience and Knowledge requirements:

- Current Endurance Official (Level 2)
- BARR Scrutineer (BARR to identify and provide list)
- Current Race Promoters
- A good knowledge of Race Organisation
- Understanding of Risk Assessment
- A good communicator
- Awareness of Road Race Licence Standards
- Able to pass an online test if there are any concerns about an applicant's level of competence
- A buddy system operates for when undertaking their first event.

The Event Adjudicator will:

- Be covered by UKA Public Liability Insurance
- Be issued with Accreditation, access code to Race Director Portal and URL Number*
- Be DBS Checked
- Submit the report online within 7 days of the race

*This will need to be quoted by Race Promoters on application for a Licence. It will also provide access to complete Race Reviews online.

It will be The Event Adjudicator's role to:

- Undertake the review and make comment of the current "Checklist" against Licence Standards
- Understand the demands on the Race Promoters on race day and not to be a burden on this role
- Communicate with the Race Promoter pre and post event as well as on event day

- Offer advice, if sought, in a constructive manner

Note: For smaller races (entries less than 300) the role of the Event Adjudicator and Race Referee can be undertaken by the same person provided they hold the appropriate Endurance Official's qualification and feel able to undertake both roles.

Role of Regional Panel

- Review Event Adjudicator's Report
- Review standards of Event Adjudicator Reports
- Make recommendations to Race Promoter and runbritain for agreement and implementation of recommendations prior to issue of Licence to his/her next event.
- Emphasis should be given to areas such as;
 - Was start / finish traffic free?
 - Was there a risk assessment undertaken and available?
 - Was the measured course run on the day?

Regional Panel Chair's Role

- Liaise with the Race Promoter for feedback
- Implement flagging on the system where agreement can't be reached with the Race Promoter and concerns continue to stop automatic approval of future licences. Any restrictions on future licences must cover the individual, the race and organisation to cover all eventualities.
- Liaise with runbritain
- Ensure reports and close outs are undertaken in a timely manner

Competition Provider/Race Organiser

The Race Organiser has overall responsibility for the event. All pre-event, event day and post event decisions will be under his or her jurisdiction.

Pre-Event Planning will cover;

- The management structure and delivery mechanism
- Obtaining UKA Road Race Licence and Course Measurement Certificate (if required)
- Consultation and agreements with landowners, local authorities, safety advisory group, emergency services, the community, engagement of contractors, appointing medical services, obtaining consents, obtaining licenses if required, provision of event infrastructure
- Undertaking written risk assessments

Race Referee

Appointment: the Referee and all other officials are appointed by the Race Organiser

The Race Referee is responsible for ensuring that UKA and any local rules of competition are interpreted and implemented in a fair manner. He / she may assist the Race Organiser to provide sufficient endurance officials (or volunteers) to cover timing and time recording, judge / recorders, funnel controllers and other duties that may be required.

- Will receive any objections/appeals regarding published results
- If published at the event – Appeal to be lodged at the event
- If published after the event – Appeal, via The Race Organiser, to be lodged within 14 days of the results being published
- The Race Referee will receive a copy of the entry list, to include late entries
- In road relays no changes may be made in the declared order of running without the prior approval of the Race Referee and the Promoter
- The Race Referee may disqualify any runner who does not follow the correct course or obey the instructions of Police or race officials
- The Race Referee should verify results before they are published

Endurance Officials, including those qualified to referee can be identified and contacted through the appropriate County Officials Secretary.

OTHER ISSUES

Use of Audio Headsets and Mobile Telephones by Runners

IAAF Competition Rules do not permit the use of any form of audio headset or mobile telephone within the competition area (which includes road and cross country races). From April 2016 UKA Rules for Competition will not allow the use of headsets in any road race that is held on single carriageway roads that are open to traffic. (Rule 240 S5).

The advice to race promoters is that their race risk assessment should take account of the possibility of runners wearing headsets or using telephones and apply local conditions appropriate to the findings of the risk assessment. If it is deemed unsafe then promoters may restrict use and disqualify any runner found to be contravening the instruction. UKA will support any race promoter taking such action.

Races in which audio headsets and mobile telephones should not be used include:

- Championships
- Cross Country
- On roads that are open to traffic
- On lap courses – including when closed to traffic
- Where runners must be alert to marshals' instructions

Guidance for Distances Appropriate for Young Runners

UKA have clear rules on the maximum race distances that are recommended for young athletes. These are in place to ensure that the health and wellbeing of the young person is paramount and that good practice in developing athletic skill and ability is followed. The best place to seek advice on running distances and training methods is through a local running club or group with qualified coaches and/or leaders. UKA recognises that some young people may participate in a race over a distance longer than that stated in the rules/guidance for purposes of a charity run or something similar. A one off race completed over distance is

unlikely to be a problem for a young person but repeated runs are not recommended.

Running with Dogs

Dogs are not allowed in any licensed competition unless a special exemption has been granted to a visually disabled runner. Runners in parkruns are allowed to run with one dog but it must be under close control.

TECHNICAL OFFICIALS (ENDURANCE)

An education and training process has been developed to assist Technical Officials who wish to work at endurance events to progress through the structure whilst acknowledging that many will want to achieve the basic level of qualification to help at their local club events. The process is managed at a policy level by the UKA Endurance Education and Development Sub-Group which is responsible to the UKA Technical Advisory Group. Delivery of courses is managed by the four National Associations.

The responsibility for the accreditation and upgrading of Endurance Officials up to Level 3 is delegated to six administrative areas within the UK: Northern Ireland, Scotland and Wales and three areas in England. The three Tri-Regional groupings for England are the Northern group (North-East, North-West and Yorkshire and Humberside), the Southern Group (East, London and South East) and the Midlands and South Western Group (East Midlands, West Midlands and South West).

Accreditation of Endurance Officials to Level 4 and above is managed by the UKA Endurance Education and Development Sub-Group, and where appropriate, making recommendations for selection for major national meetings.

The range of duties incorporated in Endurance officiating includes: referee, line judge, funnel judge and recorder, timekeeper recorder, funnel control, chip management, clerk of the course (cross country), marshal, start management and lap recording. Qualification as a Starter and Timekeeper is managed through the track and field officials' process as the duties are deemed to be similar.

All qualified Technical Officials must hold a current DBS certificate and receive a pass and licence that recognises their level of qualification. Licences must be renewed every three years by updating the DBS certificate.

Any changes to the process during the lifetime of the Rule Book will be published on the British Athletics website in Competitions / Officials / Endurance Officials. Details of planned courses may be obtained from your National Association.

Endurance Officials' Pathway

The Endurance Officials' Pathway describes the process and requirements for progressing from Level 1 to Level 5 International Official; the effective level for operating at major domestic competitions in the UK is Level 4 and Level 4 Officials fill the majority of appointments in international races held in the UK.

The Pathway diagram can be found at <http://www.britishathletics.org.uk/competitions/officials/endurance-officials/> along with the blank record of experience form, the Health and Safety Guidance leaflet and more detailed guideline notes.

Getting started

Having decided that you want to be involved in endurance events in an official capacity, contact should be made with your local club(s) and/or event organisers. Your initial involvement may be at what you might consider to be a basic level, e.g. as a marshal. For those interested or who may develop an interest in being involved in a wider or at a higher level, the Endurance Officials' Pathway for development and licensing is described below. More comprehensive guidance can be found in the booklet "Getting Started as an Endurance Official" which can be found at: <http://www.englandathletics.org/page.asp?section=451§ionTitle=Officials>

Level 1: Club Endurance Official

For those with some experience of working at events and / or for those who wish to continue along the Endurance Officials Pathway, attendance at a Level 1 Endurance Officials' Course is essential. The Level 1 Endurance Officials course is a half day classroom based tutored course. In addition to attending a course it will be necessary to complete four separate competition experiences showing evidence of carrying out various roles and responsibilities. The experiences include course marshalling, stewarding, recording or assisting at the start or finish.

You should record your experiences, on an Annual Record of Experience (RoE) form, as these will need to be included in your Application for Accreditation as a Level 1 Club Endurance Official. You should aim to record these experiences immediately after an event. After completing the required number and type of experiences, submitting a UKA Application for Accreditation form as a Level 1 Endurance Official and completing a Disclosure and Barring check (previously referred to as a CRB check) you will then be eligible to be licensed as a Level 1 Club Endurance Official.

The RoE should be submitted annually to your National Associations' Officials Administrator.

Level 2: County Endurance Official

If you wish to progress to the next level, as a Level 2 County Endurance Official, you will need to complete an additional six competition experiences and study three of the following Level 2 Modules:

- Race Referee
- Judging and Recording
- Race Director
- Start Director
- Finish Director
- Sector Marshal

If you are looking to referee at local / club races you must complete the Race

Referee module at this stage together with the Risk Awareness course (see below). You should also submit a UKA Application Form for Accreditation as a Level 2 Endurance Official. When licensed as a Level 2 County (or home country equivalent) Official you can referee local / club road races typically up to 600 runners and cross country races up to 300 runners.

Level 3: Regional Endurance Official

The next level of progression requires completion of an additional ten Competition Experiences detailed on a Level 3 Application for Accreditation, the obtaining of one Positive Report on how you performed your duties, together with completion of the remaining three Level 2 Course Modules (see above). After satisfactory submission of UKA Application Form for Accreditation as a Level 3 Endurance Official you would then become licensed as a Level 3 Region (or home country equivalent) Official. This would enable you to referee regional races (or home country equivalent) typically up to 3,000 runners in a Road Race or 300-400 in a Cross Country race.

For these higher levels, relevant experience includes being the Clerk to the Course, Course Director, managing a sector such as the start or finish or group of marshals, lap recording, setting up the course or, for County and smaller races, acting as the referee.

Risk Awareness Course

All Endurance Officials must attend the Risk Awareness module – a half day course usually held in conjunction with the Level 2 course to qualify as an Endurance Official. Acknowledging that you have read and understand the Health and Safety Guidance Leaflet should be recorded in your log book.

The ultimate responsibility for risk assessment at road races rests with the Race Director but Race Officials should be aware of all implications should the need arise.

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