

International
Paralympic Committee

Athletics Rules and Regulations 2016-2017

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Official IPC Athletics Partner



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Changes to these Rules and Regulations

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

IPC ATHLETICS CLASSIFICATION RULES AND REGULATIONS

The IPC Athletics Classification Rules and Regulations are an integral part of these Rules and Regulations, available at

<http://www.paralympic.org/athletics/classification/rules-and-regulations>

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PART 1 – IPC ATHLETICS REGULATIONS

These IPC Athletics Regulations and the IPC Athletics Competition Rules (together referred to as 'these Rules') are mandatory for IPC Athletics Recognised Competitions. These Rules will be effective from 01 January 2016.

CHAPTER 1 – IPC ATHLETICS RECOGNISED COMPETITIONS

1.1 IPC Athletics Recognised Competitions

IPC Athletics Recognised Competitions consist of:

- a) Paralympic Games;
- b) IPC Athletics World Championships;
- c) IPC Athletics Regional Championships, Regional Games;
- d) IPC Sanctioned Competitions – Grand Prix competitions and World Cup;
- e) IPC Athletics Approved Competitions – International or National competitions for Para athletes and IAAF / NF Endorsed competitions.

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

1.2 IPC Athletics Recognised Competitions Requirements

For information regarding the organisational requirements for Recognised Competitions refer to the IPC Athletics website at: <http://www.paralympic.org/athletics/about/official-documents>

1.3 Recognition of Competition Results

IPC Athletics only accepts results achieved at Recognised Competitions by eligible athletes for the purposes of:

- a) IPC Athletics Rankings;
- b) IPC Athletics Records;
- c) Allocation of qualification slots for IPC Competitions, and/or;
- d) Achieving qualification standards for entry into IPC Competitions (see Chapter 1.1).

1.4 Advertising and Displays during IPC Athletics Recognised Competitions

Advertising during competitions covered by the IPC Athletics Uniform and Equipment Advertising Regulations shall be governed by the most up-to-date version of those Regulations published by IPC Athletics. During all other Recognised Competitions, the IPC and, with the approval of the IPC, the organising committee of the Competition, will be entitled to adopt requirements on advertising and commercial or other displays including the specific specifications for the size and placement of advertising and branding on clothing and equipment.

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

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

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

1.6 Competitions Fees

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

CHAPTER 2 – ELIGIBILITY and CLASSIFICATION

2.1 IPC Athletics Eligibility Requirements

In order to compete in Recognised Competitions an athlete must:

- a) in respect of the IPC Competitions (see Chapter 1.1), hold a Licence issued in accordance with the applicable Registration and Licensing Policy of IPC Athletics;
- b) be Internationally Classified and have been assigned a Sport Class other than NE with Sport Class Status C or R (see IPC Athletics Classification Rules and Regulations);
- c) be entered by their NPC, the NPC being a member in good standing of the IPC;
- d) satisfy the nationality requirements of the IPC Nationality Code;
- e) be 14 by 31 December in the year of competition to compete;
- f) not be otherwise disqualified or under suspension or other sanction affecting his status.

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

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

<http://www.paralympic.org/athletics/about/official-documents>

2.2 Entering Athletes with a New (N) Status

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

- a) They meet the remaining IPC Athletics Eligibility Requirements, and;
- b) They have achieved the entry/qualification standards (where applicable) for the respective event or events they intend to enter in accord with requirements stipulated by the Local Organising Committee (LOC) and/or the relevant governing body.

2.3 Participation in IPC Athletics' Recognised Competitions is Conditional

Only eligible Para athletes and New (N) status athletes according to the provisions of 2.4 that meet the Qualification Standards, Qualification Criteria and any Sport Entry Rules applicable to each Recognised Competition will be entitled to compete.

2.4 Eligibility Requirements at IAAF / NF Endorsed Competitions

Para athletes competing in events incorporated in IPC Athletics Approved IAAF / NF Endorsed Competitions (see Chapter 1.1) must meet the eligibility and qualification requirements stipulated by the Local Organising Committee (LOC) and/or relevant governing body.

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

3.1 Anti-Doping

3.1.1 IPC Anti-Doping Code

The IPC Anti-Doping Code can be found here: IPC Handbook, Section 2, Chapter 1.2, <http://www.paralympic.org/TheIPC/HWA/Handbook/>.

3.1.2 Anti-Doping Requirements at IPC Approved Competitions

1. The Anti-Doping Code of the respective governing body applies to events for Para athletes in:
 - a) IPC Athletics Approved Competition – including International and National competitions for Para athletes, and/or;
 - b) IPC Athletics Approved Competition - IAAF / NF Endorsed Competitions.
2. IPC Athletics recommends that at all IPC Approved competitions (see Chapter 1.1):
 - a) As a minimum deterrent, random in-competition anti-doping testing, and;
 - b) That the respective competition will be conducted in accordance with World Anti-Doping Agency (WADA) Anti-Doping Code and International Standards applicable to the Federation endorsing the competition.
3. Although 2(a) and 2(b) above are recommendations only, for record recognition purposes Chapter 5.10 (b) below requires that there must have been sample collection (urine and/or blood) at the competition.

3.2 Medical Services

3.2.1 IPC Medical Code

The IPC Medical Code (IPC Handbook, Section 2, Chapter 1.4, <http://www.paralympic.org/TheIPC/HWA/Handbook/>) applies to all IPC Competitions (see Chapter 1.1).

3.2.2 Responsibilities

1. In accordance with the IPC Medical Code, athletes are responsible for their own physical and mental health and for their own medical supervision.

2. By entering in an IPC Competition (see Chapter 1.1), an athlete specifically releases IPC Athletics from any liability to the extent permitted by law for any loss, injury or damage that he or she may suffer in relation to or as a result of his or her participation in the Competition.
3. Notwithstanding the provisions of Regulation 3.2.2(2) NPCs shall use best efforts to ensure that all athletes under their jurisdiction competing in IPC Competitions are in a state of physical and mental health that is compatible with elite level competition in Athletics.
4. Every NPC shall use best efforts to ensure that appropriate and continuous medical monitoring of its Athletes is undertaken. It is further recommended that NPCs organise for a periodic health evaluation on each Athlete that it enters for an IPC Competition.
5. NPCs are responsible to ensure suitable medical provision and medical insurance coverage for their delegation during travel to and from IPC Competition.
6. It shall be the responsibility of the LOC in each case to ensure that suitable medical provision and medical insurance coverage is provided at all IPC Competitions. The IPC Medical Committee shall issue and keep updated practical guidelines to assist Organising Committees in providing adequate medical services and taking appropriate safety measures at International Competitions.
7. A Medical Director shall be appointed by the Organising Committee for each IPC Competition to prepare and co-ordinate the medical services and safety requirements during the competition. The IPC Medical and Scientific Director shall be the liaison between IPC Athletics and the Competition Medical Director for all medical and safety-related matters. The IPC Medical and Scientific Director may delegate specific responsibilities to such person or persons at his/her discretion.
8. In IPC Competitions (see Chapter 1.1) the Organising Committee shall be responsible to ensure representation of the IPC Medical Committee to monitor implementation of the Competition medical and safety rules and testing for autonomic dysreflexia and boosting (see Regulation 3.2.4).

3.2.3 Medical/Safety Services at IPC Competition

1. Further to Regulation 3.2.1(6) Organising Committees shall be responsible to put in place medical and safety services that may vary according to the following factors: the size and nature of the competition, the category and number of Athletes participating, the number of Support Staff and spectators, the health standards of the

country where the competition takes place and the prevailing environmental conditions (e.g. climate, altitude, communal disease management).

2. Special medical and safety services may be required under these medical rules for certain categories of events (e.g. marathon).

3.2.4 Autonomic Dysreflexia and “Boosting”

1. Any deliberate attempt to induce Autonomic Dysreflexia (i.e., “Boosting”) is forbidden at IPC Athletics Recognised Competitions (see Chapter 1.1).
2. The IPC Position Statement on “Autonomic Dysreflexia and Boosting” applies to all IPC Athletics Recognised Competitions (IPC Handbook, Section 2, Chapter 4.3,
3. <http://www.paralympic.org/TheIPC/HWA/Handbook/>.

3.2.5 Gender

1. 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 competition except held under Chapter 1.1(a) to(c).

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.

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

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

2. IPC Athletics will address any question related to the gender of an athlete wishing to compete in women’s competition who has undergone a gender assignment procedure in accordance with the “IAAF Regulations governing eligibility of athletes who have undergone sex reassignment to compete in women’s competition”, in force at the time of the Competition.
3. In the event of an athlete who has undergone sex reassignment from female to male, IPC Athletics requires at least the following documentation to be submitted to the IPC Medical and Scientific Director for approval, prior to the first entry in male competition:

- a. Satisfactory proof of the actual legal status as male in the country the athlete is representing;
- b. Medical history with evidence that from a medical point of view the athlete is considered to have completed sex assignment to male. This history must include the list of medications being taken at the time of the application and recent documentation relating to sex hormone levels.

Note (i): Sex re-assignment treatment typically involves hormonal and other intervention that will necessitate a valid TUE Certificate to permit athlete to compete in accordance with the IPC Anti-Doping Code. In some cases it may not be possible for the IPC Medical Committee to approve the issuing of a TUE based on the nature and/or dosage prescribed.

Note (ii): IPC Athletics may request at its discretion additional information to verify gender.

4. Cases of hyperandrogenism will be dealt with by the IPC Medical Committee in accordance with international standards applicable at the time.
5. Where any question of disputed gender arises all parties will observe the highest degree of confidentiality and the fact that there is a question, query or protest concerning an issue of gender will be treated as confidential. The identity of the athlete concerned will be protected to the best of IPC's ability.

3.3 Technology and Equipment

3.3.1 Fundamental Principles

1. The IPC Equipment Policy (IPC Handbook, Section 2, Chapter 3.10) applies to all IPC Athletics Competitions. The fundamental principles that IPC Athletics is promoting regarding the evolution of equipment used during Recognised Competitions are:
 - a) **Safety** (i.e., to the user, other competitors, officials, spectators and the environment);
 - b) **Fairness** (i.e., the athlete does not receive an unfair advantage that is not within the "spirit" of the event they are contesting);
 - c) **Universality** (e.g., reasonably commercially available to all);
 - d) **Physical Prowess** (i.e., human performance is the critical endeavour not the impact of technology and equipment).

2. These principles apply in particular (but not exclusively) in relation to the development of:
 - a) Sports specific prosthetic devices;
 - b) Specification for Throwing Frames and materials for Holding Bars;
 - c) Wheelchairs and their componentry.

3.3.2 Monitoring of the Use of Technology and Equipment

1. The IPC Athletics Technical Delegate, or his designee, will monitor the use of technology and equipment at IPC Athletics Recognised Competitions (see Chapter 1.1) to ensure that it conforms to the principles outlined in 3.3.1 above. This monitoring may include the assessment of (but will not be limited to):
 - a) Unrealistic enhancement of height of release in throwing events;
 - b) Unrealistic enhancement of stride length;
 - c) Whether or not equipment and/or prosthetic components are commercially available to all athletes (i.e., prototypes that are purpose built by manufactures exclusively for the use of a specific athlete should not be permitted, and;
 - d) Whether equipment used contains materials or devices that store, generate or deliver energy and/or are designed to provide function to enhance performance beyond the natural physical capacity of the athlete.
2. IPC Athletics has adopted special provisions to enable the use of certain technology and equipment for giving assistance to athletes, and this is exclusively dealt with under Rule 7 below.

3.3.3 Prohibited Technology

1. Use of the following technology is prohibited at IPC Athletics Recognised Competitions (see Chapter 1.1):
 - a) Equipment that breaches the above fundamental principles;
 - b) Equipment that results in athletic performance being generated by machines, engines, electronics or robotic mechanisms; and
 - c) Osteo-integrated prosthesis.
2. At any Recognised Competition the IPC Athletics Technical Delegate shall be entitled to prohibit the use of equipment prohibited by these Regulations and he shall in every case of a suspected breach (whether the equipment is in fact prohibited or not) report the matter to the IPC Athletics Sport Manager. Upon receiving such a report the IPC Athletics Sports Manager should refer the matter to the Sports Technical

Committee and the IPC Medical and Scientific Director for further investigation and action on a case-by-case basis.

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

CHAPTER 4 – PROTESTS AND APPEALS

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

4.1 Protests

1. Protests concerning the status of an athlete to participate in a competition (other than relating to Classification and Anti-Doping) must be made to the Technical Delegate prior to the commencement of the competition. Once the Technical Delegate makes a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be resolved prior to the competition, the athlete shall be allowed to compete “under protest” and the matter shall be referred to the IPC. In such cases IPC Athletics will be entitled to rule conclusively on an athlete’s status after the event has been completed and the results may then be adjusted retrospectively.
2. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event.
The Organising Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.
3. Any protest shall, in the first instance, be made orally to the Referee by an athlete or by someone acting on his behalf or by an official representative of a team. Such person or team may only protest 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 relevant 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 available, the protest should be made to him through the Technical Information Centre (TIC) or other administrative base where official competition administration is being carried out.
4. 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 detected by 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 17.5 to abort a start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If such a 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 Rule 17.5 or Rule 17.7 and Rule 17.8, 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 Chapter 4.1.4 (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 while competing under protest will become valid only if the athlete is subsequently found to have competed within the rules such that the trial is no longer judged a failure.

4.2 Protest Appeals

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

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

2. The Jury of Appeal shall consult all relevant persons and consider what other available evidence should be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.
3. The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally such reconsideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.
4. Decisions involving points that are not covered by these Rules shall be reported subsequently by the Chairman of the Jury of Appeal to IPC Athletics appointed representative.
5. Decisions of the Referee (subject to appeal under these Regulations) and of the Jury of Appeal shall be final and there shall be no further right of appeal to any other body, including to CAS.

4.3 Dispute Procedures at IPC Athletics Recognised Competitions

As part of the IPC Athletics Competition Approval Process the Local Organising Committee (LOC) in consultation with the IPC Athletics Sport Manager/appointed representative may stipulate specific dispute resolution procedures for disputes falling outside the Protest and Protest appeal procedures at IPC Recognised Competitions (see Chapter 1.1).

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

CHAPTER 5 – WORLD AND REGIONAL RECORDS

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

Submission and Ratification

1. IPC Athletics World and Regional Record can only be achieved at IPC Athletics Recognised Competitions (see Chapter 1.1) by an eligible athlete (or athletes in the case of a relay event) holding a:
 - a) Sports Class Status of Confirmed (C), or;
 - b) Sports Class Status of Review (R), if a decision is taken by the IPC Athletics Classification Panel, and recorded on the athlete's IPC Athletics Classification Card, that the Review Status is allocated due to:
 - (i) The progressive nature of impairment, or;
 - (ii) Impairment of fluctuating nature, or;
 - (iii) A maturity review process.
 2. Except for Field Events conducted as provided in Chapter 3.2.5.1, no performance set by an athlete will be recognised if it has been accomplished during a mixed competition.
 3. The following categories of Records are accepted by IPC Athletics: World and Regional Outdoor Records.
 4. An athlete (or athletes in case of a relay event) who sets a Record must have been eligible to compete under these Rules and Regulations, the other provisions of these Rules and Regulations have been duly observed, and must have been under the jurisdiction of an IPC Member.
 5. The IPC Athletics Technical Delegate, if appointed to IPC Athletics Recognised Competitions (see Chapter 1.1), shall be responsible for ratifying that all of the IPC Athletics procedural requirements were fulfilled.
 6. When a performance equals or better an existing Record, the national governing body where the performance was set shall collect together, without delay, all the information required for the ratification of the Record by IPC Athletics. No performance shall be regarded as a Record until it has been ratified by IPC Athletics. The national governing body should immediately inform IPC Athletics of its intention to submit the performance.
- Note: The national governing body herein these Rules and Regulations refers to the authorized body responsible for sending the Athletes to the respective event. This could be a National Paralympic Committee or the National Athletics Federation or the body responsible for para-athletics in the country.*

7. The submitted performance shall be better than or equal to the existing Record for that event as accepted by IPC Athletics. If a Record is equalled, it shall have the same status as the existing Record.
8. The Official Record Application Form of IPC Athletics shall be completed and dispatched to the IPC Athletics Office within thirty (30) days of a record being achieved. Forms are available, on request, from the IPC Athletics Office, or may be downloaded from the IPC Athletics website.

Note: The record application form is required for performances achieved at IPC Athletics Approved Competition (see Chapter 1.1).

9. The national governing body where the performance was set shall send, with the official application form:
 - a) The printed programme of the competition (or electronic equivalent);
 - b) The official result of the event, including all information required under this regulation;
 - c) In the case of a Track Record where Fully Automated Timing was in operation, the photo finish image of the event and zero control test image for track events up to and including 800m and 4x400m relays.
 - d) Any other information required to be submitted by this regulation, where such information is or should be in its possession.
10. IPC Athletics World and Regional Records will only be ratified if they are achieved at:
 - a) Paralympic Games, IPC Athletics World Championships, IPC Regional Championships, Regional Games or IPC Athletics Sanctioned Competitions (see Chapter 1.1) conducted in accord with the IPC Anti-Doping Code, or;
 - b) IPC Athletics Approved Competitions providing the IPC Athletics Technical Delegate confirms that doping control at the competition follows the Anti-Doping Code of the respective overseeing federation in accord with the IPC Athletics Approved Competition Application Process.

Note: IPC Athletics World and Regional Records will be ratified even though the athlete who sets the record performance may not have been tested at that moment. (See under Chapter 3 Anti-Doping Requirements at IPC Approved competitions "as a minimum deterrent, random in-competition anti-doping testing is required").

11. For the purpose of recognition of Records, and any individual results, where an anti-doping rule violation has been proven then the provisions of the IPC Anti-Doping Code will be applied.
12. Records made in preliminary rounds, in deciding ties, in any event which is subsequently decreed void, may be submitted for ratification.
13. IPC Athletics Management and the Sport Technical Committee together are authorised to recognise Records.

14. When a Record has been ratified, IPC Athletics will supply the official Record certificate, for presentation to Record holders and the performance will be updated and available on the official IPC Athletics website.
15. IPC Athletics shall update the official List of Records every time a new Record has been ratified. This list shall represent the performances regarded by IPC Athletics as being, from the date of the list, the best performances yet set by an athlete or team of athletes in each of the recognised events.
16. If the performance is not ratified, IPC Athletics will give the reasons.

Specific Conditions

17. Except in Road Events:

- a) The performance shall be made in an certified athletics facility, which conforms to Rule 3;
- b) For any performance at any distance of 200m or more to be recognised, the track on which it was made shall not exceed 402.3m (440 yards) and the race shall have started on some part of the perimeter;
- c) A performance in an oval Track Event shall be made on in a lane where, the running line radius does not exceed 50m, except where the bend is formed with two different radii, in which case the longer of the two arcs should not account for more than 60° of the 180° turn.
- d) A performance made in a Track Event outdoors may be made only on a track which conforms to Rule 15.

18. For Records in Track (Running and Wheelchair Racing) Events

- a) The performance shall be timed by official Timekeepers, by an approved Fully Automatic Photo Finish System (for which a zero control test has been undertaken with Rule 20.20) or Transponder System (see Rule 20.25);
- b) For races up to and including 800m (including and 4x400m), only performances timed by an approved Fully Automatic Timing Photo Finish System shall be ratified
- c) For all performance made outdoors up to and including 200m, information concerning wind velocity, measured as indicated in these rules, shall be submitted. If the wind velocity, measured in the direction of running, averages more than 2 metres per second during the race, the performance will not be ratified.
- d) No performance will be ratified where the athlete has infringed Rule 18.5 ;
- e) For all Records up to and including 400m (including 4x400m), where available starting blocks linked to an IAAF approved Start Information System shall have been used and

where used have functioned correctly so that reaction times were obtained and are shown on the results of the event.

19. For Records in Relay Events

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

20. For Records in Field Events

- a) The performances shall be measured either by three Field Judges using a calibrated and certified steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed by a qualified Measurement Judge in accordance with Rule 10;
- b) In the Long Jump and Triple Jump, information concerning wind velocity, measured as indicated in these rules shall be submitted. If the wind velocity, measured in the direction of jumping, averages more than 2 metres per second, the performance will not be ratified;
- c) Records may be credited for more than one performance in a competition, provided that each Record so ratified shall have been equal or superior to the best previous performance at that moment;
- d) In Throwing Events, the implement used shall have been checked prior to the competition in accordance with Rule 2.11. If the Referee becomes aware during an event that a Record has been equalled or bettered, he shall immediately mark the implement used and undertake a check to ascertain whether it still complies with the Rules or if there has been any change in characteristics. Normally, such implement shall be checked again after the event in accordance with Rule 2.11.

21. For Records in Road (Running and Wheelchair Racing) Events

- a) The course must be measured by an "A" or "B" grade IAAF/AIMS approved measurer who shall ensure that the relevant measurement report and any other information required by this Rule is available to the IPC Athletics upon request;
- b) The start and finish points of a course, measured along a theoretical straight line between them, shall not be further apart than 50% of the race distance;
- c) The overall decrease in elevation between the start and finish shall not exceed 1:1000 i.e., 1m per km (0.1%);
- d) Any course measurer who originally measured the course or other suitably qualified official designated by the measurer with a copy of the documentation detailing the officially measured course shall ride in the lead vehicle during the competition to validate that the course run by the athletes conforms to the course measured and documented by the official course measurer;

- e) The course must be verified (i.e., re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, by a different "A" grade measurer from the one that did the original measurement;

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

- f) Records in Road Events set at intermediate distances within a race must comply with the conditions set under this regulation. The intermediate distances must have been measured, recorded and subsequently marked as part of during the course measurement and must have been verified in accordance of this regulation.

Events for which Records are Recognised

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

Hand Timed performances (H.T.)

Men

F.A.T. only: 100m; 200m; 400m; 800m; 4x100m Relay; 4x400m Relay;

F.A.T. or H.T.: 1500m; 5000m; 10,000m;

Road Races: 10km; Half Marathon; Marathon

Jumps: High Jump; Long Jump; Triple Jump

Throws: Shot Put; Discus Throw; Javelin Throw, Club Throw

Women

F.A.T. only: 100m; 200m; 400m; 800m; 4x100m Relay; 4x400m Relay;

F.A.T. or H.T.: 1500m; 5000m; 10,000m;

Road Races: 10km; Half Marathon; Marathon

Jumps: High Jump; Long Jump; Triple Jump

Throws: Shot Put; Discus Throw; Javelin Throw; Club Throw

CHAPTER 6 – AWARDING MEDALS AND DIPLOMAS

1. At IPC Athletics Recognised competitions (see Chapter 1.1) only finalists are eligible for medals even in events where there are only 4 finalists (i.e., T11-12 100m, 200m or 400m or wheelchair relays). Consequently in events where there are four (4) finalists and two (2) or more disqualifications occurred during the final only the “non-disqualified finalists would receive medals (i.e., a full set of medals would not be awarded).
For relay teams, the four athletes of each team who competed in the final shall mount the Victory Ceremony podium. Other athletes (maximum two) who competed for any of these teams in the competition will subsequently receive their medals.
2. Athletes shall nominate the guide-runner(s) on the final entries. Only those guide-runners who have been declared by the final confirmation and meet the following criteria shall be eligible to receive a medal alongside the medal winning athletes.
 - a) Have not been provided by the Organising Committee or another organisation (such as another NPC)
 - b) In events where athletes with a visual impairment are allowed to compete using multiple guide-runners, only those guides who have completed the full event (from the first round to finals) with the athlete shall be eligible to receive the medal alongside the athlete.
Note (i): Assistants in field events are not eligible to receive a medal.
Note (ii): Should the athlete declare to use more than one guide-runner in an event, then these guide-runners will not be eligible to receive a medal.
 - c) For relay teams, the guide-runners accompanying the medal winning athletes in the final shall mount the awards podium. The guide-runners accompanying other athletes (maximum two) who competed for any of these teams in the competition will subsequently receive their medals.
Note: In events where a medal winning athlete who competed with more than one guide-runner between the rounds in the competition, then these guide-runners will not be eligible to receive a medal.
3. In events where athletes with a visual impairment are allowed to compete using multiple guide-runners, all guide-runners in track and road events (including events in which multiple guide-runners have competed), are eligible to receive diplomas according to the diploma policy as stipulated in the Technical Manual on Protocol and IPC Protocol Guide (Section 5.4.3). Only guide-runners who have not been provided by the LOC or another organisation (such as another NPC) are eligible to receive the diplomas.

PART 2 – IPC ATHLETICS COMPETITION RULES

Interpretation – where a number appears in brackets next to the heading of any of the following Rules it shall generally refer to the corresponding IAAF Rule. This is for guidance only and the IAAF rule must not be used to determine any issue at an IPC Recognised Competition (see Chapter 1.1), except in the limited number of places where these Rules clearly specify that the IAAF Rule shall apply.

SECTION I – INTERNATIONAL OFFICIALS

(IAAF Rule 110)

Rule 1: Appointment of Officials

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

Note: International Officials should wear distinctive attire or insignia.

In IPC Competitions (see Chapter 1.1), the number of officials appointed in each category, how when and by whom they shall be appointed, shall be indicated in the respective IPC Athletics Technical Requirements.

The travelling and accommodation expenses of each individual appointed by IPC Athletics under this Rule shall be paid to the individual by the organisers of the competition according to the relevant Regulations.

2. Appointment of Officials for IPC Sanctioned and Approved Competitions (see Chapter 1.1):
- a) At IPC Athletics Approved International and National Competitions which are for Para athletes (or where these events form a part of a wider programme);
 - b) An IPC Athletics Technical Delegate(s) for International and National Competitions must be appointed by IPC Athletics Sports Technical Committee;
 - c) If IPC Athletics Classification is being conducted in conjunction with the respective competition, then the Chief Classifier and International Classifiers must be appointed by IPC Athletics Sports Technical Committee;
 - d) Such other officials as the STC and the TD shall (in consultation with the LOC) decide is necessary.

Rule 2: Description of Officials and Their Duties

2.1 Technical Delegate

(IAAF Rule 112)

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

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

2.2 Medical Delegate

(IAAF Rule 113)

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

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

2.3 Doping Control Delegate

(IAAF Rule 114)

The Doping Control Delegate shall liaise with the 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.

2.4 International Technical Officials (ITOs)

(IAAF Rule 115)

Where ITOs are appointed, the Technical Delegate shall appoint the Chief ITO among the appointed ITOs, if one was not appointed previously. Whenever possible, the Chief ITO, 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.

2.5 International Road Course Measurer

(IAAF Rule 117)

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

The appointed course measurer shall be 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 Race (See Rules 49.2 and 49.3 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).

2.6 International Starter and International Photo Finish Judge

(IAAF Rule 118)

At all IPC competitions (see Chapter 1.1) an International Starter and an International Photo Finish Judge shall be appointed by IPC Athletics. The International Starter shall start the races and undertake any other duties assigned to him by the Technical Delegate(s). The International Photo Finish Judge shall supervise all Photo Finish functions and shall be the Chief Photo Finish Judge.

2.7 Jury of Appeal

(IAAF Rule 119)

At all IPC Competitions (see Chapter 1.1) a Jury of Appeal shall be appointed. The Jury should normally consist of three, five or seven persons. One of its members shall be the Chairman and another Secretary. If and when considered as appropriate, the Secretary may be a person not included in the Jury.

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

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

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

Furthermore, a Jury 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 protest appeals, and any matters arising during the course of the competition that are referred to it for decision.

2.8 Officials of the Competition

(IAAF Rule 120)

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

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

MANAGEMENT OFFICIALS

- § One Competition Director
- § One Meeting Manager and an adequate number of assistants
- § 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 events outside the Stadium
- § One (or more) Video Referee (s)
- § One Chief Judge and an adequate number of Judges for Track Events
- § One Chief Judge and an adequate number of Judges for each Field Event
- § One Chief Umpire and an adequate number of Umpires
- § One Chief Timekeeper and an adequate number of Timekeepers
- § One Chief Photo Finish Judge and an adequate number of assistants
- § One Chief Transponder Timing Judge and an adequate number of assistants
- § One Start co-ordinator and an adequate number of Starters and Recalls
- § One (or more) Starter's Assistant(s)

- § One Chief and an adequate number of Lap Scorers
- § One Competition Secretary and an adequate number of assistants
- § One Technical Information Centre (TIC) Manager and an adequate number of assistants
- § One Chief and an adequate number of Marshals
- § One (or more) Wind Gauge Operator(s)
- § One Chief Measurement Judge (Scientific) and an adequate number of assistants
- § One Chief and an adequate number of Call Room Judges

ADDITIONAL OFFICIALS

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

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

Care should however be taken to limit the number of officials present within the field of play to that number necessary for the smooth running of the competition.

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

2.9 Competition Director

(IAAF Rule 121)

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

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

2.10 Meeting Manager

(IAAF Rule 122)

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

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

2.11 Technical Manager

(IAAF Rule 123)

The Technical Manager shall be responsible for:

- a) Ensuring that the track, runways, circles, arcs, sectors, landing areas for Field Events and all equipment and implements are in accordance with the Rules.
- b) The placement and removal of equipment and implements according to the technical organisational plan for the competition as approved by the Technical Delegates.
- c) Ensuring the technical presentation of the competition areas are in accordance with such plan.
- d) Checking and marking any personal implements permitted for the competition according to Rule 30.2.
- e) Ensuring that he has received the necessary certification under Rule 2.23 before the competition.

2.12 Event Presentation Manager

(IAAF Rule 124)

The Event Presentation Manager shall plan and implement, in conjunction with the Competition Director, the event presentation arrangements for the competition. He shall also direct the interaction between the members of the event presentation team, using the communication system to be in contact with each of them.

2.13 Referees

(IAAF Rule 125)

1. One (or more) Referee(s) shall be appointed respectively for the Call Room, for Track Events, for Field Events, and for Road Race Events outside the stadium. When appropriate, one (or more) Video Referee(s) shall be appointed.

The Video Referee should operate from a Video Control Room and should be in communication with the Track Referee.

2. Referees shall ensure that these Rules (and applicable Technical Regulations) are observed and shall decide upon any matters which arise during the competition (including in the Warm-up Area, Call Room and, after the competition, up to and including the Victory Ceremony) and for which provision has not been made in these Rules (or any applicable Technical Regulations).

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

The respective Referees for Track Events and for events outside the stadium shall have jurisdiction to decide placings in a race where the Judges of a disputed place(s) are unable to arrive at a decision.

The relevant Track Referee has the power to decide on any facts related to the starts if he does not agree with the decisions made by the start team, except in cases when it regards an apparent false start 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.

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

The Referee shall not act as a Judge or Umpire but may take any action or decision according to the Rules based on his own observations.

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

3. The appropriate Referee shall check all final results, shall deal with any disputed points and, in conjunction with the Measurement Judge (Scientific) where appointed, shall supervise the measurements of Record performances. At the conclusion of each event, the result card shall be completed immediately, signed by the appropriate Referee and handed to the Competition Secretary.

4. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition (including in the Warm-up Area, Call Room and, after the competition, up to and including the Victory Ceremony).
5. A Referee shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner under Rule 17.5. 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. Those warnings and exclusions decided by a Referee shall be 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 7.2);

Note (ii): When excluding an athlete from competition under this Rule, if the Referee is aware that a yellow card has already been given, 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 advise the athlete or his team of his exclusion.
6. The Referee may reconsider a decision (whether made in the first instance or in considering a protest) on the basis of any available evidence, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the victory Ceremony for the relevant event or any applicable decision by the Jury of Appeal.
7. If, in the opinion of the appropriate Referee, circumstances arise at any competition such that justice demands that any event or any part of an event should be contested again, he shall have authority to declare the event or any part of an event void and that it shall be held again, either on the same day or on some future occasion, as he shall decide.
8. The Road Race Referee shall, wherever practicable give a warning prior to disqualification.

2.14 Judges

(IAAF Rule 126)

General

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

Track Events and Road Events

2. The track and road Judges should all operate from the same side of the track or course, and they shall decide the order in which the athletes have finished and, in any case where they cannot arrive at a decision, shall refer the matter to the Referee, who shall decide.

Note: The Judges should be placed at least 5m from, and in line with, the finish and should be provided with an elevated platform.

Field Events

3. The field event Judges shall judge and record each trial and measure each valid trial of athletes in all Field Events. In the High Jump precise measurements should be made when the bar is raised particularly if Records are being attempted. At least two Judges should keep a record of all trials, checking their recordings at the end of each round of trials. The appropriate Judge shall indicate the validity or non-validity of a trial by raising a white or red flag, as appropriate.

2.15 Umpires (Running and Wheelchair Racing Events)

(IAAF Rule 127)

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

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

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

2.16 Timekeepers and Photo Finish and Transponder Timing Judges

(IAAF Rule 128)

1. In the case of hand timing, a sufficient number of timekeepers for the number of athletes entered shall be appointed. One of them shall be designated the Chief Timekeeper. He shall allocate duties to the Timekeepers. These Timekeepers shall act as back-up Timekeepers when Fully Automatic Photo Finish System or Transponder Timing System are in use.
2. Timekeeper, Photo Finish and Transponder Timing Judges shall act in accordance with Rule 20.
3. When Fully Automatic Timing and Photo Finish System is used, a Chief Photo Finish Judge and an adequate number of assistants shall be appointed.
4. When a Transponder Timing System is used, a Chief transponder Timing Judge and an adequate number of assistants shall be appointed.

2.17 Start Co-ordinator, Starter and Recallers

(IAAF Rule 129)

1. The Start Co-ordinator shall:
 - a) Allocate the duties of the start team. However, in the case of IPC Competitions (See Chapter 1.1), the determination of which events will be assigned to the International Starter will be the responsibility of the Technical Delegates;
 - b) Supervise the duties to be fulfilled by each member of the team;
 - c) Inform the Starter, after receiving the relevant order from the Competition Director, that everything is in order to initiate the start procedure (e.g., that the Timekeepers, the Judges and, when applicable, the Chief Photo Finish Judge, Chief Transponder Timing Judge and the Wind Gauge Operator are ready);
 - d) Act as an interlocutor between the technical staff of the timing equipment company and the Judges;
 - e) Keep all papers produced during the start procedure including all documents showing the reaction times and/or false start waveform images if available.
2. The Starter shall have entire control of the athletes on their marks. When a Start Information System is used, the Starter and/or an assigned Recaller shall wear headphones in order to hear clearly any acoustic signal emitted when the System indicates a possible false start.
3. The Starter shall position himself so that he has full visual control over all athletes during the start procedure.

It is recommended, especially for staggered starts, that loudspeakers in the individual lanes be used for relaying the commands of the start and any recall signals to all athletes at the same time.

Note: The Starter shall place himself so that the whole field of athletes falls into a narrow visual angle. For races using crouch starts it is necessary that he is placed so that he can ascertain that all athletes are currently steady in their set positions before the gun is fired or approved starting apparatus is activated. (All such starting apparatus is termed "gun" for the purpose of these Rules.) Where loudspeakers are not used in races with a staggered start, the Starter shall place himself so that the distance between him and each of the athletes is approximately the same. Where, however, the Starter cannot place himself in such a position, the gun shall be placed there and discharged by electric contact.

4. One or more Recallers shall be assigned to assist the Starter.

Note: For events of 200m, 400m, 4x100m, 4x200m, 4x400m Relays, there shall be at least two Recallers.

5. Each Recaller shall place himself so that he can see each athlete assigned to him.
6. Each Recaller is obliged to recall the race if any infringement of the Rules is observed. After a recalled or aborted start the Recaller shall report his observations to the Starter who decides whether and to whom a warning or disqualification shall be issued (See also Rule 17.7 and 17.10).
7. Disqualification under Rule 17.8 may be decided only by the Starter.
8. To assist in races using crouch starts, an IAAF approved Start Information System shall be used (See also Rule 16.2).

2.18 Starter's Assistants

(IAAF Rule 130)

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

4. When the Starter has ordered the athletes to their marks, the Starter's Assistants must ensure that Rules 17.4 and 17.5 are observed.
5. In case of a false start, the Starter's Assistants shall proceed in accordance with Rule 17.9.
6. The Starter's Assistants shall assist athletes to set their starting block in accordance with Rule 7.13.

2.19 Lap Scorers

(IAAF Rule 131)

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

2.20 Competition Secretary, Technical Information Centre (TIC)

(IAAF Rule 132)

1. The Competition Secretary shall collect the full results of each event, details of which shall be provided by the Referee, the Chief Timekeeper, Chief Photo Finish Judge, or Chief Transponder Judge and the Wind-Gauge Operator. He shall immediately relay these details to the Announcer, record the results and convey the result card to the Competition Director. Where a computerised results system is used the computer recorder at each Field Event site shall ensure that the full results of each event are entered into the computer system. The track results shall be input under the direction of the Chief Photo Finish Judge. The Announcer and the Competition Director shall have access to the results via a computer.
2. In events in which athletes are competing with different specifications (such as implement weight), the relevant differences should be clearly indicated in the results or a separate result shown for each category.

3. The following standard abbreviations 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 – “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
 - Yellow Card – YC
 - Second Yellow Card – YRC
 - Red Card – RC
4. A Technical Information Centre (TIC) will be established for IPC Recognised Competitions (see Chapter 1.1) and is recommended for other competitions held over more than one day. The main function of the TIC is to ensure smooth communication between each team delegation, the organisers, the Technical Delegates and the competition administration regarding technical and other matters relating to the competition.

2.21 Marshal

(IAAF Rule 133)

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

2.22 Announcer

(IAAF Rule 134)

The Announcer shall inform the public of the names and, when applicable the numbers, of the athletes taking part in each event, and all relevant information such as the composition of the heats, lanes or stations drawn, and intermediate times.

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

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

2.23 Official Surveyor

(IAAF Rule 135)

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

2.24 Wind Gauge Operator

(IAAF Rule 136)

The Wind Gauge Operator shall ascertain the velocity of the wind in the running direction in events to which he is appointed and shall then record and sign the results obtained and communicate them to the Competition Secretary.

2.25 Measurement Judge (Scientific)

(IAAF Rule 137)

One Chief Measurement Judge and one or more assistants shall be appointed when Electronic or Video Distance Measurement or other scientific measurement device is to be used.

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

measuring instruments, taking account of the technical requirements given by the manufacturer and the instrument calibrating laboratory.

To ensure that the equipment is operating correctly, he shall, before and after the event, supervise a set of measurements in conjunction with the Judges and under the supervision of the Referee, to confirm agreement with results achieved using a calibrated certified steel tape. A form of conformity shall be issued and signed by all those involved in the test and attached to the results card. During the competition he shall remain in overall charge of the operation.

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

2.26 Call Room Judges

(IAAF Rule 138)

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

The Call Room Judges shall ensure that athletes are wearing the national or Club uniform clothing officially approved by their national governing body, that the bibs are worn correctly and correspond with start lists, that shoes, number and dimension of spikes, inspection of racing chairs and throwing frames, measurement of Maximum Allowable Standing Height (see Rule 6.15) advertising on clothing and athletes' bags comply with the Rules and Regulations and that unauthorised material is not taken into the arena.

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

2.27 Advertising Commissioner

(IAAF Rule 139)

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

2.28 Chief Classifier

Where international classification is staged, a Chief Classifier shall be appointed by IPC Athletics. The Chief Classifier shall liaise with the Organising Committee and the appointed

Technical Delegate to ensure that suitable facilities and logistics are provided for the conduct of classification. He shall supervise and ensure the appointed International Classifiers deliver classification in full compliance with the IPC Athletics Classification Rules and Regulations. The Chief Classifier shall be responsible for all matters relating to classification.

2.29 International Classifiers

International Classifiers shall be appointed by IPC Athletics to work in their duties as members of classification panels. They shall evaluate and observe athletes' in terms of their respective impairment pre and/or during competition, and allocate sport class and class status in accordance with IPC Athletics Classification Rules and Regulations.

SECTION II – GENERAL COMPETITION RULES

Rule 3: The Athletics Facility

(IAAF Rule 140)

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

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

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

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

Rule 4: Age and Sex Categories

(IAAF Rule 141)

Age Categories

1. The following age groups are recognised by IPC Athletics:
 - a) Master Men and Women: Any athlete who has reached his/her 35th birthday
 - b) Under-20 (U20) Men and Women: Any athlete of 18 or 19 years on 31 December in the year of the competition;
 - c) Under 18 (U18) Boys and Girls: Any athlete of 16 or 17 years on 31 December in the year of the competition;
 - d) Under-16 (U16) Boys and Girls: Any athlete of 14 or 15 years on 31 December in the year of the competition.

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

Note(ii): Eligibility, including minimum age for participation in IPC Competitions (Chapter 1.1) shall be subject to specific competition 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.

Sex Categories

3. Competition under these rules is divided into men's and women's categories.
4. An athlete shall be eligible to compete in men's competition if he is recognised as a male in accordance with Chapter 3.2.5 of these Rules 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 accordance with Chapter 3.2.5 of these Rules and is eligible to compete under the rules and Regulations.
6. The IPC Medical Committee shall determine the eligibility for women's competition of females with hyperandrogenism in accordance with Chapter 3.2.5 of these Rules.
7. An athlete who fails or refuses to comply with the applicable Regulations shall not be eligible to compete.

Rule 5: Entries

(IAAF Rule 142)

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

Simultaneous Entries

2. If an athlete is entered in both a Track 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, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed.

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 but may do so during any earlier round of trials.

Failure to Participate

3. At IPC Competitions (see Chapter 1.1) 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;

An athlete and/or the accompanying guide-runner 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. A medical certificate, provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 2.2 or if no Medical Delegate has been so appointed, by the Medical Officer of the Organising Committee, may be accepted as sufficient evidence that the athlete and/or the accompanying guide-runner became unable to compete due to illness or injury, even if he is able to compete in further events on a subsequent day of the competition. Other justifiable reasons (e.g., factors independent of the athlete's own actions, such as problems with the official transport system) may also be accepted by the Technical Delegate(s).

Rule 6: Clothing, Shoes, Athlete Bibs, Prosthetics and Orthotics, Eye mask, Helmets

(IAAF Rule 143)

Clothing

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

Where appropriate 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 (i): 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.

Note (ii): In Seated Throwing Events clothing must be close fitting, and not loose, so that the view of the judges is not impeded.

Shoes

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

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

Number of Spikes

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

Dimensions of Spikes

- 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 minimum this shall be applied.

Note: The surface must be suitable for accepting the spikes required by the rule.

The Sole and the Heel

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

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

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

Inserts and Additions to the Shoe

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

Athlete Bibs

7. Every athlete shall be provided with two bibs, which during the competition, shall be worn visibly on the breast and back, except in the High Jump, where one bib may be worn on the breast or back only. 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.

Note: Athletes in Sport Class 31-34 and 51-57 shall be provided with an additional number bib to be worn visibly on the back of their racing chair or throwing frame.

8. These bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals that appear on them.
9. Where Photo Finish System is in operation, the Organising Committee may require athletes to wear additional number identification of an adhesive type on the side of their shorts.
Note: For athletes competing in all individual and team track and road wheelchair races, these additional number identifications shall be worn on the helmet.
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.

Prosthetics and Orthotics

12. For Sport Classes T/F35-38, T/F42-47 and F51-57, athletes may wear a prosthetic or orthotic device (s) in order to ensure both legs or both arms allow for balanced and symmetric running but not for any other purpose, and they must not otherwise provide assistance to the athlete.
13. In Track and Road Events athletes in Sports Classes T42-44 with lower limb deficiency who use prosthetic device(s) must complete the event with such device(s).
Note: the use of assistive devices other than permitted in Rule 6.12 to facilitate running is not allowed.
14. In Field Events athletes in Sports Classes T/F42-44 the wearing of prosthetic device(s) is optional. Athletes may use a running, hopping or standing start in jumping events.
15. For Sport Classes T/F42 and T/F43, the actual height of an athlete in his competition leg prostheses shall not exceed his Maximum Allowable Standing Height (MASH) in accordance with IPC Athletics Classification Rules and Regulations Rules Appendix One - 3.1.4.3.1. The height of athletes shall be measured at the Call Room by International Classifiers or Call Room Judges if the former is not appointed at the competition.

Eye mask

16. Athletes in Sport Classes T/F11 must wear approved opaque glasses or an appropriate substitute during all track and/or field events. The opaque glasses or their substitute must be checked and approved by the responsible technical official and must in their opinion be effective in blocking out all light. The opaque glasses or their substitute may be inspected again at any time, including immediately before the start and/or after finish.
Note: it is the responsibility of the athlete to ensure that the opaque glasses or appropriate substitute meet this requirement.

Tether

17. When competing with a guide-runner, athletes in Sport Class T11 and T12 shall be attached to the accompanying guide-runner through a tether which shall be made from non-elastic material and not store energy and/or offer a performance gain to the athlete.

The maximum length between the two furthest points of the tether at its full extension shall not exceed 100cm. The measurement shall be done in the Call Room at its full extension when it is not worn.

Helmets

18. Helmets for Sport Classes T32-34, T51-54.

The wearing of helmets is compulsory in all track and road wheelchair races. The helmet shall be a hard protective shell that has a recognised international safety standard e.g.: Snell b-84/90/95, BSI 6863, EN 1078.

Rule 7: Assistance to Athletes

(IAAF Rule 144)

Medical Examinations 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 to personnel authorised in accordance with the relevant Rules and Regulations.

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

Note: in cases under Rule 7.3(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) Save as otherwise permitted below, pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device (other than those permitted under Rule 7.4(d);
 - b) Possession or use of video recorders, radios, CD, radio transmitters, mobile phones, or similar devices in the competition area;
 - c) Except for devices complying with Rule 6.12, 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 these Rules.
 - d) 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, 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. The following should not be considered assistance:
 - a) Communication between the athletes and their coaches not placed in the competition area. In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the immediate site of each Field Event, should be reserved to the athletes' coaches;
 - b) Medical examination / treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation once on the competition area. Such medical examination / treatment and/or physiotherapy may be provided either on the competition area under Rule 7.1.
 - c) Any kind of personal safeguard (e.g., bandage, tape, belt, support, etc.) for protection or medical purposes. The Referee, in conjunction with the Medical Delegate, shall have the authority to verify any case should he judge that to be desirable. (See also Rule 30.5 and Rule 34.5)
 - 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 persons.

- 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 Rule 7.1 Note). The viewing device or images taken from it must not be taken into the competition area.
5. IPC Athletics recognises the special needs of athletes with a hearing impairment, and is keen to encourage and facilitate their participation in competition. In cases where deaf-blind athletes are competing in an event the Technical Delegate shall have the authority to make appropriate modification to these rules as may be necessary to facilitate the effective participation of those deaf-blind athletes. In principal, no rule modification that disadvantages any other athlete will be allowed.
- Note (i): The use of any hearing aid/amplification of external cochlear implant parts shall only be permitted for the athletes with a hearing impairment in the competition area provided an appropriate medical certificate has been endorsed by IPC Medical Committee/Medical Delegate, and presented a copy of original technical specifications of the device being used at the competition.*
- Note (ii): No hearing aid/amplification of external cochlear implant parts containing radio transmission or reception components shall be permitted in the competition area under Rule 7.3.b.*

Assistance – Track and Road Events

6. Guide-runners for athletes in Sport Classes T11-12 shall be permitted and shall not therefore be considered assistance or pacing. Athletes in Sport Class T11 shall compete accompanied by a guide-runner for all events. Athletes in Sport Class T12 have an option of being accompanied by a guide-runner or competing by themselves. The Local Organising Committee shall provide distinctive vests to identify guide-runners.
7. When a T11-12 athlete starts the event with a guide-runner, the athlete and guide-runner(s) must both finish the event with bona fide effort in accord with these rules for the performance to be recognised.
8. Athletes are encouraged to provide their own guide-runner(s). However, at IPC Competitions (see Chapter 1.1) the organisers should provide an appropriate guide-runner if the athlete's national governing body has requested such assistance and followed the associated "request for a guide-runner" requirements of the Local Organising Committee.
9. The method of guidance between an athlete and his accompanying guide-runner ("the pair") shall be through a tether. In addition, the athlete may receive verbal instruction from the guide-runner. The guide-runner must complete his task while running (or walking) and is not allowed to use any mechanical means of transport.
- Note (i): The tether attachment shall only be established between hand(s) and/or arm(s) of the pair.*

Note (ii): The pair shall retain the tether attachment from the start of the race, except during the process of interchange of guide-runners, until after the first step of the pair lands within 10m before the finish line.

Note (iii): It is recommended that cones or some other visual markers are placed on both sides of the track at the point 10m from the finish so that guide-runners may visually identify the position at which they can release their athletes if so desired.

10. The guide-runner is not allowed to push, pull or otherwise propel athletes in order to gain an advantage at any stage during a race.

Note(i): Slingshotting is regarded as a technique whereby the guide-runner deliberately hurls his arm (attached to the athlete) forward in order to exert propulsion towards the athlete's running direction. Such a technique is not permitted at any stage during a race.

Note(ii): A guide-runner may assist an athlete who has tripped or fallen to regain his footing and/or orientation as long as such assistance does not provide any advantage to the athlete towards his running direction.

11. For races of 5000m or longer athletes are allowed to use two guide-runners. However, only one interchange of guide-runners is permitted for each athlete per race. The interchange must take place without any hindrance to other athletes, and must take place only on the back straight.

Note: Should there be an interchange of guide-runners, the athlete and the substituting guide-runner must both finish the event in order for the performance to be recognised.

12. The intention to interchange guide-runners must be notified in advance to the Referee and Technical Delegate. The technical officials will determine the conditions of the interchange and will communicate these in advance to the athletes.

Note: If the interchange does not take place after the technical arrangement being made, the athlete shall be disqualified from the race.

13. Some athletes in Sports Classes T12, T20, T35-38 and T42-47 may require their starting blocks to be set for them by the Starter's Assistant. The Technical Delegate will provide the appropriate athletes and/or their team coach with a document on which to show their requirements.

Note(i): Upon request, Technical Delegate may permit an assistant to accompany the athlete to the start to set the blocks under special circumstances. The assistant shall withdraw from the field of play prior to the start of the race.

Note(ii): To ensure a safe transfer for athletes in Sport Class T12, Technical Delegate may also permit an assistant to accompany the athletes through the Call Room up to the field of play. The assistant shall withdraw from the field of play prior to the start of the race.

Assistance – Field Events

14. Assistants for athletes in Sport Classes F31-33 and F51-54 will be permitted (one assistant per athlete per event) who can assist the athlete under the control and supervision of the Officials to ensure the athlete transfers safely to the throwing frame, and assist athletes to strap themselves to their throwing frame.

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

15. The assistant must withdraw from the competition area once they have completed these tasks and must follow any directives from officials of the event while they are in the competition area.

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

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

17. For athletes in Sports Class T11 acoustic assistance is permitted during Long Jump, Triple Jump and High Jump. However, no visual modification to the existing facility is permitted. In events where acoustic assistance is being used complete silence shall be requested from spectators.

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

18. During Jump Events athletes in Sports Classes T11 can be accompanied onto the field of play by two assistants to:

- a) act as a caller to provide acoustic orientation during the approach run in High Jump, Long Jump and Triple Jump, and/or;
- b) act as an escort to assist the athlete by positioning and orientating him on the runway before each attempt.

Note (i): Acoustic orientation is permitted before, during and after each attempt. Athletes may only receive guidance other than acoustic orientation from the assistant(s) after the officials have determined whether or not the attempt was a valid one.

Note (ii): During throwing events athletes in Sport Class F11 can be accompanied onto the field of play by one assistant.

19. For athletes in Sports Class T/F12 visual modification of the existing facility is permitted during Field Events (i.e., Paint, chalk, powder, cones, flags, etc) at the discretion of the Technical Delegate. Acoustic signals may also be used.
20. For athletes in Sports Class T/F12, only one assistant is allowed to accompany the athlete onto the field of play to act as caller and/or escort in Jumping and Throwing Events.
Note: The assistant must stand in a position that does not hinder the view of officials. The assistant must not run along-side or behind the athlete during a trial.
21. In Field Events, the assistant shall not conduct other than permitted under Rule 7.14-7.20. If the official in charge of the event decides that an assistant is in breach of these rules (e.g. coaching in competition area), the athlete and his assistant(s) shall be warned by the Referee and advised that, if there is any repetition, the athlete will be disqualified from that event subject to Rule 7.2.
Note: The Organising Committee shall arrange separate waiting areas for athletes and their assistants.
22. Some athletes in Sports Classes T/F20, T/F35-38 and T/F42-47 may require their runway markers to be at a pre-set distance from the take-off board. In this case, prior to the competition, the markers shall be set with assistance from a Field Judge. This would also apply in the javelin. The Technical Delegate will provide the appropriate athletes and/or their team coach with a document on which to show their requirements.

Guide Animals

23. No guide animal shall be permitted in the competition area.

Rule 8: Disqualification

(IAAF Rule 145)

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

1. If an athlete is disqualified any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid. Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition (unless the specific rule provides otherwise).
2. If an athlete is disqualified from an event for acting in an unsporting or improper manner, reference shall be made in the official results giving reasons for such disqualification. If an

athlete is warned for a second time for acting in an unsporting or improper manner in an event, he shall be disqualified from that event. If the athlete's second warning occurs in a different event, he shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event or other previous events shall be considered valid. Disqualification from an event for unsporting or improper behaviour or under Rule 17.5 shall render the athlete liable to disqualification by the Referee from participation in all further events (other than 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 IPC Athletics for potential further sanction.

3. Athletes must ensure that urine is not allowed to drain from storage devices such as leg bags onto the competition or warm-up areas. Failure to do so may result in disqualification.

Rule 9: Competing Outside Sport Class – Eligibility

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

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

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

In IPC Competitions (see Chapter 1.1), the grouping of the Sport Classes shall in principle be in accordance with the Classification Hierarchy Table(s) in Appendix 2.

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

Where more than one Sports Class competes together in Field Events the Raza Points System may be used to determine placings (as shall be determined by the LOC and the TD, depending on whether the event is organised as a 'single class event' or a 'combined class event'). When

using the Raza Points System the numbers after the decimal place should be rounded down. E.g. 1000.501 and 1000.499 would both be 1000pts. Only in the case of a tie would the numbers after the decimal place be considered.

In exceptional and limited circumstances the IPC Athletics shall be entitled to permit the grouping of Sport Classes that do not satisfy the above criteria and the Classification Hierarchy Table(s) in Appendix 2.

Rule 10: Measurements

(IAAF Rule 148)

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

Other than in IPC Competitions (see Chapter 1.1) fiberglass tapes may also be used.

Note: Concerning acceptance of World and/or Regional Records, see Chapter 5.20.a.

Rule 11: Validity of Performances

(IAAF Rule 149)

No performance accomplished by an athlete will be valid unless it is accomplished at an IPC Athletics Recognised Competition (see Chapter 1.1).

Rule 12: Video Recording

(IAAF Rule 150)

In IPC Competitions (see Chapter 1.1) 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 13: Scoring

(IAAF Rule 151)

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

SECTION III – TRACK EVENTS

Rule 14: Wheelchair Requirements

(Sport Classes T32-34 and T51-54)

1. At IPC Competitions (see Chapter 1.1) the wheelchair shall have two (2) large wheels and one (1) small wheel. In other Recognised Competitions the wheelchair may have two (2) large wheels and a maximum of two (2) small wheels. In all competitions the small wheel/s must be at the front of the chair.
2. Wheelchair Dimensions.

No part of the main body (defined as the vertical plane of the back edge and wheels including the seat) of the wheelchair may extend forwards beyond the hub of the front wheel or be wider than the inside of the hubs of the two rear wheels.

The maximum height from the ground to the main body of the wheelchair shall be 50 cm.

No part of the wheelchair may protrude behind the vertical plane of the back edge of the rear tyres.
3. Wheel Dimensions.

The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm.

The maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm.
4. Only one plain, round, push-rim is allowed for each large wheel.

Note (i): This rule may be waived for persons requiring a single arm drive wheelchair, if so stated on their IPC Athletics Classification Form or at the discretion of the Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available.

Note (ii): For T32/33/51/52 athletes who may experience a limitation in their ability to stabilise the wrist during pushing, this rule may be waived and a modification allowed so that a push-rim and wheel disk may be fused together and incorporated into the racing wheel. No other modification that would defeat the general intent of Rule 14.4 is allowed.

Note (iii): No part of the athlete's body shall be strapped to the push-rim or to the wheel.
5. No mechanical gears or levers are allowed to propel the wheelchair.
6. The use of mirrors is not permitted in wheelchair track or road races.
7. Only hand operated, mechanical steering devices are allowed.
8. In all races the athlete must be able to turn the front wheel(s) manually both to the left and to the right.
9. The use of fairings or similar devices specifically designed to improve the aerodynamic performance of the athlete in the wheelchair are not permitted.

10. Wheelchairs will be measured and inspected in the Call Room and once inspected must not be taken from the competition area before the start of the event. Wheelchairs can be re-examined by the officials before or after the event.
11. It is the responsibility of the athlete to ensure that their wheelchair conforms to the requirements stipulated above. No event shall be delayed while an athlete makes adjustments to their wheelchair.
12. If the Technical Officials believe that a wheelchair and/or the athlete using it represent a safety risk they shall be authorised to disqualify the athlete from an event.
Note: For safety, athletes should secure their lower limb(s) so they don't fall to the ground and cause injury.
13. Notwithstanding the above provisions for T32 athletes:
 - a) In all competitions the wheelchair configuration may have two (2) large wheels and a maximum of two (2) small wheels;
 - b) The athlete may propel the chair with their feet and can do so forwards or backward;
 - c) Are exempt from any rules insisting that no part of their limbs should fall to the ground or track during an event.

Rule 15: Track Measurements

(IAAF Rule 160)

1. The length of a standard running track shall be 400m. It shall consist of two parallel straights and two bends whose radii shall be equal.
The inside of the track shall be bordered by a kerb of suitable material 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 shall be marked with a white line 50mm in width and by cones or flags, minimum height 0.2m, 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 outer half of the track in the case of starts for distance races where the field is started in two groups under Rule 17.11 and optionally to the straights, in this latter case, at intervals not exceeding 10m.
2. The measurement must be taken 0.3m outward from the kerb or, where no kerb exists on a bend, 0.2m from the line marking the inside of the track.

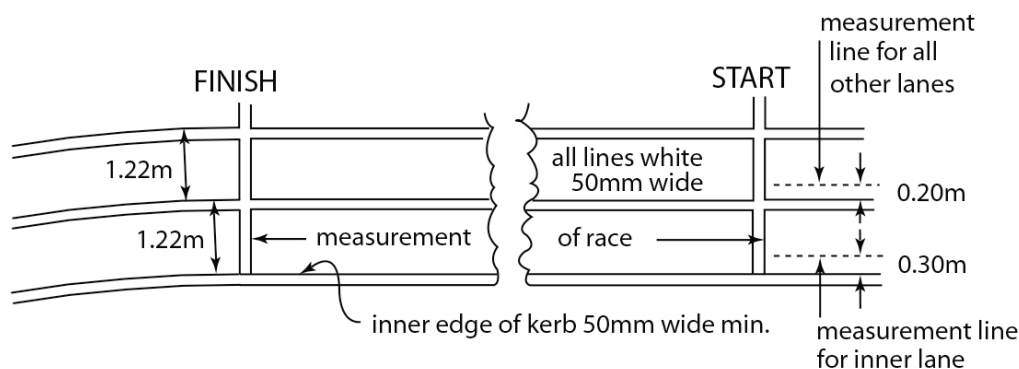


Figure 1 – Track Measurements (infield view)

3. The distance of the race shall be measured from the edge of the start line farther from the finish to the edge of the finish line nearer to the start.
4. In all races up to and including 400m, each athlete shall have a separate lane, with a width of $1.22\text{m} \pm 0.01\text{m}$, including the lane line on the right, marked by white lines 50mm in width. All lanes shall be of the same nominal width. The inner lane shall be measured as stated in Rule 15.2, but the remaining lanes shall be measured 0.2m from the outer edges of the lines.

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

5. In IPC Competitions (see Chapter 1.1) 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 should 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 only, which must be followed.

Rule 16: Starting Blocks

(IAAF Rule 161)

1. Starting blocks may be used for sport classes T35-38 and T42-47 in all races up to and including 400m (including the first leg of the 4x200m and 4x400m) but shall not be used for any other race. Starting Blocks must be used for sport classes T11-13 and T20 in all races up to and including 400m. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane. Starting blocks shall comply with the following general specifications:
 - a) They shall be entirely rigid in construction and shall give no unfair advantage to the athlete;
 - b) They shall be fixed to the track by a number of pins or spikes, arranged to cause the minimum possible damage to the track. The arrangement shall permit the starting blocks to be quickly and easily removed. The number, thickness and length of pins or spikes depend on the track construction. The anchorage shall permit no movement during the actual start;
 - c) When an athlete uses his own starting blocks, they shall comply with the above general description. They may be of any design or construction, provided that they do not interfere with other athletes;
 - d) When starting blocks are provided by the 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.

Note: It is not a requirement for athletes in Sport Classes T35-38 and T42-44 to use both foot plates when using a starting block.

2. In IPC Competitions (see Chapter 1.1), performances submitted for ratification as a World/Regional Record for Sport Classes T11-13 and T20 shall require that the starting

blocks be linked to an IAAF approved Start Information System. This system is strongly recommended for all other competitions.

3. The Organising Committee may insist that only starting blocks provided by them may be used.

Note (i): Some athletes in Sports Classes T20, T35-38 and T42-47 may require their starting blocks to be set for them by the Starter's Assistant. The Technical Delegate will provide the appropriate athletes and/or their team coach with a document on which they will be able to indicate their requirements (as per Rule 7.13).

Note (ii): Use of personal starting blocks shall require approval from the Technical Delegate.

Rule 17: The Start

(IAAF Rule 162)

Note: Athlete(s) in Sport Class T11 and T12 under this rule shall refer to athlete(s) and/or guide-runner(s). In the event a breach of the rule committed by a guide-runner resulting in warning, or disqualification the accompanying athlete shall be consequently warned or disqualified.

1. The position of 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 0.3m in width and made 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.

In all races of Sport Classes T11-13 and T20 up to and including 400m (including the first leg of the 4x200m and 4x400m), a crouch start and the use of starting blocks are compulsory.

Note: A crouch start stance is not required by athletes in Sport Classes T35-38 and T42-47

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

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

Note: If an athlete has a hearing impairment the starter or his assistant may use a flag, a strobe light or other visual device as well as a pistol to signal the start. In some circumstances, for athletes with both a visual and a hearing impairment, an official may touch an athlete to signal the start.

3. The commands of the Starter must be in English only. For all races up to and including 400m (including 4x200m and 4x400m) the command will be "On your marks" and then "Set". When all athletes are "Set", the gun shall be fired. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his marks. In races longer than 400m, the command will be "On your marks" and when all athletes are steady, the gun will be fired. In races longer than 400m athletes shall not touch the ground with their hand or hands during the start.
4. In races up to and including 400m after the "On your marks" command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. For Sport Classes T11-13 and T20, 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.

In case of wheelchair races (classes T32-34 and T51-54) the following commands and positions are required. After the 'On Your marks' command, an athlete shall approach the start line, assume a position entirely within his allocated lane and behind the start line. At the 'Set' command, an athlete should immediately take up his final starting position retaining the contact of the front wheel with the ground behind the line".

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

Where an athlete in the judgment of the Starter,

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

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

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

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

6. In wheelchair races of 800m or longer the starter has the authority to recall a race for a restart (but is not obliged to do so) if a collision involving any athletes in the race occurs in the first 50m. This does not reduce or remove the authority of the Referee to take appropriate action on reports received from umpires during this portion of the race.

False Start

7. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgment of the Starter or Recaller, 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 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 the 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.

8. Any athlete responsible for a false start shall be disqualified by the Starter.
9. In case of a false start, the Starter's Assistants shall proceed as follows:
The athlete(s) responsible for the false start shall be disqualified and a red and black card (diagonally halved) shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).
10. The Starter or any Recall Starter, who is of the opinion that the start was not a fair one, for whatever reason, shall recall the athletes by firing a gun.

5000m and 10,000m

11. When there are more than 12 people including athletes and their guide-runner(s) in a distance race, they may be divided into two groups for the purpose of the start. One group comprising approximately two thirds of the field shall be placed on the regular arced start line and the second group on a separate arced start line marked across the outer half of the track. The outer group shall run as far as the end of the first bend on the outer half of the track, which shall be marked by cones or flags. The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance. Any athlete in the second group who fails to keep within the marked outer lanes during such a start will be disqualified on the same grounds as any athlete who runs out of his lane.
The break line for an 800m race indicates where the athletes in the second/outer group may join the athletes using the regular start in races which start at the normal (home straight) start finish line. For races that start in the back straight (200m start position) the track shall be marked at the beginning of the finish straight for group starts to indicate where athletes starting in the second/outer group may join the athletes using the regular start. This mark may be a 50mmx50mm 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 18: The Race

(IAAF Rule 163)

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

Obstruction

2. If an athlete or the athlete's guide-runner is jostled or obstructed during an event so as to impede his progress:
 - 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 or his guide-runner is found responsible for the jostling or obstruction by the Referee, 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 was seriously affected, order that the race be re-held excluding any disqualified athlete (or team) or allow the affected athlete(or team)(other than any disqualified athlete or team) to compete in a subsequent round of the event.

In both cases (a) and (b), such athlete (or team) should normally have completed the event with bona fide effort.
3. During wheelchair races propulsion by any other method except the athlete pushing on the wheels or push-rims will result in disqualification.
4. During wheelchair races an athlete coming from behind in an attempt to overtake carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The athlete being overtaken has the responsibility not to obstruct or impede the incoming athlete once the front wheel(s) of the athlete are in sight.

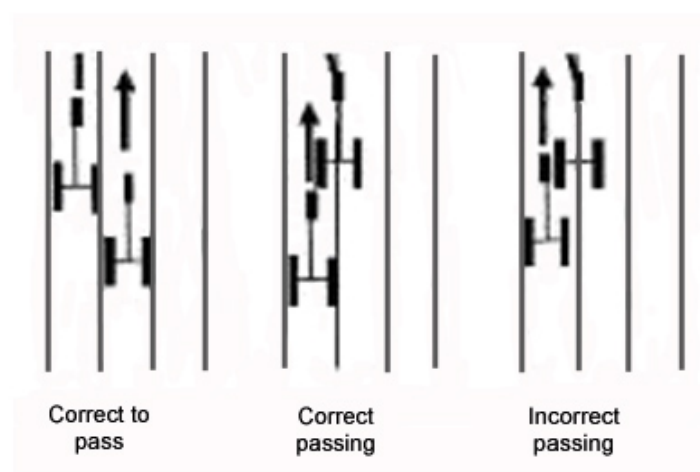


Figure 2 – Wheelchair overtaking

Lane Infringement

5. a) In all races run in lanes, each athlete or the athlete's guide-runner shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race where there is a requirement to run in lanes.
- 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 17.11, shall not step or run on or inside the kerb or line marking the applicable border(the inside of the track or the outer half of the track).

Except as stated in Rule 18.6, 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.

6. An athlete or the athlete's guide-runner shall not be disqualified for running out of his lane if he:
 - a) is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border, or;
 - b) steps or runs outside his lane in the straight or outside the outer line of his lane on the bend, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress.

7. In IPC Competitions (see Chapter 1.1) the start of the 800m event shall be run in lanes for as far as the nearer edge of the break line where athletes may leave their respective lanes. The break line shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. To assist athletes in identifying the break line, small cones or prisms, 50mmx50mm no more than 0.15m high, and preferably of different colour from the break line and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the break line. If an athlete or his accompanying guide-runner does not follow this Rule he, or in case of a relay team his team, shall be disqualified.

Note (i): Cones should not be placed on the track for wheelchair races.

Note (ii): For wheelchair races, a flag, 1.5m high must be positioned on both ends of the break line. One on the infield and the other on the outside of the track.

Note (iii): For wheelchair races, athletes may leave their respective lanes when the bottom of both rear wheels which are touching the ground have gone past the nearer edge of the break line close to the start line.

Note (iv): In IPC Approved Competitions (see Chapter 1.1), countries may agree not to use lanes.

8. For athletes in Sport Class T11 and T12, in track events run entirely or partly in lanes, each shall be allocated 2 lanes. The start lines in a staggered start will be lanes 1, 3, 5 or 7.

Leaving the Track

9. An athlete and/or the accompanying guide-runner who during the course of a race voluntarily leaves the track, the athlete will not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete and/or his guide-runner attempt to re-enter or continue in the race the athlete shall be disqualified by the Referee.

Check-Marks

10. Except as stated in Rule 23.3, athletes may not make check-marks or place objects on or alongside the running track for their assistance.

Wind Measurement

11. All wind gauge equipment shall have been identified on the IAAF certified equipment list, and the accuracy of the gauge used shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.
12. Non-mechanical wind gauges shall be used at all IPC Competitions (see Chapter 1.1) and for any performance submitted for ratification as a World/Regional 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.
13. The Track Referee shall ensure that the wind gauge for Track Events is placed beside the straight, adjacent to lane 1, and 50m from the finish line. It shall be positioned 1.22m high and not more than 2m away from the track.
14. The wind gauge may be started and stopped automatically and/or remotely, and the information conveyed directly to the competition computer.
15. The periods for which the wind velocity shall be measured are as follows:
In the 100m event – for 10 seconds immediately following the start.
In the 200m event – the wind velocity shall be measured for a period of 10 seconds commencing when the first athlete enters the straight.
16. The wind gauge shall be read in metres per second, rounded to the next higher tenth of a meter per second, unless the second decimal is zero, in the positive direction (that is, a reading of +2.03 meters per second shall be recorded as +2.1; a reading of -2.03 meters per second shall be recorded as -2.0). Gauges that produce digital readings expressed in tenths of meters per second shall be constructed so as to comply with this Rule.

Indication of Intermediate Times

17. Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee. This approval shall be given only when there are no time displays visible to athletes at the relevant point and in circumstances where such times will be provided to all athletes in the race.

Athletes who receive intermediate times that have been communicated in violation of this Rule shall be considered to have received assistance and will be subject to the provisions of Rule 7.2.

For Sport Class T12 in events of 800m and above, athletes who compete without a guide-runner may have assistance from personnel other than from competition officials, who will be permitted to call intermediate times from a designated area inside the competition area adjacent to the start line of the respective event where appropriate. The placement of this area shall be determined by the Technical Delegate.

Note: Individuals who are placed in this location inside the competition area are not permitted to give any guidance to the athletes other than the reading of intermediate times. In violation of this Rule, the athlete concerned shall be warned or disqualified subject to Rule 7.2

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 to personnel authorised in accordance with the relevant Rules and Regulations.

Drinking / Sponging

18. In Track Events of 5000m and 10000m, the Organising Committee may provide water and sponges to athletes if weather conditions warrant such provision.

Rule 19: The Finish

(IAAF Rule 164)

1. The position of 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 ambulant athletes shall be placed in the order in which any part of their torso (not the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.

3. In wheelchair races the athletes shall be placed in the order in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.
4. In races for athletes in Sports Class T11 and T12 competing with a guide-runner then the athlete must reach the nearer edge of finish line in front of the guide-runner or the athlete will be disqualified.
5. Event Time Limits (Sport Classes T32-34 and T51-54)
In wheelchair races of 1500m or longer, officials may conclude the event and clear the track after an agreed time limit has expired. Any athlete who has not completed the set distance when an event is concluded shall be shown in the official results as “DNF” (i.e., Did Not Finish). The referee has the authority to remove any athlete who has been overlapped.

Rule 20: Timing and Photo Finish

(IAAF Rule 165)

1. Three alternative methods of timekeeping shall be recognised as official:
 - a) Hand Timing;
 - b) Fully Automatic Timing obtained from a Photo Finish System;
 - c) For road races only - timing provided by a Transponder System.
2. Save for wheelchair races, under Rule 20.1 (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. In wheelchair races the time shall be taken to the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.
4. Times for all finishers shall be recorded. In addition, whenever possible, lap times in races of 800m and over shall be recorded.

Hand Timing

5. The Timekeepers shall be in line with the finish and where possible, they should be placed at least 5m from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.
6. Timekeepers shall use manually operated electronic timers with digital readouts. All such timing devices are termed “watches” for the purpose of the Rules.

7. The lap and intermediate times shall be recorded either, by designated members of the timekeeping team using watches capable of taking more than one time, or by additional Timekeepers, or by transponders.
8. The time shall be taken from the flash / smoke of the gun.
9. Three official Timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional Timekeepers shall time the winner of every event and any performances for record purposes.

The times recorded by the additional Timekeepers' watches shall not be considered unless one or more of the official Timekeepers' watches fail to record the time correctly, in which case the additional Timekeepers shall be called upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official winning time.
10. Each Timekeeper shall act independently and without showing his watch to, or discussing his time with, any other person, shall enter his time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported times.
11. For all hand-timed races, times shall be read and recorded as follows:
 - a) For races on the track, unless the time is an exact 1/10th of a second, the time shall be read and recorded to the next longer 1/10th of a second, 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., for the Marathon 2:39:44.3 shall be recorded as 2:39:45.
12. If, after converting as indicated above, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time. If all three watches disagree, the middle time shall be official. If only two times are available and they disagree, the longer time shall be official.
13. The Chief Timekeeper, acting in accordance with the Rules mentioned above, shall decide the official time for each athlete and provide the results to the Competition Secretary for distribution.

Fully Automatic Timing and Photo Finish System

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

The System

15. To be approved by the IAAF, a system must have been tested and have a certificate of accuracy 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 as defined in Chapter 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 seconds.
16. 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 backed 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 also be placed on each side of the intersection of an appropriate lane and the finish line to further facilitate reading.
17. The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.
18. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of any athlete. Additionally, the system shall provide a tabular overview which shows the time 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.
19. 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 of the System

20. The Chief Photo Finish Judge shall be responsible for the functioning of the System. Before the start of the competition, he will meet the technical staff involved and 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 of 0.001 second. He shall supervise the testing of the equipment and ensure that the camera(s) is correctly aligned.
21. There should be at least two photo finish cameras in action, one from each side. Preferably, these timing systems should be technically independent, i.e., with different power supplies and recording and relaying the report of the Starter's 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).
22. In conjunction with his Assistants, the Chief Photo Finish Judge shall determine the placing of the athletes and, as a consequence, their official times. He shall ensure that these results are correctly entered in or transferred to the competition results system and conveyed to the Competition Secretary.
23. Times from Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. At the discretion of the TD, such back-up Timekeepers may be appointed where any possibility exists of failure of the timing system.
24. Times shall be read and recorded from the Photo Finish image as follow:
 - a) For all track races, the time shall be read, 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 held partly or entirely outside the stadium, the time shall be read, converted to 0.01 second and recorded to the next longer whole second, e.g., for the Marathon, 2:39:44.32 shall be recorded as 2:39:45.

Transponder System

25. The use of Transponder Timing Systems approved by IPC Athletics for road race events is permitted provided that:

- a) None of the equipment used at the start, along the course or at the finish line constitutes a material obstacle or barrier to the progress of an athlete;
- b) The weight of the transponder and its housing carried or worn by the athletes is not significant;
- c) The System is started by the Starter's gun or synchronized with the start signal;
- d) The System requires no action by an athlete during the competition, at the finish or at any stage in the result processing;

- e) 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., for the Marathon, 2:39:44.3 shall be recorded as 2:39:45;

Note: The official time shall be the time elapsed between the firing of the starting gun (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) 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.

26. 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 20.25(f).

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

(IAAF Rule 166)

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

2. The preliminary rounds shall be arranged by the appointed Technical Delegates. If no Technical Delegates have been appointed they shall be arranged by the 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,

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

800m, 4x100m, 4x200m, 4x400m

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

1500m

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

5000m

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

10,000m

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

The following alternative tables shall be used for the specific class or class combination as denoted in the respective table. For class combination not entirely covered by the below tables, the above regular tables shall normally be applied, otherwise an appropriate table shall be determined by the Technical Delegate.

100m, 200m, 400m, 800m (T11-12)

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
5-8	2	1	2						
9-12	3	1	1						
13-16	4	1	4				2	1	2
17-20	5	1	7				3	1	1
21-24	6	1	6				3	1	1
25-28	7	1	5				3	1	1
29-32	8	1	8	4	1	4	2	1	2

1500m (T11-12)

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
7-12	2	2	2						
13-18	3	1	3						

5000m, 10000m (T11-12)

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
11-20	2	3	4						
21-30	3	2	4						

1500m, 5000m (T32-34 and T51-54)

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
11-20	2	3	4						
21-30	3	3	1						
31-40	4	4	4				2	3	4

10000m (T32-34 and T51-54)

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
13-24	2	4	4						
25-36	3	3	3						
37-48	4	3	0						

4x100m, 4x400m (T11-13, T32-34, T51-52 and T53-54)

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
5-8	2	0	4						
9-12	3	0	4						
13-16	4	0	8				2	0	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 21.3.

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 Paralympic Games, alternate tables may be included in the relevant Technical Regulations.

Ranking and Composition of Heats

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

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

- a) For events of 100m to 400m inclusive, and relays up to and including 4x400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:
 - (i) Fastest heat winner
 - (ii) 2nd fastest heat winner
 - (iii) 3rd fastest heat winner, etc.
 - (iv) Fastest 2nd place
 - (v) 2nd fastest 2nd place
 - (vi) 3rd fastest 2nd place, etc.
 - (Concluding with)
 - (vii) Fastest time qualifier
 - (viii) 2nd fastest time qualifier
 - (ix) 3rd fastest time qualifier, etc.
- b) For other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).

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

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

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

Draw for Lanes

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

- a) In the first round and any preliminary qualification round as per Rule 21.1, 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 above.

Three draws will then be made:

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

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

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

Note (iii): In any 800m race, including a final, where for any reason there are more athletes competing than lanes available, the Technical Delegate 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. For any track events 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 21.2, 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 22 applies, any other athletes may qualify by place or by time according to Rule 21.2 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 22: Ties

(IAAF Rule 167)

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

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 23: Relay Races

(IAAF Rule 170)

1. Lines 50mm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.
2. Each take-over zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. 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 officials shall also ensure that Rule 23.3 is observed.
3. When all or the first portion of a relay race is being run in lanes, an athlete or guide-runner may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.
4. 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 (± 2 mm) and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.
5.
 - a) A baton shall be used for all Relay Races held in the Stadium and shall be carried by hand throughout the race except as stated in Rule 23.6 for wheelchair relays and amputee relays. At least in IPC Competitions (see Chapter 1.1), 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 and guide-runners are not permitted to wear gloves or to place material (other than those permitted by Rule 7.4(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 or guide-runner 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 or guide-runner 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 this procedure is adopted and no other athlete or guide-runner is impeded, dropping the baton shall not result in disqualification.

If an athlete or guide-runner does not follow this Rule, his team shall be disqualified.

6. The baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving athlete or guide-runner and is completed the moment it is in the hand of only the receiving athlete or guide-runner. In relation to the take-over zone, it is only the position of the baton that is decisive, and not the position of the bodies of the athletes. Passing of the baton outside the take-over zone shall result in disqualification.

For wheelchair relays (T33-34, T51-52 and T53-54) and amputee relays (T42-47) the Take-over shall be by a touch on any part of the body of the outgoing athlete. The first touch must be within the Take-over Zone. Pushing outgoing athlete to gain advantage during Take-over shall result in disqualification.

7. Athletes and guide-runners, before receiving and/or after handing over the baton, should keep in their lanes or zones or maintain position until the course is clear to avoid obstruction to other athletes and guide-runners. Rule 18.5 and Rule 18.6 shall not apply to those athletes and guide-runners. If an athlete or guide-runner impedes a member of another team by running out of position or lane at the finish of his leg, Rule 18.2 shall be applied.
8. Baton Exchange for T11-13 Relays:
 - a) Either the athlete or the guide-runner can carry the baton;
 - b) The baton exchange may take place between either guide-runners or athletes without restriction, except that the conditions of the method of guidance must be met;
 - c) A fair exchange is established when the baton carrier passes the baton to the baton receiver within the take-over zone;
 - d) Once the outgoing athletes and/or guide-runner leaves the take-over zone they can re-enter the take-over zone to receive the baton (i.e., if they go too early);
 - e) One (1) assistant per take-over zone will be allowed on the track to help with the positioning of any T12 athlete competing without a guide-runner. The assistant must leave the competition area prior to the start of the event and must remain in a position designated by the technical officials which does not interfere with the conduct of the race. In violation of this rule, the athlete shall be warned or disqualified subject to Rule 7.2.
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 advantaged is obtained.

10. Each member of a relay team may run one leg only. Any four athletes and with their accompanying guide-runner(s) from among those entered for the competition, 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 who have been entered in the same race and their corresponding guide-runners 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 are only permitted in the event that illness or injury prevents an officially declared athlete from competing, and this 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. At Recognised Competitions relays can be contested in accord with clusters of Sports Classes and associated team composition requirements stipulated in the Table below.

Sports Class/es	Relay Team Composition Requirements
T11-13	Must include a minimum of one (1) Sports Class T11 athlete and can only include a maximum of one (1) Sports Class T13 athlete.
T33-34	Must include at least one (1) Sports Class T33 athlete
T35-38	Can only include a maximum of two (2) Sports Class T38 athletes
T42-47	Can only include a maximum of two (2) Sports Class T46/47 athletes
T51-52	Must include at least one (1) Sports Class T51 athlete
T53-54	Must include at least one (1) Sports Class T53 athlete

12. The 4x100m race shall be run entirely in lanes.
13. The 4x200m 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 break line described in the Rule 18.7, 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 break line described in Rule 18.7, 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 4x400m 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 break line described in Rule 18.7 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 break line described in Rule 18.7, where athletes may leave their respective lines (one bend in lanes).

Note: In relay races other than visually impaired and wheelchair, where not more than four teams are competing, it is recommended that option (b) should be used.

15. In ambulant relay races of 4x100m and 4x200m, members of a team other than the first athlete/guide-runner may commence running not more than 10m outside the take-over zone. A distinctive mark shall be made in each lane to denote this extended limit. If an athlete/guide-runner does not follow this Rule, his team shall be disqualified.

In wheelchair relay races of 4x100m and 4x400m members of a team, other than the first athlete, may commence pushing no more than 20m outside the take-over zone. 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.

16. For all takeovers in the ambulant 4x400m race, athletes are not permitted to begin running outside their take over zones, and shall start within this zone. If an athlete does not follow this Rule, his team shall be disqualified.

17. The athletes/guide-runners in the third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes/guide-runners have passed this point, the waiting athletes/guide-runners shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. If an athlete/guide-runner does not follow this Rule, his team shall be disqualified.

Note: In the 4x200m relay race (if this event is not run entirely in lanes) where the previous leg is not run in lanes, the athletes/guide-runners shall line up in the order of the start list (inside to out).

18. For wheelchair relays and relays for Sports Classes T11-13 (i.e., involving guide-runners), where it is required for the relay to be run in lanes, each team shall be allocated two adjacent lanes. The athletes/guide-runners may use either of their two allocated lanes. The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distances of the stages and to denote the scratch lines. Changes will take place as for lanes 1, 3, 5 and 7. The extension-of-start and exchange box lanes should be done with tape of the same colour and width as the existing lane markings.
19. In any relay race, when lanes are not being used, including when applicable, in 4x200m and 4x400m, waiting athletes/guide-runners can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete/guide-runner so as to impede his progress. In 4x200m and 4x400m, waiting athletes/guide-runners shall maintain their order in accordance with Rule 23.17. If an athlete/guide-runner does not follow this Rule, his team shall be disqualified.

SECTION IV - FIELD EVENTS

Rule 24: General Conditions

(IAAF Rule 180)

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,
 - a) The runway or take-off area;
 - b) Implements;
 - c) The circles or the ground within the sector with or without implements.

Markers

3.
 - a) In Field Events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the 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 that leaves indelible marks;
 - b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete's own trial, and shall not impair the view of the judges. No personal markers may be placed in or beside the landing area;

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

Performance Markers and Wind Socks

4.
 - a) A distinctive flag or marker may also be provided to mark the existing World Record and, when appropriate, the existing Regional, 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 Rule 2.13.5 and Rule 8.2. If there is a preliminary round, there shall be a fresh drawing of lot for the final.

- 6. Except for the High Jump and the Seated Throwing Events, 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, 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 24.23 shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final allowed three additional trials

In Seated Throwing Events the first three and last three trials shall be staged for each athlete consecutively. In the case of a tie in High Jump for the last qualifying place, it shall be resolved as described in Rule 24.23 below.

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

In both cases:

- a) The competing order for the last three rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials.

Note (i): During Seated Throwing Events (Sport Classes F31-34, F51-57) no reversal of throwing order will take place after the 3rd rounds except where the first three rounds are held in two or more pools. In such circumstances the final three rounds will be held in reverse order of performance.

Note (ii): For Seated Throwing Events (Sport Classes F31-34, F51-57) with eight (8) or less athletes, the Technical Delegate may decide, in cooperation with the Competition Organisers, to stage six throws in succession for each athlete.

Note (iii): For Seated Throwing Events (Sport Classes F31-34, F51-57) with more than eight (8) athletes, to guarantee a quick conduct of the event, the Technical Delegate may also decide to stage six throws in succession for each athlete. In that situation all

athletes will have six (6) attempts. The Technical Delegate may not decide this in cases where the first three Rounds are held in two or more pool.

Note (iv): In IPC Competitions (see Chapter 1.1), where possible, it is not recommended to apply the six throws in succession option.

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

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

Note (ii): If one or more athlete(s) is permitted by the Referee to continue in a competition under protest in accordance with 4.1.4(c), such athletes shall compete in all subsequent rounds of trials before all other athletes continuing in the competition and if more than one, in the same relative order according to the original draw.

Recording of Trials

- 7. Except in High Jump, a valid trial shall be indicated by the measurement taken.

For the standard abbreviation and symbols to be used in all other case see Rule 2.20.3

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 these Rules;
- b) In the case of horizontal jumps, once the athlete leaves the landing area in accordance with these Rules;
- c) In the case of throwing events for ambulant athletes, once the athlete leaves the circle or runway in accordance with these Rules;
- d) In the case of seated throwing events, once the implement has landed within the permitted zone.

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 wherever possible 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 high jump.
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. It is desirable that 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, 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, the athletes, not eliminated after three consecutive failures, shall continue to compete according to Rule 25.2 (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. 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 distances or heights in the overall results of the competition Rule 24.23 shall be applied. If it is determined that there is still a tie, the tying athletes shall be placed in the final.
16. When a qualifying competition for the High Jump is held in two simultaneous groups, it is recommended that the bar be raised to each height at the same time in each group. It is also recommended that the two groups be of approximately equal strength.

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.

The following times should not normally be exceeded:

Individual Events

Number of athletes left in the competition

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

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

Note (ii): In the High Jump, any change in the time period allowed for a trial, 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.

Note (v): In Field Events for Sport Classes 11 and 12 where athletes receive assistance from Callers or Escorts, the time allowed shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation. Should any athlete request verbal confirmation of the starting of the timing clock; an official shall give such confirmation.

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

Note (vii): In Seated Throwing Events, the time allowed shall begin from the moment when the throwing implement has been presented to the athlete after the throwing frame has been fixed to the throwing circle and athlete has been strapped and positioned on that frame.

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

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

Note: Neither the wind strength nor its change of direction is sufficient 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, those achieved in resolving a tie for the first place.
22. Athletes in Classes T42-44 may use a running, hopping or standing start in jumping events.

Ties

23. Except for the High Jump, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this Rule 24.23, it shall be determined to be a tie.
- Except for the High Jump, in the case of a tie for any place, including first place, the tie shall remain (See Rules 25.9, Rule 25.10).

A. VERTICAL JUMP

Rule 25: General Conditions

(IAAF Rule 181)

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

Trials

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

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

If an athlete 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.

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

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

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

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.

Prosthesis Considerations

(Sport Classes F42-44)

7.
 - a) If the prosthesis is lost during the run-up then the athlete can continue without the prosthesis, or fix/ adjust the prosthesis and recommence the trial provided he is within the time allowed for the trial ;
 - b) If the prosthesis is lost during the process of jumping and the prosthesis does not clear the bar it shall be counted as a failure and recorded as such.

Crossbar

8. The crossbar shall be made of fiberglass, or other suitable material but not metal, and shall be circular in cross-section except for the end pieces. The overall length of the crossbar shall be 4.00m \pm 0.02m in the High Jump.

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

The crossbar shall consist of three parts - the circular bar and two end pieces, each 30mm-35mm wide and 0.15-0.20m long for the purpose of resting on the supports of the uprights. These end pieces shall have one clearly defined flat surface on which the bar rests on the crossbar supports.

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

The crossbar shall have no bias and, when in place, shall sag a maximum of 20mm.

Control of elasticity: Hang a 3kg weight in the middle of the crossbar when in position. It may sag a maximum of 70mm in High Jump.

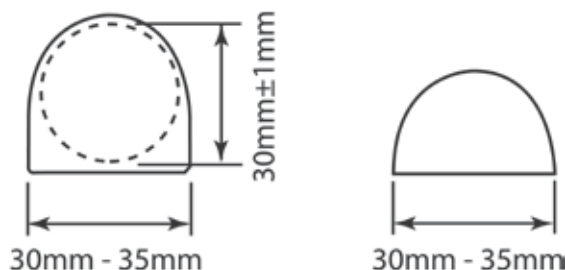


Figure 3 – Alternative ends for crossbar

Placings

9. If two or more athletes clear the same final height the procedure to decide the places will be the following:
 - a) The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place;
 - b) If the athletes are equal following the application of the above Rule the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place;
 - c) If the athletes are still equal following the application of this Rule the athletes concerned shall be awarded the same place unless it concerns the first place;
 - d) If it concerns the first place a jump-off between these athletes, it shall be conducted in accordance with Rule 25.10, unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

Jump-off

10. If there is a jump-off:
 - a) The athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decide not to jump further;
 - b) Each athlete shall have one jump at each height;
 - c) The jump-off shall start at the next height determined in accordance with Rule 25.1 after the height last cleared by the athletes concerned;

- d) If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm;
- e) If an athlete does not attempt a height in a jump-off he automatically forfeits any claim to the first place. If only one other athlete then remains he is declared the winner regardless of whether he clears that height.

High Jump – Example

What follows is a ‘worked example’ only

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

1.75m; 1.80m; 1.84m; 1.88m; 1.91m; 1.94m; 1.97m; 1.99m...

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

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

The Rule regarding ties now comes into operation; the Judges add up the total number of failures, up to and including the height last cleared, i.e., 1.88m.

“D” has more failures than “A”, “B” or “C”, and is therefore awarded fourth place. “A”, “B” and “C” still tie and as this concerns the first place, they shall have one more jump at 1.91m which is the next height after the height last cleared by the athletes tying.

As all the athletes tying failed, the bar is lowered to 1.89m for another jump-off. As only “C” failed to clear 1.89m, the two other tying athletes, “A” and “B” shall have a third jump-off at 1.91m which only “B” cleared and is therefore declared the winner.

Extraneous Forces

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

Rule 26: High Jump

(IAAF Rule 182)

Competition

- An athlete shall take off from one foot.
- An athlete fails if:
 - After the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping, or;
 - 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.
 - He touches the crossbar or the vertical section of the uprights when running up without jumping.*

Note (i): To assist in the implementation of this Rule a white line 50mm wide shall be drawn (usually by adhesive tape or similar material) between points 3m outside of each upright, the nearer edge of the line being drawn along the vertical plane through the nearer edge of the crossbar.

Note (ii): Athletes in Sport Class T11 may touch the bar as an aid to orientation before commencing the run up. If, on so doing, the athlete dislodges the bar this will not count as an attempt.

Note (iii): Athletes in Sport Class T12 and T13 may place an appropriate visual aid on the bar.

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 IPC Competitions (See Chapter 1.1), where the minimum 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. The landing area should be placed so the athlete's approach is up the inclination.
5. The take-off area shall be generally level and free from any material inclination and shall be in accordance with Rule 26.4 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 no more than 4.04m.
7. The uprights or posts shall not be moved during the competition unless the Referee considers that either the take-off or landing area has become unsuitable. In such a case, the change shall be made only after a round of trials has been completed.
8. The 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.

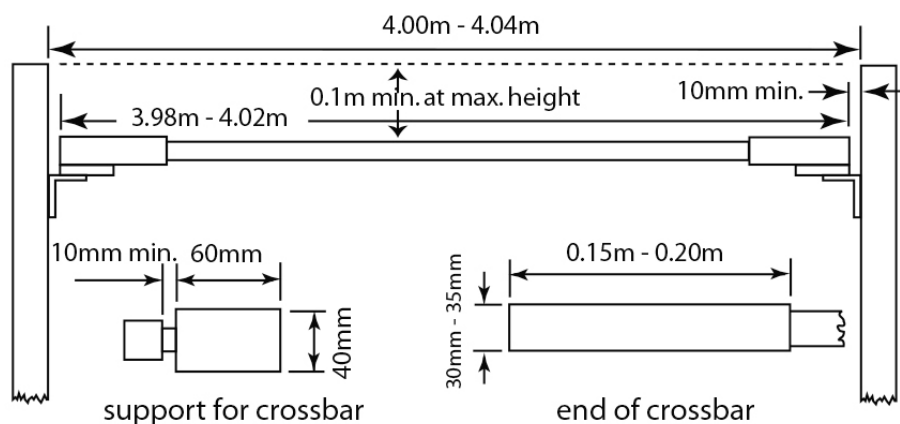


Figure 4 – High Jump uprights and crossbar

9. There shall be a space of at least 10mm between the ends of the crossbar and the uprights.

Landing Area

10. For IPC competitions (see Chapter 1.1), 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.

B. HORIZONTAL JUMPS

Rule 27: General Conditions

(IAAF Rule 184)

Distance Measurements

1. The measurement of each Jump shall be made immediately after each valid trial (or after an immediate oral protest made under Chapter 4.1). 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.
2. In all horizontal jumping events, distances shall be recorded to the nearest 0.01m, rounded down to the nearest 0.01m if the distance measured is not a whole centimetre.

Runway

3. The minimum length of the runway shall be 40m, measured from the relevant take-off line to the end of the runway. It shall have a width of $1.22\text{m} \pm 0.01\text{m}$ 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.

4. The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify the IAAF providing an exemptions and in the last 40m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

Wind Measurement

5. The wind gauge shall be the same as described in Rule 18.11 and 18.12. It shall be operated as described in Rules 18.14 and 18.15 read as per Rule 18.16.
6. 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. 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.

Prosthesis Considerations

(Sport Classes F42-44)

7.

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

Rule 28: Long Jump

(IAAF Rule 185)

The Competition

1. An athlete fails if:
 - a) he while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping, or;
 - b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line or;
 - c) he 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 28.2.
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 28.1(b), he takes off before reaching the board.
- c) under Rule 28.1(b) a part of his shoe/foot is touching the ground outside either end of the take-off board (or take-off area for Sport Classes T11 and T12), 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 board or, or the ground outside the landing area, unless such contact contravenes Rule 28.1(d) or (e); or
- e) he walks back through the landing area after having left the landing area in the manner described in Rule 28.2 or;

The Take-off Board and Take-off Area

- 4. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.
- 5. For athletes in Sport Classes T11 and T12 athletes the take-off area shall consist of a rectangle 1.00m x 1.22m as depicted in Figure 6 which must be prepared in such a way (by use of chalk, talcum powder, light sand, etc.) that the athlete leaves an impression on the area with his/her take-off foot.
- 6. The distance between the take-off line and the far end of the landing area shall be at least 10m.
- 7. The take-off line shall be placed between 1m and 3m from the nearer end of the landing area.
- 8. Construction. The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure 1.22m \pm 0.01m long, 20cm (\pm 2mm) wide and not more than 10cm deep. It shall be white.
- 9. Plasticine Indicator Board. This shall consist of a rigid board, 10cm (\pm 2mm) wide and 1.22m \pm 0.01m long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area.
The surface shall rise from the level of the take-off board to a height of 7mm (\pm 1mm). The edges shall either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45° (see Figure 5).

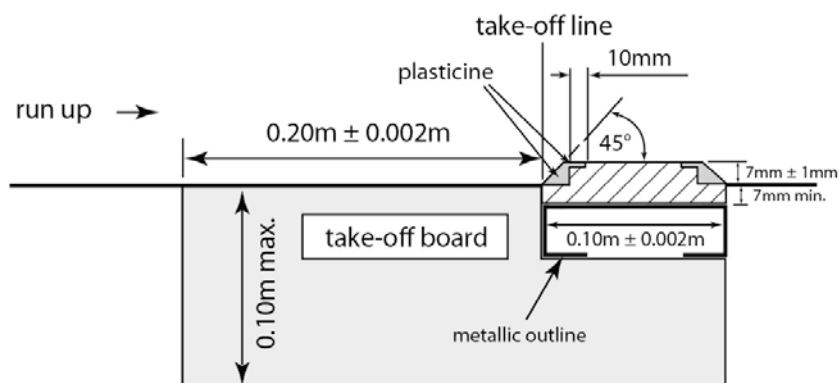


Figure 5 – Take-off board and plasticine indicator board

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

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

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

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

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

10. For athletes in Sport Classes T11 and T12 all jumps shall be measured from the nearest break in the landing area to the nearest impression left by the take-off foot or its extension. Where an athlete does not take off from the take-off area, but before it, measurement will be made to the edge of the take-off area furthest from the landing area.

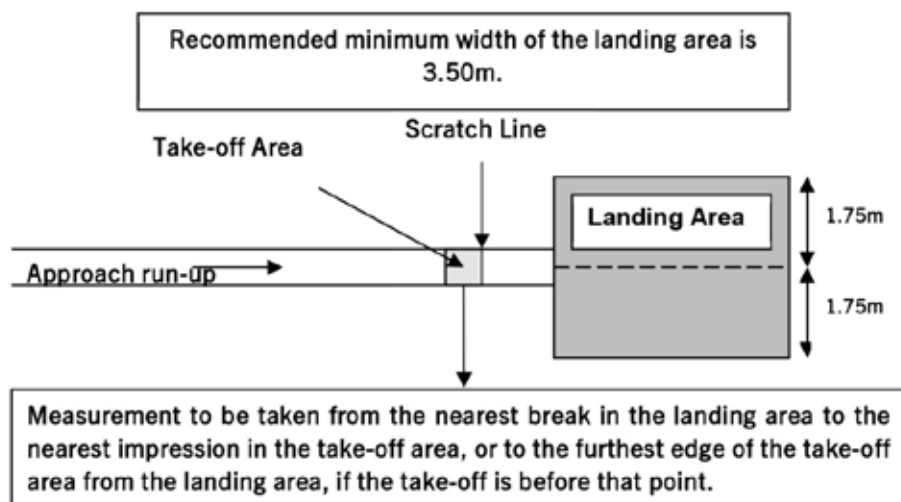


Figure 6 – Take-off Area for athletes in sport classes T11 and T12

The Landing Area

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

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

Note (ii): For Sport Classes T11-12 and the purposes of safety, it is strongly recommended that the minimum distance between the axis of the runway and the sides of the landing area be 1.75m. If this recommendation cannot be met the Technical Delegate may require additional safety measures.

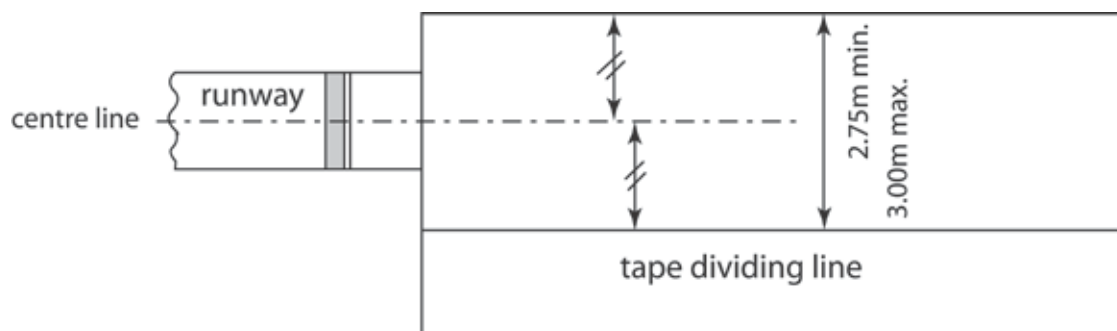


Figure 7 – Centralized Long Jump / Triple Jump landing area

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

Rule 29: Triple Jump

(IAAF Rule 186)

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

The Competition

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

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

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

The 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 IPC Athletics Recognised Competitions, there should be a separate take-off board for men and women. For athletes in Sport Classes T45-47 it is recommended that the take-off line will normally be set at 11m for men and 9m for women.
For athletes in Sport Classes T11-13 it is recommended that the take-off line shall be the following distances:
 - a) Sport Class T11 a minimum 9m;
 - b) Sport Classes T12 and T13 a minimum 11m.

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

5. Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of 1.22m \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 FOR AMBULANT ATHLETES

Rule 30: Official Implements

(IAAF Rule 187)

1. The implements used (not otherwise unique to para-athletics) shall comply with IAAF specifications. Only those implements which hold a current valid IAAF Product Certificate of approval may be used at IPC Athletics Recognised Competitions (see Chapter 1.1).
The Para-athletics Implement Weights lists are set out at Appendix One.
2. The weights of Implements listed in Appendix One and not otherwise identified by IAAF specifications must be verified by the Technical Delegate to confirm the implement is compliant.
Note: This refers to implements unique to para-athletics that are not documented within IAAF Rule 187 or related appendices.
3. 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 or, those implements that are not on the IAAF list of certifiable implements which must be measured, verified and marked as approved by the Organising Committee and approved by the Technical Delegate(s) before being made available to all athletes for use in competition. Such implements will not be accepted if the same model is already on the list of those provided by the Organising Committee.
4. No modification shall be made to any implements during the competition.

Assistance

5. 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 anyway provides assistance when making a trial;
 - c) The use of gloves;

- 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.
- 6. 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. 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 30.5(a).

Throwing Circle

- 7. The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.
The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and $2\text{cm} \pm 6\text{mm}$ lower than the upper edge of the rim of the circle.
In the Shot Put, a portable circle meeting these specifications is permissible.
- 8. The inside diameter of the circle shall be $2.135\text{m} \pm 0.005\text{m}$ in the Shot Put 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.
Note: The circular ring should preferably be coloured other than white so that the white lines required by Rule 30.9 are clearly visible.

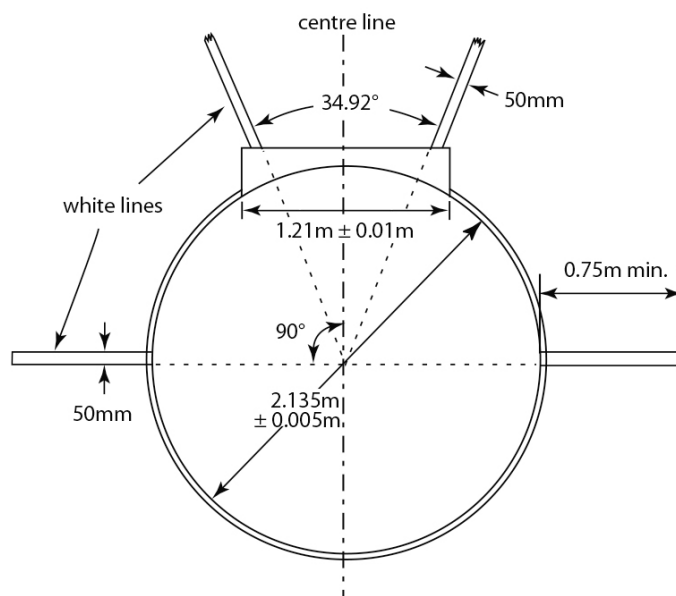


Figure 8 – Layout of Shot Put circle

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.

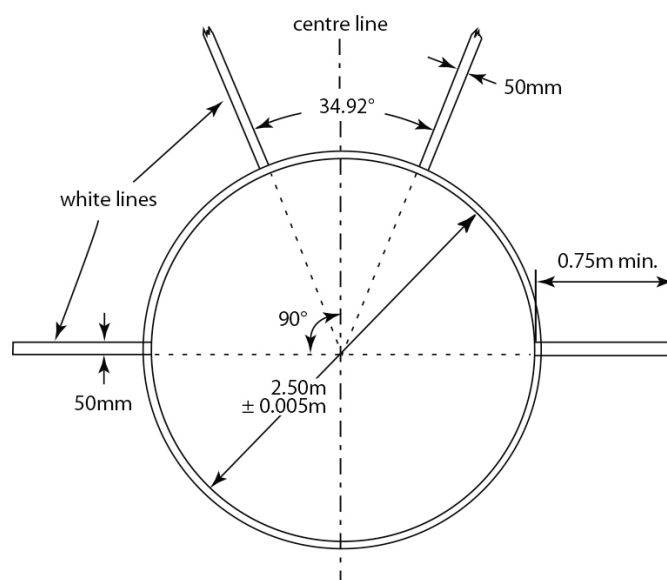


Figure 9 – Layout of Discus circle

Javelin Throw Runway

9. The minimum length of the runway shall be 30m except at the IPC competitions (see Chapter 1.1), 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%).

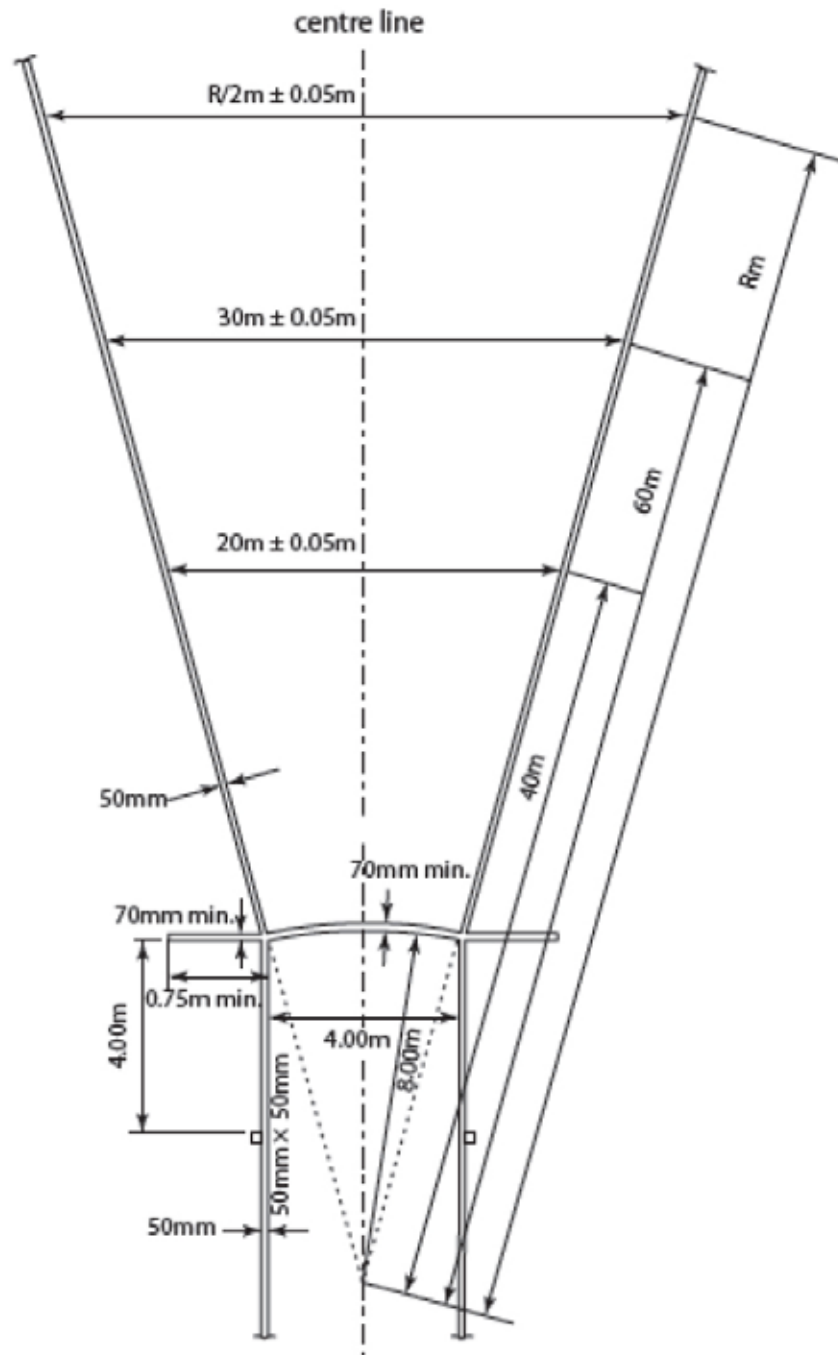


Figure 10 – Javelin Throw runway and landing sector (not to scale)

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 $12m \pm 0.05m$ ($20 \times 0.60m$) 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 16). The sector is thus about 28.96° .

Trials

13. In the Shot Put and Discus Throw, implements shall be thrown from a circle, and in the Javelin Throw, from a runway. In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot Put, he is also allowed to touch the inside of the stop board.
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 Rule 31.1 and Rule 33.1;
 - 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 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 30.18 before returning to the circle or runway to begin a fresh trial.

Note: All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule 24.18.

16. It shall be a failure if the shot, the discus, or the head of the javelin in contacting the ground when it first lands touches the sector line, the ground or any object (other than the cage as provided in the Note to Rule 30.15) 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, rounded down to the nearest 0.01m 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 Chapter 4.1):

a) from the nearest mark made by the fall of the shot or discus, to the inside of the circumference of the circle along a line to the centre of the circle;

- b) in Javelin Throw, from where the 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 31: Shot Put

(IAAF Rule 188)

Competition

- 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 (i): Cartwheeling techniques are not permitted.

Note (ii): For Sport Classes F32-34, F51-57 from start to finish, the movement of the shot shall be a straight, continuous putting action.

Stop Board

- 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 (Figure 8), and shall be firmly fixed to the ground or to the concrete surrounding the circle.

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

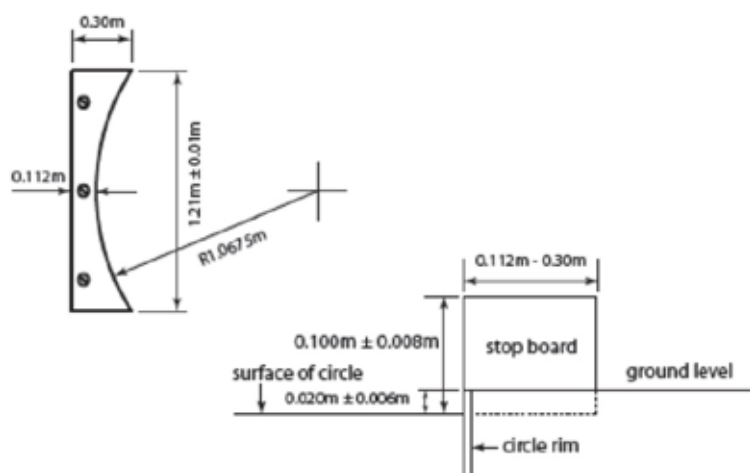


Figure 11 – Shot Put stop board (top and side view)

3. Measurements. The stop board shall measure 0.112m to 0.30m wide, with a chord of 1.21m \pm 0.01m for an arc of the same radius as the circle and 0.10m \pm 0.008m 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 μ m, i.e., a roughness number N7 or less.
5. The shot shall conform to the following specifications:

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

Rule 32: Discus Throw

(IAAF Rule 189)

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 and uniform throughout.

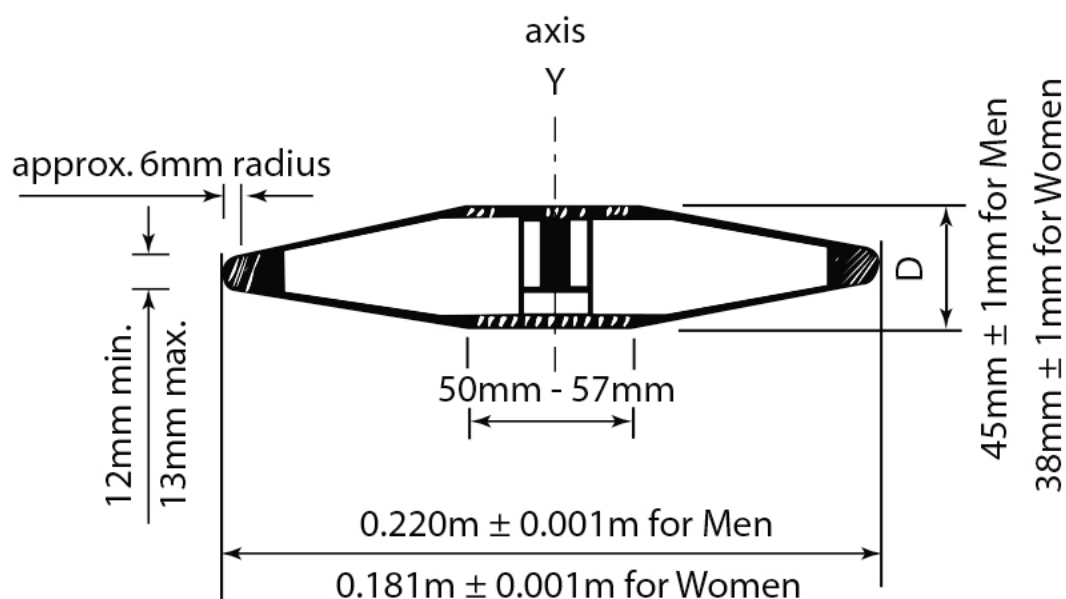


Figure 12 – Discus

2. The discus shall conform to the following specifications:

Discus					
Minimum weight for admission to competition and acceptance of a					
Record	0.750kg	1.000kg	1.500kg	1.750kg	2.000kg
Information for manufacturers					
Range for supply of implement for competition	0.755kg	1.005kg	1.505kg	1.755kg	2.005kg
	0.775kg	1.025kg	1.525kg	1.775kg	2.025kg
Outside diameter of metal rim					
Min.	166mm	180mm	200mm	210mm	219mm
Max.	172mm	182mm	202mm	212mm	221mm
Diameter of metal plate or flat centre are					
Min.	50mm	50mm	50mm	50mm	50mm
Max.	57mm	57mm	57mm	57mm	57mm
Thickness of metal plate or flat centre area					
Min.	33mm	37mm	38mm	41mm	44mm
Max.	38mm	39mm	40mm	43mm	46mm
Thickness of metal rim (6mm from edge)					
Min.	10mm	12mm	12mm	12mm	12mm
Max.	13mm	13mm	13mm	13mm	13mm

Discus Cage

(IAAF Rule 190)

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

4. The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25 meters per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.
5. The cage should be U-shaped in plan as shown in Figure 13. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m.
Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.
Note (i): The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.00m away from the centre of the circle.
Note (ii): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be IAAF certified.
Note (iii): The cage side particularly alongside the track may be lengthened and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition.
6. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 44mm for cord netting and 50mm for steel wire.
Note: Further specifications for the netting and safety inspection procedures are set out in the IAAF Track and Field Facilities Manual.
7. The maximum danger sector for discus throws from this cage is approximately 69°, when used by both right and left handed throwers in the same competition. The position and alignment of the cage in the arena is, therefore, critical for its safe use.

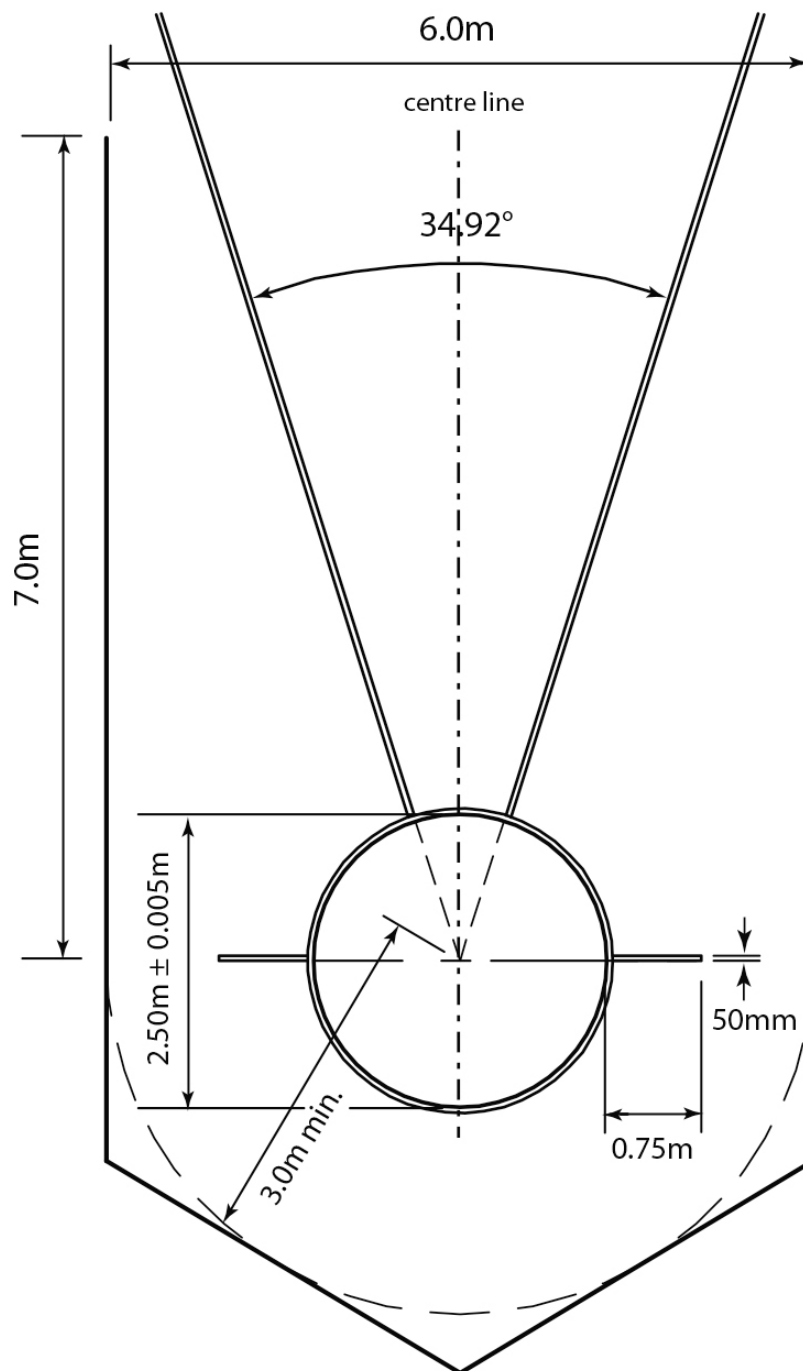


Figure 13 – Cage for Discus Throw only

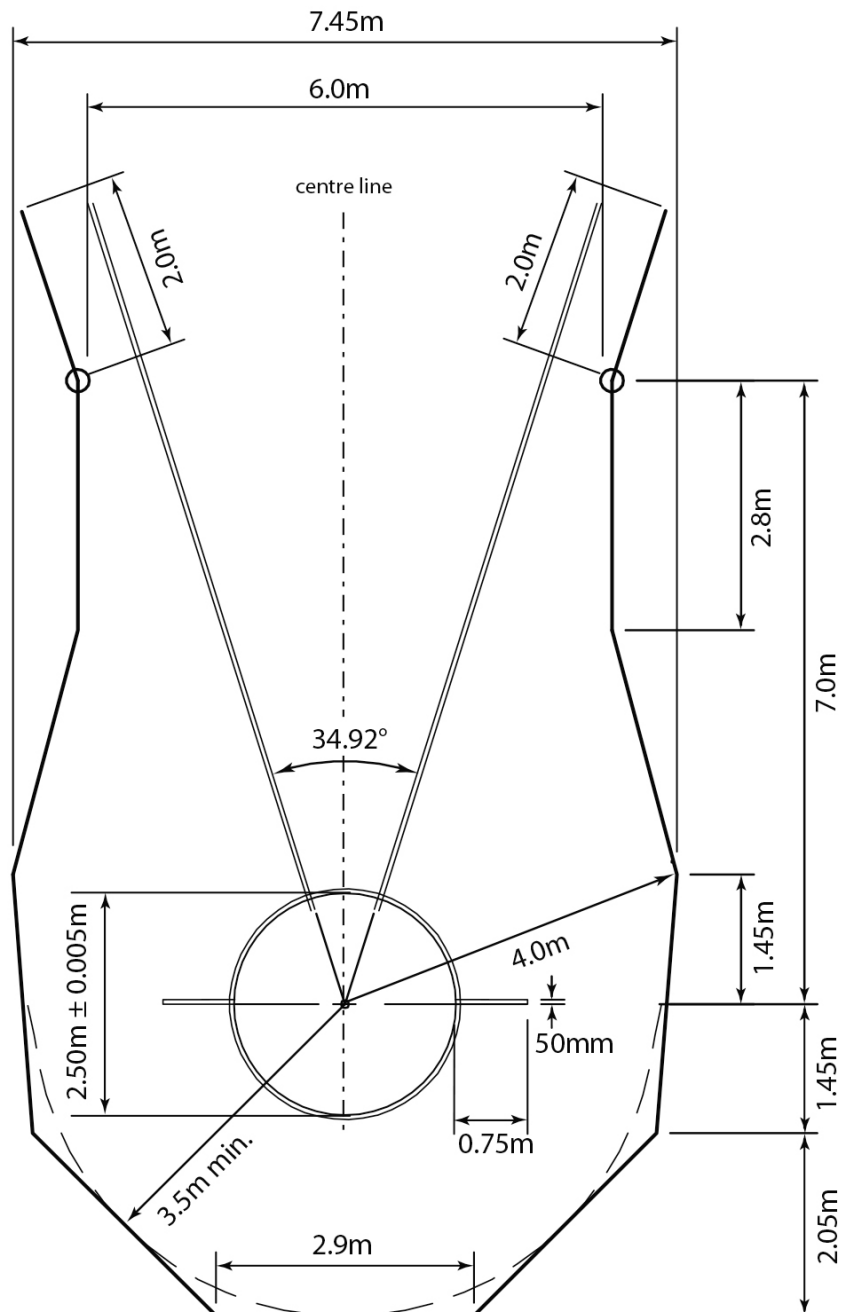


Figure 14 – Cage for Discus Throw with concentric circles

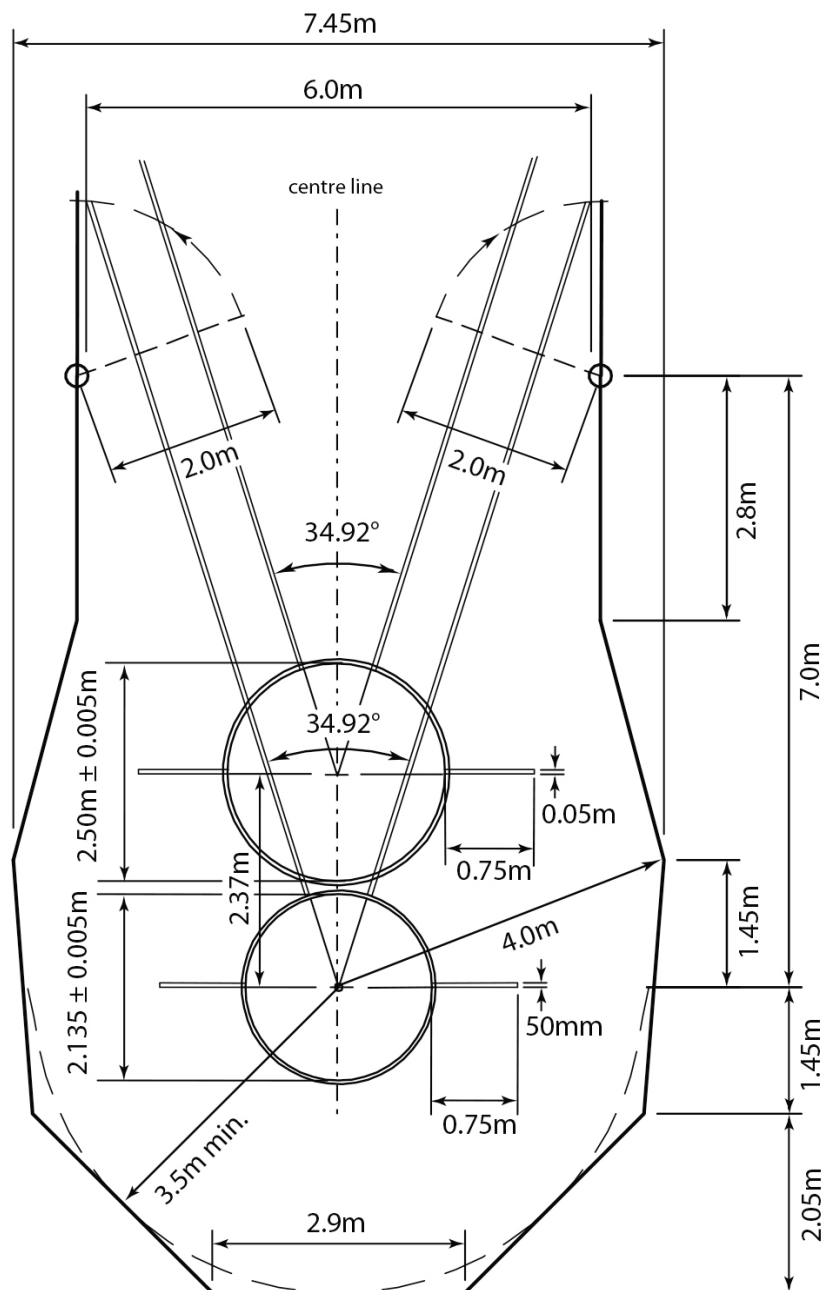


Figure 15 – Cage for Discus Throw with separate circles

Rule 33: Javelin Throw

(IAAF Rule 193)

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 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 welded on to the front end of the head provided that the completed head is smooth 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 nonslip 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 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:

Javelin					
Minimum weight for admission to competition and acceptance of a Record (inclusive of the cord grip):					
	400g	500g	600g	700g	800g
Information for manufacturers: Range for supply of implement for competition					
	405g	505g	605g	705g	805g
	425g	525g	625g	725g	825g
Overall length (L0)					
Min.	1.850m	2.000m	2.200m	2.300m	2.600m
Max.	1.950m	2.100m	2.300m	2.400m	2.700m
Distance from tip of metal head to centre of gravity (L1)					
Min.	0.750m	0.780m	0.800m	0.860m	0.900m
Max.	0.800m	0.880m	0.920m	1.000m	1.060m
Distance from tail to centre of gravity (L2)					
Min.	1.050m	1.120m	1.280m	1.300m	1.540m
Max.	1.200m	1.320m	1.500m	1.540m	1.800m
Length of metal head (L3)					
Min.	0.200m	0.220m	0.250m	0.250m	0.250m
Max.	0.250m	0.270m	0.330m	0.330m	0.330m
Width of cord grip (L4)					
Min.	0.130m	0.135m	0.140m	0.150m	0.150m
Max.	0.140m	0.145m	0.150m	0.160m	0.160m
Diameter of shaft at thickest point (in front of grip – D0)					
Min.	20mm	20mm	20mm	23mm	25mm
Max.	23mm	24mm	25mm	28mm	30mm

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 150mm from the tip, shall not exceed 80% of the maximum diameter of the shaft. At the midpoint between the centre of gravity and the tip of the metal head, the diameter shall not exceed 90% of the maximum diameter of the shaft.
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 the tail shall not be less than 3.5mm.

D. THROWING EVENTS FOR SEATED ATHLETES

Rule 34: General Conditions

Official Implements

1. The implements used (not otherwise unique to para-athletics) shall comply with IAAF specifications. Only those implements which hold a current valid IAAF Product Certificate of approval may be used at IPC Athletics Recognised competitions (see Chapter 1.1).
The Para-athletics Implement Weights lists are set out at Appendix One.
2. The weights of Implements listed in Appendix One and not otherwise identified by IAAF specifications must be verified by the Technical Delegate to confirm the implement is compliant.
Note: This refers to implements unique to para-athletics that are not documented within IAAF Rule 187 or related appendices.
3. 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 or, those implements that are not on the IAAF list of certifiable implements which must be measured, verified and marked as approved by the Organising Committee and approved by the Technical Delegate(s) before being made available to all athletes for use in competition. Such implements will not be accepted if the same model is already on the list of those provided by the Organising Committee.
4. No modification shall be made to any implements during the competition.

Assistance

5. 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 anyway provides assistance when making a trial;

- c) Use of gloves except for athletes in Classes F51-53 that is not in contravention Rule 34.6(d);
 - 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.
6. 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. Shot putters may use such substances on their neck;
 - b) The placement by an athlete, in the Shot Put, Discus Throw and Club Throw, on the implement, chalk or a similar substance. All substance 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 34.5(a);
 - d) The use of gloves that is not in contravention of Rule 34.5(c);
- Athletes in Sport Classes F51-53 (i.e., quadriplegic athletes) use strapping or a glove on their non-throwing hand and anchor/attach that hand to the throwing frame or holding bar.

Throwing Circle

7. The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.
- The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and $2\text{cm} \pm 6\text{mm}$ lower than the upper edge of the rim of the circle.
- In the Shot Put, a portable circle meeting these specifications is permissible.
- Surface of Tie-down Devices (Sport Classes F31-34 and F51-57)
- a) IPC Athletics Approved Tie-down Devices must be used to conduct seated throwing events at IPC Athletics Recognised Competitions (see Chapter 1.1);
 - b) At IPC Competitions (see Chapter 1.1) the interior of the Throwing Circle should be constructed of concrete, asphalt or a similar non-slippery material;
 - c) Where portable IPC Athletics Approved Tie-down Devices are being used the surface must provide similar grip to a concrete throwing surface (e.g., coated in gritty paint OR covered in "gritty tape");
 - d) Movable platforms can be used at the discretion of the Technical Delegate. The platform does not have to be a full circle, but in these circumstances the front arc or semi-circle must be designed to give the same effect of throwing from a circle, diameter 2.135m to 2.5m and not alter the angle of the sector.

8. All Seated Throwing Events (Shot Put, Discus Throw, Javelin Throw and Club Throw) should be conducted from a circle with diameter of $2.135\text{m} \pm 0.005\text{m}$ or $2.50\text{m} \pm 0.005\text{m}$, using a 34.92 degree sector. The rim of the circle shall be at least 6mm thick and shall be white. The use of movable platforms meeting these specifications is permissible.

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

Note (ii): Discus Throw and Club Throw shall be conducted from a cage.

Trials and Measurement

9. In all Seated Throwing Events, it shall be a failure:
- a) if the shot, the discus, the club, 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) outside the sector line.
 - b) if an athlete touches any holding straps outside the vertical plane of the rim of the throwing circle.
10. In all Seated Throwing Events, distances shall be recorded to the nearest 0.01m, rounded down to the nearest 0.01m if the distance measured is not a whole centimetre.
11. The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Chapter 4.1):
- a) from the nearest mark made by the fall of the shot or discus to the inside of the circumference of the circle along a line to the centre of the circle;
 - b) from where the head of the javelin first struck the ground to the inside of the circumference of the circle along a line to the centre of the circle;
 - c) from the first point of contact by any part of the club to the inside of the circumference of the circle along a line to the centre of the circle.

Rule 35: Seated Throwing Requirements

(Sport Classes F31-34, F51-57)

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

1. Throwing Frame Specifications:

- a) The maximum height of the seat surface, including any cushioning, shall not exceed 75 cm;
- b) Each throwing frame must have a seat which is square or rectangular in shape and each side at least 30 cm in length. The seat surface must be level or with the front higher than the back (i.e. inclined backwards).

Note: The front is the plane furthest from the athlete's spine with the athlete in a seated position regardless of the direction of the athlete in relation to the landing area.

- c) The throwing frame may incorporate side, front and back rests for the purposes of safety and stability. They can either be made of non-elastic fabric (e.g., non-elastic canvas) or be a rigid construction that does not move (e.g., rigid steel or aluminium). The backrest may incorporate cushioning that must not exceed 5 cm in thickness.

Note: The structure of the throwing frame shall not impede the view of judges.

- d) The side, front and back rest should not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement;
- e) The throwing frame may have a rigid vertical holding bar. The holding bar must be a single, straight piece of material without curves or bends, and with a cross-sectional profile that is circular or square, not oval or rectangular. It must not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement;

Note (i): It is understood that most materials will flex and distort to some degree under pressure and it will not be practical or economically viable to engineer a solution whereby all flexing is totally eliminated. However, flexing must not be clear to the naked eye and in the opinion of the technical officials the spirit of these rules and Regulation 3.3 is being breached.

Note (ii): The holding bar may have layers of tape and/or any other suitable material to provide a better grip. The thickness of the tape or other alternative material must not result in any unfair advantage exceeding athlete's physical prowess.

- f) No part of the throwing frame, including any holding bar, shall move (save for incidental movement that cannot reasonably be eliminated) during the throwing action.

The corner(s) of, or notches in, the seat surface may be cut to accommodate side, front, back rests and/or a holding bar into the main throwing frame. The size of these cuts shall not be appreciably more than the space needed to insert the rests or the holding bar in them. The overall shape of the seat shall remain square or rectangular.

- g) Footplates, if used, are for support and stability only.
- h) A daily wheelchair that satisfies these criteria is acceptable (including the requirement that it must not move during the throwing action).

2. Throwing Frame Measurement and Inspection

Throwing Frames will be measured and inspected in the Call Room or at the competition area prior to the commencement of the event. Once it has been measured and inspected an athlete's Throwing Frame must not be taken from the competition area before the start of the event. Throwing Frames can be re-examined by the officials before, during or after the event.

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

3. Athlete's Responsibility for Throwing Frame Compliance

It is the responsibility of the athlete to ensure that their Throwing Frame conforms to the requirements stipulated in Rule 35.1. No event shall be delayed while an athlete makes adjustments to their throwing Frame.

4. Positioning of the Throwing Frame (Sport Classes F31-34, F51-57)

When positioning and securing the throwing frame inside the competition area all parts of the throwing frame, holding bar and footplates must remain inside the vertical plane of the rim of the circle throughout the trial.

5. Time Allocation for Securing Frames (Sport Classes F31-34 and F51-57)

A reasonable amount of time will be permitted for an athlete's throwing frame to be secured in the circle before the athlete attains a seated position on the throwing frame. The maximum time allowed is for athletes to secure themselves to the chair and have as many warm-up throws as time permits is:

- a) 4 minutes for Sports Classes F32-34 and F54-57, or
- b) 5 minutes for classes F31 and F51-53.

Note(i): Timing should begin at the time the chair is oriented, secured to the throwing platform and made available to the athlete to secure themselves into position.

Note (ii): If the event is held in two pools the time between the first three and last three rounds of trials for the athlete to secure in the chair will be 2 minutes (F32-34 & F54-57) and 3 minutes (F31 & F51-53). There will be no warm-up throws allowed.

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

6. Tie-down Device Failure (Sport Classes F31-34, F51-57)

If a tie-down device should break or fail during the execution of a throw then the overseeing official should:

- a) If the athlete does not fail, offer the athlete the option of re-taking that trial (i.e., if the athlete is happy with the distance and they haven't failed then the athlete has the option of counting the affected trial), or;
- b) If the athlete fails then the trial should not be counted and the athlete should be allowed to retake the affected trial.

Rule 36: Seated Throwing Technique, Lifting and Failure

1. In Seated Throw Events, all athletes (Sport Classes F31-34, F51-57) shall throw implements from a Throwing Frame in a seated position. The seated position is defined as follows:
 - a) The athlete must sit so that both legs are in contact with the seat surface from the back of the knee to the back of the buttock (Ischial tuberosity). For athletes with lower limb above and through knee amputation, the residual length of the leg(s) must be in contact with the seat surface till the back of the buttock (Ischial tuberosity).
 - b) This sitting position must be maintained throughout the throwing action until the implement has landed. Strapping across the upper thighs and or pelvis is encouraged.

Note (i): The intention of this rule is to minimise the contribution of the legs to the athlete's performance.

Note (ii): If an athlete presents with anatomical limitation that prevents adherence to the above requirements, then an assessment shall to be made by IPC Athletics in advance of the event. IPC Athletics shall establish a process for such exception to be granted so that the athlete is throwing within the spirit of the rules.

Note (iii): For the purposes of this rule, the back of the buttock refers to the most posterior part of the buttock which remains in contact with the seat surface when the athlete is seated and bends as far forward as possible at the hips, so that chest goes towards the knees and the ischial tuberosities remain in contact with the seat surface.

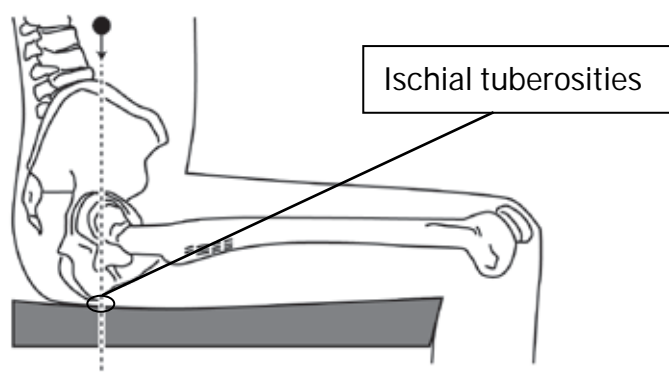


Figure 17 Ischial tuberosities

2. An athlete shall commence his trial from a stationary seated position.
3. It shall be a failure if an athlete moves from the seated position from the time the athlete takes the implement into the starting position of the trial until the implement has landed.

Note: It is not a failure as long as any part of the back of the knee is in contact with the seat during the throwing action until the implement has landed.

Rule 37: Club Throw

The Competition

1. The club shall be held at its neck and/or head with one hand only. It may be thrown either from a position facing the landing sector or from a position facing backward and throwing overhead.

The Club

2. Construction. The Club shall consist of four main parts: a head, a neck, a body and an end. The head, neck and body shall be solid and made of wood so as to constitute a fixed and integrated whole. The body shall have fixed it to a cylindrical end constructed of metal without indentations, projections or sharp edges.
3. The surface of the head, neck and body shall be smooth and have no dimples or pimples, grooves or ridges, holes or roughness.
4. The head shall be spherical or cylindrical in shape and immediately taper towards the neck. The diameter of the widest part of the body shall not exceed 60mm, may be cylindrical. The club shall taper regularly towards the neck and slightly towards the metal end.
5. It shall conform to the following specifications

Club	
Minimum weight for admission to competition and acceptance of a Record	397g
Information for manufacturers Range for supply of implement for competition	402g 422g
Overall length (including metal end)	
Min.	350mm
Max.	390mm
Diameter of neck	
Min.	18mm
Max.	20mm
Diameter of widest part of the body	
Min.	50mm
Max.	60mm
Diameter of metal end	
Min.	38mm
Max.	39mm
Thickness of metal end	
Min.	12.5mm
Max.	13mm

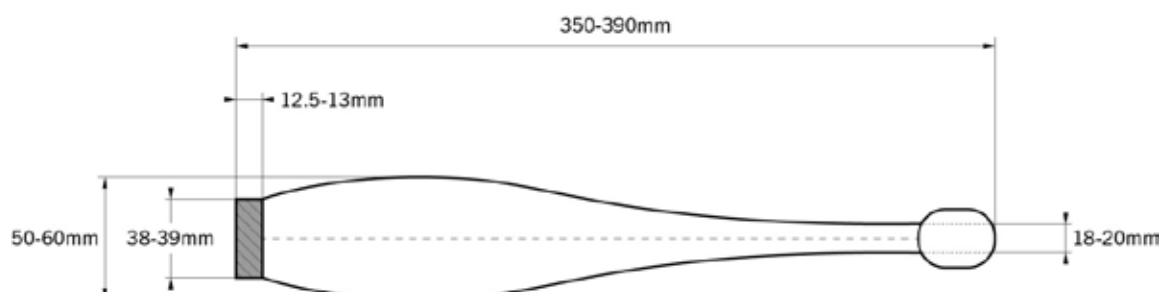


Figure 18 –Club

SECTION V – INDOOR COMPETITIONS

Rule 38: Applicability of Outdoor Rules to Indoor Competitions

(IAAF Rule 210)

With the exceptions stated in the following Rules of this Section V and the requirement for wind measurement set out in Rule 18 and 27, the Rules of Sections I to IV for outdoor competitions shall apply to Indoor Competitions.

Rule 39: The Indoor Stadium

(IAAF Rule 211)

1. The stadium shall be completely enclosed and covered. Lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.
2. The arena should include an oval track; a straight track for sprints and runways and landing areas for jumping events. In addition, a circle and landing sector for the Shot Put should be provided, whether permanently or temporarily. All the facilities should conform to the specifications in the IAAF Track and Field Facilities Manual.
3. All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6mm spikes in running shoes. Alternative thickness may be provided by the stadium management, who will notify athletes of the permissible length of spikes.

IPC World Indoor Championships should be held only on facilities that hold a current valid IAAF Indoor Athletics Facility Certificate.

It is recommended that other IPC Recognised competitions (see Chapter 1.1) 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 may be downloaded from the IAAF website, contains more detailed and defined specifications for planning and construction of indoor stadia including diagrams for track measurement and marking.

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

Rule 40: The Straight Track

(IAAF Rule 212)

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 1.22m \pm 0.01m wide including the lane line on the right.

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

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 41: The Oval Track and Lanes

(IAAF Rule 213)

1. The nominal length should preferably be 200m. It shall consist of two parallel straights and two bends, which may be banked, whose radii should be equal.

The inside of the track shall be bordered either with a kerb of suitable material, approximately 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 line or kerb 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 ± 0.01 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 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 x 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 distances not exceeding 1.5m on the bends and 10m on the straights.

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

Rule 42: Start and Finish on the Oval Track

(IAAF Rule 214)

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

Basic Requirements

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

Conduct of the Races

6.
 - a) Races of up to, and including, 300m shall be run entirely in lanes.
 - b) Races over 300m, and less than 800m shall start and continue in lanes until the break line 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 break line marked at the end of the first bend, or if the race is run with two bends in lanes, end of the second bend.
 - 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 break line 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 break line shall be an arced line marked after each bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the break line, small cones or prisms, 5cm 50mm × 50mm and no more than 0.15m high, preferably of different

colour from the break line and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the break line.

Note (i): In competitions other than IPC competitions (see Chapter 1.1) the NPCs concerned may agree not to use lanes for the 800m event.

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

Note (iii) For races running in lanes, athletes in Sport Classes 11 and 12, if accompanied by a guide-runner, shall have two lanes available.

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 43: Seeding, Draws and Qualification in Track Event

(IAAF 215)

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

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

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

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

1500m

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

The following alternative tables shall be used for the specific class or class combination as denoted in the respective table. For class combination not entirely covered by the below tables, the above regular tables shall normally be applied, otherwise an appropriate table shall be determined by the Technical Delegate.

60m (T11-12) – 8 Lanes

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
5-8	2	1	2						
9-12	3	1	1						
13-16	4	1	4				2	1	2
17-20	5	1	7				3	1	1
21-24	6	1	6				3	1	1
25-28	7	1	5				3	1	1
29-32	8	1	8	4	1	4	2	1	2

200m, 400m, 800m (T11-12) – 6 Lanes

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
4-6	2	1	1						
7-9	3	1	0						
10-12	4	1	2				2	1	2
13-15	5	1	1				2	1	2
16-18	6	1	0				2	1	2

1500m (T11-12) – 6 Lanes

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
6-10	2	1	3						
11-15	3	1	2						
16-20	4	1	6				2	1	3

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

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;
 - d) The ranking referred to shall be determined as follows:
 - e) For the first round, from the relevant list of valid performances achieved during the predetermined period;
 - f) After the first round, in accordance with the procedures identified in Rule 21.3(a).
3. For all other races, the lane order shall be drawn in accordance with Rules 21.4 and 21.5.

Rule 44: Clothing, Shoes and Athlete Bibs

(IAAF Rule 216)

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

Rule 45: Relay Races

(IAAF Rule 218)

Conduct of the Races

1. In the 4x200m relay race all the first leg and the first bend of the second leg up to the nearer edge of the break line described in Rule 42.6 shall be run in lanes. Rule 23.15 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 4x400m relay race shall be run according to Rule 42.6 (b).
3. The 4x800m relay race shall be run according to Rule 42.6 (c).
4. In relay races where athletes are permitted to leave their respective lanes on entering the straight after running two or three bends in lanes, the layout for the echelon start is described in Rule 42.9.
5. The waiting athletes in the third and fourth legs of the 4x200m relay race, in the second, third and fourth legs of the 4x400m and the 4x800m relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. If an athlete does not follow this Rule, his team shall be disqualified.

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

Rule 46: High Jump

(IAAF Rule 219)

Runway and Take-Off Area

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

Rule 47: Horizontal Jumps

(IAAF Rule 221)

Runway

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

Rule 48: Shot Put

(IAAF Rule 222)

Landing Sector

1. The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimise any bounce.
2. The landing sector shall be enclosed at the far end and on the two sides, as close to the circle as may be necessary for safety of the other athletes and officials, by a stop barrier and protective netting of approximately 4m height which should stop a shot whether in flight or bouncing from the landing surface.
3. In view of the limited space inside an indoor arena, the area enclosed by the stop barrier may not be large enough to include a full 34.92° sector. The following conditions shall apply to any such restriction:
 - a) The stop barrier at the far end shall be at least 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.
4. For Seated Throw Shot Put Events, a stop board is not necessary. For these classes, the use of a movable platform at a suitable place in the indoor area is allowed.

Construction of the Shot

5. Depending on the type of landing area (see Rule 48.1), 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

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

Plastic or Rubber Cased Shot

7. 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.
8. The shot shall conform to the following specifications:

Shot						
Minimum weight for admission to competition and acceptance of a						
Record	2.000kg	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Information for manufacturers						
Range for supply of implement for competition	2.005kg	3.005kg	4.005kg	5.005kg	6.005kg	7.265kg
	2.025kg	3.025kg	4.025kg	5.025kg	6.025kg	7.285kg
Minimum Diameter	85mm	85mm	95mm	100mm	105mm	110mm
Maximum Diameter	110mm	120mm	130mm	135mm	140mm	145mm

SECTION VI - ROAD RACES

Rule 49: Road Races

(IAAF Rule 240)

Distances

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

Course

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

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

Note (ii): It is acceptable for the start, finish and other segments of the race, except for the wheelchair events, 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 IPC competitions (see Chapter 1.1) the measurement line should be marked along the course in a distinctive colour that cannot be mistaken for other markings.

The length of the course shall not be less than the official distance for the event. In IPC competitions, the uncertainty in the measurement shall not exceed 0.1% (i.e., 42m for the Marathon) and the length of the course should have been certified in advance by an IAAF approved course measurer.

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

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

Note (iii): If it is intended that parts of the course on race day will be defined by the use of non-permanent equipment such as cones, barricades, etc. their positioning shall be decided

not later than the time of the measurement and the documentation of such decisions shall be included in the measurement report.

Note (iv): It is recommended that for Road Races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000 (0.1%), i.e., 1m per km.

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

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

Start

5. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands and procedure for races longer than 400m shall be used. In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. 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) or the front wheel (classes T32-34 and T51-54) touching the start line or the ground in front of it, and shall then start the race.

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

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

Note (iii): Seeding for Wheelchair Road Races should be by Sports Class, Seed Time and Gender (i.e., T54/34 Males should be seeded in the front row/s, then T54/34 Females, then T52/33/51 Males and then the T52/33/51 Females). The start of each Sports Class event/division should be separated by intervals of 30 seconds to 1 minute. The seeding grid for each Sports Class event/division should position the #1 seeded athlete at the centre position in the front row of the grid with #2 and #3 placed on their right and left, #4 and #5 on their right and left and so on (See Figure 19).

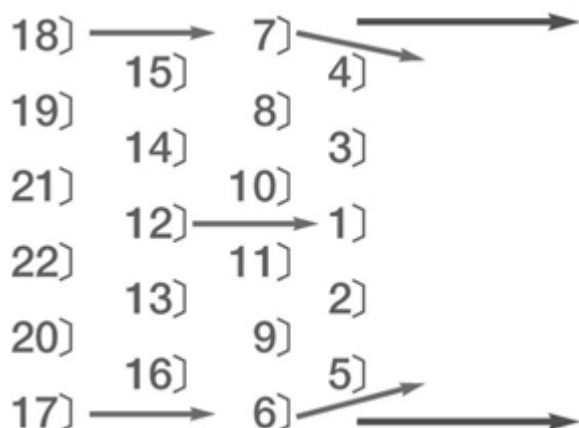


Figure 19 – Example of Seeding Grid for Wheelchair Road Races

The Finish

6. In races for athletes in Sports Classes T11 and T12 competing with a guide-runner the athlete must cross the finish line in front of the guide-runner or the athlete will be disqualified.

Safety

7. Organising Committees of Road Races shall ensure the safety of athletes and officials. At IPC Competitions (see Chapter 1.1), 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. Except for wheelchair events:
 - 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 (and their guide-runners) to provide their own refreshments, in which case the athlete shall nominate at which stations they shall be made available to the athlete. Refreshments provided by the athletes (and their guide-runners) 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 (and/or his guide-runner). Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No officials shall, under any circumstances, move beside an athlete while he is taking refreshment or water;
- f) In IPC competitions (see Chapter 1.1), 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 and/or the athlete's guide-runner 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 and/or the athlete's guide-runner who receives or collects refreshment or water from a place other than the officials stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete and/or guide-runner, 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.

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

Note: Organisers must ensure that officials are aware of the specific problems of safety presented in providing drinks to athletes with a visual impairment (Classes T11-13) or upper limb impairment (Classes T45-46), and that adequate training is given to all assistants involved.

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 lessen the distance to be covered.
10. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.
11. Drafting (Sport Classes T32-34, T51-54). Drafting behind an athlete from another Sports Class or Gender is prohibited.
Note (i): Drafting is defined as seeking a performance advantage by following another athlete within a distance of less than 5m for 400m
Note (ii): This rule does not apply to races over 800m for T53 and T54 as they are considered one class.
12. The Organising Committee shall provide numbered bibs that distinguish between athletes of each Sport Class.
13. During road races athletes in Sport Classes T11-12 are allowed to use a maximum of two (2) guide-runners. Any interchanges must take place without any hindrance to other athletes, and must take place at either the 10km, 20km or 30km marks for marathon races, 10km mark for half-marathon races and 5km mark for 10km races.
Note (i): It is strongly recommended that organisers ensure that the race takes place in its entirety in good daylight conditions.
Note (ii): Should there be an interchange of guide-runners, the athlete and the substituting guide-runner must both finish the event in order for the performance to be recognised.
14. The intention to interchange guide-runners must be notified in advance to the Referee and Technical Delegate. The technical officials will determine the conditions of the interchange and will communicate these in advance to the athletes.
Note: If the interchange does not take place after the technical arrangement being made, the athlete shall be disqualified from the race.

APPENDIX ONE:

IPC ATHLETICS IMPLEMENT WEIGHTS FOR SPORT CLASSES

Sport Classes F11-13

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot put Male	Shot put Female
Open	F11-13	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F11-13	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/18	F11-13	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg
U/16	F11-13	1.00kg	1.00kg	700gr	500gr	4.00kg	3.00kg

Sport Class F20

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot put Male	Shot put Female
Open	F20	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F20	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/18	F20	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg
U/16	F20	1.00kg	1.00kg	700gr	500gr	4.00kg	3.00kg

Sports Classes F31-38

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot put Male	Shot put Female	Club Male and Female
Open, U/20	F31	NE	NE	NE	NE	NE	NE	397gr
	F32	1.00kg	1.00kg	NE	NE	2.00kg	2.00kg	397gr
	F33	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F34	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F35	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F36	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F37	1.00kg	1.00kg	600gr	600gr	5.00kg	3.00kg	NE
	F38	1.50kg	1.00kg	800gr	600gr	5.00kg	3.00kg	NE
U/18	F31	NE	NE	NE	NE	NE	NE	397gr
	F32	1.00kg	1.00kg	NE	NE	2.00kg	2.00kg	397gr
	F33	1.00kg	1.00kg	600gr	500gr	3.00kg	3.00kg	NE
	F34	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	NE
	F35	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	NE
	F36	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	NE
	F37	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	NE
	F38	1.50kg	1.00kg	700gr	500gr	4.00kg	3.00kg	NE
U/16	F31	NE	NE	NE	NE	NE	NE	397gr
	F32	750gr	750gr	NE	NE	1.00kg	1.00kg	397gr
	F33	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F34	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F35	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F36	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F37	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F38	750gr	750gr	600gr	500gr	3.00kg	2.00kg	NE

Sport Classes F40-46

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

Sport Classes F51- 57

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot put Male	Shot put Female	Club Male and Female
Open and U/20	F51	1.00kg	1.00kg	NE	NE	NE	NE	397gr
	F52	1.00kg	1.00kg	600gr	600gr	2.00kg	2.00kg	NE
	F53	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F54	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F55	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F56	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F57	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
U/18	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F54	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F55	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F56	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F57	1.00kg	1.00kg	600gr	500gr	3.00kg	2.00kg	NE
U/16	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F54	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F55	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F56	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F57	1.00kg	750gr	500gr	400gr	2.00kg	2.00kg	NE

APPENDIX TWO:

Classification Hierarchy Table 1 – Paralympic Games and World Championships

Class	100m	200m	400m	800m	1500m	5000m	10000m	Marathon	High Jump	Triple Jump	Long Jump	Discus	Shot Put	Javelin	Club
11					*****	*****	*****								
12															
13															
20															
31															
32															
33													only female		
34															
35	35 & 38										35 & 38	35 & 38 only female	35 & 38 only female	35 & 38 only female	
36	36 & 38										36 & 38	36 & 38 only female	36 & 38 only female	36 & 38 only female	
37	37 & 38										37 & 38	37 & 38 only female	37 & 38	37 & 38 only female	
38	38 can be combined with 35, 36 and 37										38 can be combined with 35, 36 and 37	see above breakdowns			
40															
41															
42															
43															
44															
45															
46															
47															
51															
52	*	*	*	*											
53					**	**	**	**							
54												***	****	***	
55															
56															
57															

- Grouping classes on basis of Classification Hierarchy and/or technical rules
- Non existing class/event combination (2016)
- * Possible combinations: grouping T51-53 or T52-54
- ** T53 and T54 compete as combined event
- *** Possible combinations: any grouping of 3 consecutive classes
- **** Possible combinations: any grouping of 3 consecutive classes 53-57 (females) 54-57 (males)
- ***** Class 11 can compete with Class 12 and Class 12 can compete with Class 13 (but Class 11 should not compete with Class 13)

Classification Hierarchy Table 2 – Regional Championships and Regional Games

Class	100m	200m	400m	800m	1500m	5000m	10000m	Marathon	High Jump	Triple Jump	Long Jump	Discus	Shot Put	Javelin	Club
11					*****	*****	*****								
12															
13															
20															
31															
32															
33															
34															
35	35 & 38														
36	36 & 38														
37	37 & 38														
38	38 can be combined with 35, 36 and 37														
40															
41															
42									42 & 44						
43															
44									42 & 44						
45									*****	*****	*****				
46															
47															
51															
52	*	*	*	*											
53					**	**	**	**							
54												***		***	
55													****		
56															
57															

- Grouping classes on basis of Classification Hierarchy and/or technical rules AND introduction of RAZA system (regional events)
- Non existing class/event combination (2016)
- * Possible combinations: grouping T51-53 or T52-54
- ** T53 and T54 compete as combined event
- *** Possible combinations: any grouping of 3 consecutive classes
- **** Possible combinations: any grouping of 3 consecutive classes 53-57 (females) 54-57 (males)
- ***** Class 11 can compete with Class 12 and Class 12 can compete with Class 13 (but Class 11 should not compete with Class 13)
- ***** Combined classes without RAZA



The biggest difference
between other jumpers and me?
They change their shoes.
I change my leg.

Markus Rehm, Long Jumper

To reach your goals, dare to
break down barriers.

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International Paralympic Committee

Adenauerallee 212-214
53113 Bonn, Germany

Tel. +49 228 2097-200
Fax +49 228 2097-209

ipcathletics@paralympic.org
www.ipc-athletics.org

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