CHAPTER 1

INTERNATIONAL COMPETITIONS

CHAPTER 1: INTERNATIONAL COMPETITIONS

RULE 1
International Competitions

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

Chapter 3), except that, where the IOC, or another international organisation recognised by the IAAF for such purpose, carries out doping control at a competition under their rules, such as the Olympic Games, those rules shall govern to the extent applicable.

(c) The Advertising Rule (Rule 8) shall apply to all International Competitions listed in Rules 1.1(a)(i), (c), (d), and (e). Area Associations may promulgate their own advertising regulations to apply to the International Competitions listed in Rules 1.1(f), (g), (h), (i) and (j), failing which those of the IAAF shall apply.

(d) Rules 2 to 7 and Rule 9 shall apply to all International Competitions, except to the extent any Rule specifically limits its applicability.

RULE 2
Authorisation to Stage Competitions

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

Competitions Requiring an IAAF Permit

5. (a) An IAAF permit is required for all International Competitions listed in Rules 1.1(b), (c), (d) and (e).

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

Competitions Requiring an Area Association Permit

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

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

Competitions Authorised by a Member

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

RULE 3
Regulations Governing the Conduct of International Competitions

1. The Council may produce Regulations governing the conduct of International Competitions held under the Rules and regulating the relationships of athletes, athletes' representatives, meeting organisers and Members. These Regulations may be varied or amended by the Council as it sees fit.
2. The IAAF and Area Associations may designate one or more representatives to attend every International Competition requiring an IAAF or Area Association Permit respectively to ensure that the applicable Rules and Regulations are complied with. At the request

of the IAAF or Area Association respectively, such representative(s) shall render a compliance report within 30 days of the end of the International Competition in question.

RULE 4
Requirements to Compete in International Competitions

1. No athlete may take part in an International Competition unless he:
   (a) is a member of a Club affiliated to a Member; or
   (b) is himself affiliated to a Member; or
   (c) has otherwise agreed to abide by the rules of a Member; and
   (d) for International Competitions at which the IAAF is responsible for doping control (see Rule 35.7), has signed an agreement in a form set by the IAAF by which he agrees to be bound by the Rules and Regulations (as amended from time to time) and to submit all disputes he may have with the IAAF or a Member to arbitration only in accordance with these Rules, accepting not to refer any such disputes to any Court or authority which is not provided for in these Rules.
2. Members may require that no athlete or Club affiliated to the Member may take part in an International Competition in a foreign Country or Territory without the Member's written approval. In such a case, no Member hosting a competition shall allow any foreign athlete or Club of the Member in question to take part without evidence of such permit certifying that the athlete or Club is eligible and permitted to compete in the Country or Territory concerned. Members shall notify the IAAF of all such permit requirements. To facilitate compliance with this Rule, the IAAF shall maintain on its website a list of Members with such requirements.
3. No athlete affiliated to a National Federation may be affiliated to another Member without previous authorisation from his National Federation of origin, if the Rules of that Federation require such authorisation. Even then, the National Federation of the Country or Territory in which the athlete is residing cannot enter any athlete's name for competitions in another Country or Territory without previous authorisation from the National Federation of origin. In all cases under this Rule, the National Federation of the Country or Territory in which the athlete is residing shall send a written request to the athlete's National Federation of origin, and the National Federation of origin shall send a written reply to that request within thirty (30) days. Both of these communications shall be by a means that generates an acknowledgement of receipt. E-mail that includes a

receipt function is acceptable for this purpose. If the response of the athlete's National Federation of origin is not received within the 30-day period, the authorisation shall be deemed to have been given.

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

To facilitate compliance with this Rule, the IAAF shall maintain on its website a list of National Federations with such authorisation requirements.

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

RULE 5
Eligibility to Represent a Member

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

by the Council. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IAAF Office at least 30 days before the International Competition in question.

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

Territory) of his new membership immediately preceding the International Competition in question;

(iii) the period may be reduced or cancelled in exceptional cases by the Council. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IAAF Office at least 30 days before the International Competition in question.

(e) Dual Citizenship: if an athlete holds Citizenship of two (or more) Countries (or Territories), he may represent the Member of either (or any) of them, as he may elect. However, having once represented his elected Member in an International Competition under Rules 1.1(a), (b), (c), (f) or (g), he shall not represent another Member of which he is a Citizen for a period of three years from the date that he last represented the first elected Member. This period may be reduced or cancelled as set out below:

(i) the period may be reduced to 12 months with the agreement of the Members concerned. The reduction shall be effective upon receipt by the IAAF Office of a written notification of the Members' agreement;

(ii) the period may be reduced or cancelled in exceptional cases by the Council. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IAAF Office at least 30 days before the International Competition in question.

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

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

RULE 6
Payments to Athletes

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

RULE 7
Athletes' Representatives

1. Athletes may use the services of an Athletes' Representative to assist them in the negotiation of their athletics programme and in such other matters as they may agree. Alternatively, athletes may negotiate their own Athletics programmes.
2. Athletes in the IAAF Top-30 List in a standard event as of the end of a calendar year shall not, during the following year, enter into or extend an agreement to use any person in respect of the above services who is not an Athletes' Representative.
3. Members, acting reasonably, shall be responsible for the authorisation and recognition of Athletes' Representatives. Each Member shall have jurisdiction over Athletes' Representatives acting on behalf of their athletes and over Athletes' Representatives acting within their Country or Territory or over Athletes´ Representatives who are nationals of their Country.
4. To assist Members in this task, the Council shall publish Regulations governing Athletes´ Representatives. The Athletes' Representative Regulations shall provide for mandatory requirements to be included in each Member's regulations governing Athletes' Representatives.
5. It is a condition of Membership that each Member includes a provision in its constitution that all agreements between an athlete and an Athletes' Representative shall comply with the Rules and the Athletes' Representative Regulations.
6. An Athletes' Representative shall have integrity and good reputation. If required to do so, he shall demonstrate sufficient education and knowledge for the activity of Athletes' Representative by successfully completing an examination established and organised in accordance with the Athletes' Representative Regulations.
7. Each Member shall annually provide to the IAAF a list of all Athletes' Representatives that it has authorised or recognised. The

IAAF shall annually publish an official list of all Athletes' Representatives.

8. Any athlete or Athletes' Representative who does not comply with the Rules and Regulations, may be subject to sanctions in accordance with the Rules and Regulations.

RULE 8
Advertising and Displays during International Competitions

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

RULE 9
Betting and other Anti-Corruption Violations

1. This Rule shall apply to all Participants who participate or assist in an International Competition and each Participant shall automatically be bound by, and be required to comply with, this Rule by virtue of such participation or assistance.

2. It shall be the personal responsibility of every Participant to make himself aware of this Rule, including what conduct constitutes a violation, and to comply with it.
3. Each Participant submits to the exclusive jurisdiction of the IAAF Ethics Commission convened under the IAAF Code of Ethics to hear and determine charges brought by the IAAF and to the exclusive jurisdiction of CAS to determine any appeal from a decision of the IAAF Ethics Commission.

Betting and other anti-corruption violations

4. The following conduct by a Participant shall constitute a violation under this Rule (in each case, whether effected directly or indirectly).
5. *Betting*:
   (a) Participation in, support for, or promotion of, any form of Betting related to an Event or Competition, including Betting with another Person on the result, progress, outcome, conduct or any other aspect of such an Event or Competition. Rule 9.5(a) applies to any form of Betting related to an Event or Competition in which the Participant is directly participating or that is otherwise taking place in the Participant's sport or that is taking place in another sport at a Competition hosted by a Major Event Organisation in which the Participant is participating.
   (b) Inducing, instructing, facilitating or encouraging a Participant to commit a violation of Rule 9.5.
6. *Manipulation of results*:
   (a) Fixing or contriving in any way, or otherwise improperly influencing, or being a party to fix or contrive in any way or otherwise improperly influence, the result, progress, outcome, conduct or any other aspect of an Event or Competition;
   (b) Ensuring or seeking to ensure the occurrence of a particular incident in an Event or Competition, which occurrence is to the Participant's knowledge the subject of a Bet and for which he or another Person expects to receive or has received a Benefit;
   (c) Failing, in return for a Benefit (or the legitimate expectation of a Benefit, irrespective of whether such Benefit is in fact given or received) to perform to one's abilities in an Event or Competition;
   (d) Inducing, instructing, facilitating or encouraging a Participant to commit a violation of Rule 9.6.
7. *Bribery*:
   (a) Accepting, offering, agreeing to accept or offer, any bribe or other Benefit (or the legitimate expectation of a Benefit,

irrespective of whether such Benefit is in fact given or received) to fix or contrive in any way, or otherwise to influence improperly the result, progress, outcome, conduct or any other aspect of an Event or Competition;

(b) Inducing, instructing, facilitating or encouraging a Participant to commit a violation of Rule 9.7.

8. *Gifts*:

(a) Providing, offering, giving, requesting or receiving any gift or Benefit (or the legitimate expectation of a Benefit, irrespective of whether such Benefit is in fact given or received) in circumstances that the Participant might reasonably have expected could bring him or the sport of Athletics into disrepute;

(b) Inducing, instructing, facilitating or encouraging a Participant to commit a violation of Rule 9.8.

9. *Misuse of Inside Information*:

(a) Using Inside Information for Betting purposes or otherwise in relation to Betting;

(b) Disclosing Inside Information to any Person (with or without Benefit) where the Participant might reasonably be expected to know that the disclosure of such information in such circumstances could be used in relation to Betting;

(c) Inducing, instructing, facilitating or encouraging a Participant to commit a violation of Rule 9.9.

10. *Other Violations*:

(a) Any attempt by a Participant, or any agreement by a Participant with any other Person, to act in a manner that would culminate in the commission of a violation of this Rule shall be treated as if a violation had been committed, whether or not such attempt or agreement in fact resulted in such violation. However, there shall be no violation under this Rule where the Participant renounces his attempt or agreement prior to its being discovered by a third party not involved in the attempt or agreement;

(b) Knowingly assisting, covering up or otherwise being complicit in any acts or omissions of the type described in Rule 9 committed by a Participant;

(c) Failing to report to the IAAF or other competent authority (without undue delay) full details of any approaches or invitations received by the Participant to engage in conduct that would amount to a violation of this Rule;

(d) Failing to report to the IAAF or other competent authority (without undue delay) full details of any incident, fact or matter

that comes to the attention of the Participant that may evidence a violation under this Rule by a third party, including (without limitation) approaches or invitations that have been received by any other party to engage in conduct that would amount to a violation of this Rule;

(e) Failing without compelling justification to cooperate with any reasonable investigation carried out in relation to a possible violation of this Rule, including failing to provide any information and/or documentation requested that may be relevant to such investigation.

11. The following are not relevant to the determination of a violation under this Rule:
    (a) whether or not the Participant was participating or an Athlete assisted by another Participant was participating in the specific Event or Competition;
    (b) the nature or outcome of any Bet in issue;
    (c) the outcome of the Event or Competition on which such Bet was made;
    (d) whether or not the Participant's efforts or performance (if any) in the Event or Competition in issue were (or could be expected to be) affected by the acts or omissions in question;
    (e) whether or not any of the results in the Event or Competition in issue were (or could be expected to be) affected by the acts or omissions in question.

Investigation and hearing of alleged violations

12. Any allegation or suspicion of a violation of Rule 9 shall be notified in writing to the IAAF General Secretary who shall refer the matter to the IAAF Executive Board. The IAAF Executive Board shall designate an independent person or persons to be responsible for investigation of the allegation or suspicion and for determination as to whether to issue a charge.
13. The hearing of alleged violations of this Rule shall be conducted by the IAAF Ethics Commission which shall determine its own hearing procedure under the IAAF Code of Ethics.

Standard of Proof

14. The standard of proof in all cases under this Rule shall be whether the IAAF Ethics Commission is comfortably satisfied, bearing in mind the seriousness of the allegation, that the alleged violation has been committed. The standard of proof in all cases shall be greater than a mere balance of probability but less than proof beyond reasonable

doubt. The burden of establishing that a violation of Rule 9 has occurred shall be on the IAAF.

15. The IAAF Ethics Commission shall not be bound by judicial rules governing the admissibility of evidence. Facts related to violations of Rule 9 may be established by any reliable means, including but not limited to, admissions, evidence of third persons, witness statements, experts reports, documentary records and analytical data or information.
16. The IAAF Ethics Commission shall have discretion to accept any facts established by a decision of a court or professional disciplinary tribunal of competent jurisdiction which is not the subject of a pending appeal as irrefutable evidence of those facts against the Participant to whom the decision relates unless the Participant establishes that the relevant decision violated principles of natural justice.
17. The IAAF Ethics Commission may draw an inference adverse to the Participant who is asserted to have committed a violation based on his refusal, without compelling justification, after a request made in reasonable time in advance of the hearing, to appear at the hearing (either in person or telephonically as directed by the IAAF Ethics Commission) or to answer any relevant questions.

Sanctions

18. A violation of Rule 9 by an Athlete occurring during or in connection with an Event in which the Athlete is participating shall lead to the automatic disqualification of the Athlete and the annulment of all of the Athlete's results from the Event, with all resulting consequences for the Athlete, including the forfeiture of all titles, awards, medals, points and prize and appearance money.
19. Where the Athlete who has committed a violation under Rule 9 participated as a member of a relay team, the relay team shall be automatically disqualified from the Event in question, with all resulting consequences for the relay team, including the annulment of all results and forfeiture of all titles, awards, medals and points and prize and appearance money.
20. In all other cases, the IAAF Ethics Commission shall decide whether or not a violation of Rule 9 shall lead to the disqualification of results from an Event or Competition taking into consideration the specific circumstances of the violation in question.
21. Where it is determined that a violation of Rule 9 has been committed, the IAAF Ethics Commission shall also be required to impose an

appropriate sanction upon the Participant from the range of sanctions set out below:

Violation	**Range of Sanction**
Rule 9.5 (Betting)	A minimum of two (2) years and a maximum of four (4) years Ineligibility
Rule 9.6 (Manipulation of Results)	A minimum of two (2) years and a maximum of four (4) years Ineligibility
Rule 9.7 (Bribery)	A minimum of two (2) years and a maximum of four (4) years Ineligibility
Rule 9.8 (Gifts)	A minimum of two (2) years and a maximum of four (4) years Ineligibility
Rule 9.9 (Misuse of Inside Information)	A minimum of two (2) years and a maximum of four (4) years Ineligibility
Rule 9.10(b) and (c) (Other violations)	A minimum of two (2) years and a maximum of four (4) years Ineligibility
Rule 9.10(d) and (e) (Other violations)	A minimum of two (2) year and a maximum of a four (4) years Ineligibility

In addition to the imposition of a period of Ineligibility as set out above, the IAAF Ethics Commission may, at its discretion, impose a fine of up to a maximum amount of the value of any Benefit received by the Participant out of, or in relation to, the violation(s) of Rule 9.

22. In order to determine the appropriate sanction to be imposed in each case, the IAAF Ethics Commission shall assess the relative seriousness of the violation, including identifying all relevant factors that it deems to aggravate or mitigate the nature of the violation committed:

(a) Aggravating factors may include without limitation: whether the Participant committed the violation on more than one occasion; whether the Participant committed more than one violation; whether the Participant had previously been found guilty of a similar violation; whether the violation involved more than one Participant; whether the Participant failed to co-operate in any

investigation in his case; where the amount of any profits, winnings or other Benefit, directly or indirectly received by the Participant as a result of the violation(s) is substantial and/or where the sums of money otherwise involved in the violation(s) were substantial; whether the Participant showed a lack of remorse for the violation committed; whether the violation affected the result or outcome of the relevant Event or Competition, or any part of it; any other aggravating factors(s) that the IAAF Ethics Commission considers relevant and appropriate.

(b) Mitigating factors may include without limitation: whether the Participant admitted the violation; the Participant's good previous disciplinary record; the Participant's young age and/or lack of experience; whether the violation affected or had the potential to affect the result or outcome of the relevant Event or Competition, or any part of it; where the Participant has co-operated with any investigation conducted in his case; any other mitigating factor that the IAAF Ethics Commission considers relevant and appropriate.

23. Any period of ineligibility imposed on a Participant shall start on the date the decision imposing the period of ineligibility is issued or, if the hearing is waived, on the date the ineligibility is accepted or otherwise imposed. Any period of provisional suspension served by the Participant (whether imposed or voluntarily accepted) shall be credited against the total period of ineligibility to be served.

24. No Participant who has been declared ineligible may, during the period of ineligibility, participate in any capacity in any Competition in Athletics, whether directly or indirectly, or in any activity other than in authorised betting and anti-corruption education or rehabilitation programmes which are authorised, organised, sanctioned or supported by the IAAF or any Area Association or Member.

25. A Participant who is subject to a period of ineligibility shall remain subject to Rule 9 during that period. If a Participant commits a violation of Rule 9 during a period of ineligibility, this shall be treated as a separate violation under the Rule and separate proceedings will be brought.

26. Once the period of the Participant's ineligibility has expired, he will become automatically re-eligible to participate provided that he has (i) completed to the IAAF's reasonable satisfaction any official betting and anti-corruption education or rehabilitation programme

that might be imposed on him; (ii) has satisfied, in full, any fine imposed under this Rule and/or award of costs made against him by any tribunal and (iii) has agreed to subject himself to any reasonable and proportionate monitoring of his future activities as the IAAF may reasonably consider necessary given the nature and scope of the violation that he has committed.

Appeals

27. The following decisions taken by the IAAF Ethics Commission under this Rule may be appealed either by the IAAF or the Participant who is the subject of the decision (as applicable) exclusively to CAS:
    (a) A decision that a charge of violation of Rule 9 should be dismissed on procedural or jurisdictional grounds;
    (b) a decision that a violation of Rule 9 has been committed;
    (c) a decision that a violation of Rule 9 has not been committed;
    (d) a decision to impose sanctions, including the disqualification of any results and the appropriateness of any sanction under Rule 9;
    (e) a decision to impose sanctions that are not in accordance with Rule 9; and
    (f) a decision not to impose sanctions.
28. Decisions that are appealed shall remain in effect while under appeal unless CAS orders otherwise or unless otherwise determined in accordance with this Rule.
29. The decision as to whether the IAAF should appeal to CAS shall be taken by the IAAF Executive Board. The IAAF Executive Board shall, where applicable, determine at the same time whether the Participant shall be re-suspended pending the CAS decision.
30. Unless otherwise determined by the IAAF Executive Board, in cases where the IAAF is the prospective appellant, the appellant shall have forty-five (45) days in which to file a statement of appeal with CAS starting from the date of receipt of the written reasoned decision by the appealing party.
31. The appeal before CAS shall take the form of a re-hearing de novo and the CAS Panel shall be able to substitute its decision for the decision of the relevant tribunal where it considers the decision of the relevant tribunal to be erroneous. The CAS Panel may in any case add to or increase the sanctions that were imposed in the contested decision.
32. The applicable rules to be applied in the CAS appeal shall be IAAF Rules and the IAAF Code of Ethics.

33. The governing law of the CAS appeal shall be Monegasque law and the appeal shall be conducted in English, unless the parties agree otherwise.
34. The decision of CAS shall be final and binding on all parties, and on all Members, and no right of appeal will lie from the CAS decision. The CAS decision shall have immediate effect and all Members shall take all necessary action to ensure that it is effective.

Recognition of Decisions of Major Event Organisations

35. Final decisions of a Major Event Organisation in relation to a Participant that are within the Major Event Organisation's jurisdiction and based on the same or similar rules as in this Rule 9 shall be recognised and respected by the IAAF upon receipt of notice of the same. The procedure for determining the Participant's sanction beyond the sanction imposed by the Major Event Organisation shall be determined by the IAAF Ethics Commission in accordance with the IAAF Code of Ethics and the range of applicable sanctions shall be the sanctions set out in this Rule 9.

Interpretation

36. This Rule came into full force and effect on 1 May 2012 i.e., in relation to conduct committed on or after that date. The Rule shall cease to be in force and effect upon the entry into force and effect of the revised Code of Ethics on 1 January 2014.
37. The headings and sub-headings used in this Rule are for convenience only and shall not be deemed to be part of the substance of this Rule or to affect in any way the language of the provisions to which they refer.

CHAPTER 2: ELIGIBILITY

RULE 20
Definition of Eligible Athlete

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

RULE 21
Restriction of Competition to Eligible Athletes

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

RULE 22
Ineligibility for International and Domestic Competitions

1. The following persons shall be ineligible for competitions, whether held under these Rules or the rules of an Area or a Member.
   Any athlete, athlete support personnel or other person:
   (a) whose National Federation is currently suspended by the IAAF. This does not apply to national competitions organised by the currently suspended Member for the Citizens of that Country or Territory;
   (b) who has been provisionally suspended or declared ineligible under the rules of his National Federation from competing in competitions under the jurisdiction of that National Federation, in so far as such suspension or ineligibility is consistent with these Rules;
   (c) who is currently serving a period of provisional suspension from competition under these Rules;

(d) who does not meet the eligibility requirements set out in Rule 141 or the Regulations thereunder;
(e) who has been declared ineligible as a result of a breach of the Anti-Doping Rules in Chapter 3;
(f) who has been declared ineligible as a result of a breach of any other Rule or Regulation under Rule 60.4.

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

The IAAF Anti-Doping Administrator

11. The IAAF Anti-Doping Administrator is the head of the IAAF's Medical and Anti-Doping Department. He shall have responsibility for implementing the anti-doping programme which has been established by the Medical and Anti-Doping Commission under Rule 31.5. He shall report to the Medical and Anti-Doping Commission in this regard at least once a year and, more regularly, if called upon to do so.
12. The IAAF Anti-Doping Administrator shall have responsibility for the day to day administration of doping cases arising under these Anti-Doping Rules. In particular, the IAAF Anti-Doping Administrator shall be the person responsible, where applicable, for conducting the results management process in the case of International-Level Athletes in accordance with Rule 37, for deciding upon the Provisional Suspension of International-Level Athletes in accordance with Rule 38 and for conducting the administrative review of Filing Failures / Missed Tests committed by International-Level Athletes in accordance with the procedures set out in the Anti-Doping Regulations.
13. The IAAF Anti-Doping Administrator may at any time in the course of his work seek an advisory opinion from the Chairperson of the Medical and Anti-Doping Commission, from the Doping Review Board or from such other person as he considers to be appropriate.

RULE 32
Anti-Doping Rule Violations

1. Doping is defined as the occurrence of one or more of the anti-doping rule violations set out in Rule 32.2 of these Anti-Doping Rules.
2. Athletes or other Persons shall be responsible for knowing what constitutes an anti-doping rule violation and the substances and methods which have been included on the Prohibited List. The following constitute anti-doping rule violations:
   (a) Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample.
      (i) it is each Athlete's personal duty to ensure that no Prohibited Substance enters his body. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their Samples. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on the Athlete's part be demonstrated in

order to establish an anti-doping rule violation under Rule 32.2(a).

(ii) sufficient proof of an anti-doping rule violation under Rule 32.2(a) is established by either of the following: presence of a Prohibited Substance or its Metabolites or Markers in the Athlete's A Sample where the Athlete waives analysis of the B Sample and the B Sample is not analysed; or, where the Athlete's B Sample is analysed and the analysis of the Athlete's B Sample confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the Athlete's A Sample.

(iii) except those Prohibited Substances for which a quantitative threshold is specifically identified in the Prohibited List, the presence of any quantity of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample shall constitute an anti-doping rule violation.

(iv) as an exception to the general application of Rule 32.2(a), the Prohibited List or International Standards may establish special criteria for the evaluation of Prohibited Substances that can also be produced endogenously.

(b) Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method.

(i) it is each Athlete's personal duty to ensure that no Prohibited Substance enters his body. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping rule violation for Use of a Prohibited Substance or a Prohibited Method.

(ii) the success or failure of the Use or Attempted Use of a Prohibited Substance or Prohibited Method is not material. It is sufficient that the Prohibited Substance or Prohibited Method was Used, or Attempted to be Used, for an anti-doping rule violation to be committed.

(c) Refusing or failing without compelling justification to submit to Sample collection after notification as authorized in applicable anti-doping rules or otherwise evading Sample collection.

(d) Violation of applicable requirements regarding Athlete availability for Out-of-Competition Testing, including failure to file required whereabouts information and Missed Tests which are declared based on rules which comply with the International Standard for Testing. Any combination of three Missed Tests

and/or Filing Failures within an eighteen-month period as determined by the IAAF and/or other Anti-Doping Organizations with jurisdiction over the Athlete shall constitute an anti-doping rule violation.

(e) Tampering or Attempted Tampering with any part of Doping Control.

(f) Possession of a Prohibited Substance or Prohibited Method.

(i) Possession by an Athlete In-Competition of any Prohibited Method or Prohibited Substance or Possession by an Athlete Out-of-Competition of any Prohibited Method or Prohibited Substance which is prohibited Out-of-Competition unless the Athlete establishes that the Possession is pursuant to a TUE granted in accordance with Rule 34.9 (Therapeutic Use) or other acceptable justification.

(ii) Possession by an Athlete Support Personnel In-Competition of any Prohibited Method or Prohibited Substance or Possession by an Athlete Support Personnel Out-of-Competition of any Prohibited Method or Prohibited Substance which is prohibited Out-of-Competition in connection with an Athlete, Competition or training, unless the Athlete Support Personnel establishes that the Possession is pursuant to a TUE granted to an Athlete in accordance with Rule 34.9 (Therapeutic Use) or other acceptable justification.

(g) Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method.

(h) Administration or Attempted administration to any Athlete In-Competition of any Prohibited Method or Prohibited Substance, or administration or Attempted administration to any Athlete Out-of-Competition of any Prohibited Method or Prohibited Substance that is prohibited Out-of-Competition or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted anti-doping rule violation.

RULE 33
Proof of Doping

Burdens and Standards of Proof

1. The IAAF, the Member or other prosecuting authority shall have the burden of establishing that an anti-doping rule violation has occurred.

The standard of proof shall be whether the IAAF, the Member or other prosecuting authority has established an anti-doping rule violation to the comfortable satisfaction of the relevant hearing panel, bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt.

2. Where these Anti-Doping Rules place the burden of proof upon the Athlete or other Person alleged to have committed an anti-doping violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be by a balance of probability, except as provided in Rules 40.4 (Specified Substances) and 40.6 (aggravating circumstances) where the Athlete must satisfy a higher burden of proof.

Methods of Establishing Facts and Presumptions

3. Facts related to anti-doping rule violations may be established by any reliable means, including but not limited to admissions, evidence of third Persons, witness statements, experts reports, documentary evidence, conclusions drawn from longitudinal profiling such as the Athlete Biological Passport and other analytical information.

   The following rules of proof shall be applicable in doping cases:

   (a) WADA-accredited laboratories are presumed to have conducted Sample analysis and custodial procedures in accordance with the International Standard for Laboratories. The Athlete or other Person may rebut this presumption by establishing that a departure from the International Standard for Laboratories has occurred which could reasonably have caused the Adverse Analytical Finding.

   If the Athlete or other Person rebuts the preceding presumption by showing that a departure from the International Standard for Laboratories occurred which could reasonably have caused the Adverse Analytical Finding, then the IAAF, the Member or other prosecuting authority shall have the burden of establishing that such departure did not cause the Adverse Analytical Finding.

   (b) Departures from any other International Standard or other anti-doping rule or policy which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such results. If the Athlete or other Person establishes that a departure from another International Standard or other anti-doping rule or policy has occurred which could reasonably have caused the Adverse Analytical Finding or other anti-doping rule violation, then the IAAF, the Member or other prosecuting

authority shall have the burden of establishing that such departure did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

(c) The facts established by a decision of a court or professional disciplinary tribunal of competent jurisdiction which is not the subject of a pending appeal shall be irrefutable evidence against the Athlete or other Person to whom the decision pertained of those facts unless the Athlete or other Person establishes that the decision violated principles of natural justice.

(d) The hearing panel in a hearing on an anti-doping rule violation may draw an inference adverse to the Athlete or other Person who is asserted to have committed an anti-doping rule violation based on the Athlete's or other Person's refusal, after a request made in a reasonable time in advance of the hearing, to appear at the hearing (either in person or by telephone as directed by the hearing panel) and to answer questions from the hearing panel or the IAAF, Member or other prosecuting authority asserting the anti-doping rule violation.

RULE 34
The Prohibited List

1. These Anti-Doping Rules incorporate the Prohibited List which shall be published by WADA from time to time.

Publication and Revision of the Prohibited List

2. The Prohibited List shall be available from the IAAF and shall be published on the IAAF website. Each Member shall ensure that the current Prohibited List is made available (either on its website or otherwise) to all Athletes and other Persons under its jurisdiction.
3. Unless otherwise stated in the Prohibited List and/or any revision to the Prohibited List, the Prohibited List and revisions shall go into effect under these Anti-Doping Rules three (3) months after publication of the Prohibited List by WADA without requiring any further action by the IAAF.

Prohibited Substances and Prohibited Methods Identified on the Prohibited List

4. Prohibited Substances and Prohibited Methods: The Prohibited List shall identify those substances and methods which are prohibited as doping at all times (both In-Competition and Out-of-Competition) because of their potential to enhance performance in future Competitions or their masking potential and those substances and

methods which are prohibited In-Competition only. Prohibited Substances and Prohibited Methods may be included in the Prohibited List by general category (e.g., anabolic agents) or by specific reference to a particular substance or method.

5. Specified Substances: For purposes of the application of Rule 40 (Sanctions on Individuals), all Prohibited Substances shall be Specified Substances, except substances in the classes of anabolic agents and hormones and those stimulants and hormone antagonists and modulators so identified on the Prohibited List. Prohibited Methods shall not be Specified Substances.
6. New Classes of Prohibited Substances: In the event WADA expands the Prohibited List by adding a new class of Prohibited Substances, WADA's Executive Committee shall determine whether any or all Prohibited Substances within the new class of Prohibited Substances shall be considered Specified Substances under Rule 34.5.
7. WADA's determination of the Prohibited Substances and Prohibited Methods that will be included on the Prohibited List and the classification of substances into categories on the Prohibited List is final and shall not be subject to challenge by an Athlete or other Person based on an argument that the substance or method was not a masking agent or did not have the potential to enhance performance, represent a health risk or violate the spirit of sport.

Therapeutic Use

8. WADA has adopted an International Standard for the process of therapeutic use exemptions ("TUE").
9. Athletes with a documented medical condition requiring the use of a Prohibited Substance or a Prohibited Method must apply for a TUE. TUEs will be granted only in cases of clear and compelling clinical need where no competitive advantage can be gained by the Athlete.
   (a) International-Level Athletes must apply for a TUE from the IAAF prior to participating in an International Competition (regardless of whether the Athlete has previously obtained a TUE at national level). The IAAF shall publish a list of International Competitions for which a TUE from the IAAF is required. International-Level Athletes seeking a TUE are required to make an application to the Medical and Anti-Doping Commission. Details of the procedure for the application can be found in the Anti-Doping Regulations. TUEs granted by the IAAF under this Rule shall be reported to the Athlete's National Federation and to WADA (through ADAMS or otherwise).

(b) Athletes who are not International-Level Athletes must apply for a TUE from their National Federation, or from such other body as may be designated by their National Federation to grant TUEs, or which otherwise has competent authority to grant TUEs in the Country or Territory of the National Federation. National Federations shall in all cases be responsible for reporting promptly the grant of any TUEs under this Rule to the IAAF and to WADA (through ADAMS or otherwise).

(c) WADA, on its own initiative, may review at any time the granting of a TUE to an International-Level Athlete or to an Athlete who is not an International-Level Athlete but is included in his national registered testing pool. Further, upon the request of any such Athlete that has been denied a TUE, WADA may review such denial. If WADA determines that such granting or denial of a TUE did not comply with the International Standard for Therapeutic Use Exemptions, WADA may reverse the decision.

(d) The presence of a Prohibited Substance or its Metabolites or Markers (Rule 32.2(a)), Use or Attempted Use of a Prohibited Substance or Prohibited Method (Rule 32.2(b)), Possession of a Prohibited Substance or Prohibited Method (Rule 32.2(f)) or Administration of a Prohibited Substance or Prohibited Method (Rule 32.2(h)) consistent with the provisions of an applicable TUE and issued pursuant to the International Standard for Therapeutic Use Exemptions shall not be considered an anti-doping rule violation.

RULE 35
Testing

1. Every Athlete under these Anti-Doping Rules is subject to In-Competition Testing at the Competitions at which he competes and to Out-of-Competition Testing at any time or place. Athletes shall submit to Doping Control whenever requested to do so by a Person with authority to conduct Testing.
2. It is a condition of Membership of the IAAF that each Member (and respectively Area Association) includes within its constitution:
   (a) a provision giving the Member (and respectively the Area Association) authority to conduct In and Out-of-Competition Testing, a report of which, in the case of the Member, must be submitted to the IAAF on an annual basis (see Rule 43.5);

(b) a provision giving the IAAF authority to conduct Testing at the Member's National Championships (and respectively at the Area Association's Area Championships);

(c) a provision giving the IAAF authority to conduct No Advance Notice Out-of-Competition Testing on the Member's Athletes; and

(d) a provision making it a condition of membership or affiliation to its National Federation, and a condition of participation in Competitions which are sanctioned or organised by the Member, that its Athletes agree to be subject to any In-Competition or Out-of-Competition Testing carried out by the Member, the IAAF and any other body with competent authority to Test under these Anti-Doping Rules.

3. The IAAF and its Members may delegate Testing under this Rule to any Member, other Member, WADA, governmental agency, National Anti-Doping Organisation or other third party which they deem to be suitably qualified for the purpose.

4. In addition to Testing by the IAAF and its Members (and by entities to which the IAAF and its Members may have delegated their Testing responsibility under Rule 35.3 above), Athletes may be subject to Testing:

(a) In-Competition by any other organisation or body which has competent authority to conduct Testing at the Competition in which they are participating; and

(b) Out-of-Competition by (i) WADA; (ii) the National Anti-Doping Organisation of the Country or Territory in which they are present; or (iii) by, or on behalf of, the IOC in connection with the Olympic Games.

However, only a single organisation shall be responsible for initiating and directing Testing during a Competition. At International Competitions, the collection of Samples shall be initiated and directed by the IAAF (see Rule 35.7) or other international sports organisation ruling body in the case of an International Competition over which the IAAF has no exclusive control (e.g. the IOC at the Olympic Games or the Commonwealth Games Federation at the Commonwealth Games). If the IAAF or such other international sports organisation ruling body decides not to conduct Testing at an International Competition, the National Anti-Doping Organisation in the Country or Territory where the International Competition is to take place may, with the approval of the IAAF and WADA, initiate and conduct such Testing.

5. The IAAF and its Members shall promptly report all completed In-Competition Tests through the WADA clearinghouse (in the case of reporting by a Member, with a copy of such report being sent to the IAAF at the same time) in order to avoid any unnecessary duplication in Testing.
6. Testing conducted by the IAAF and its Members under this Rule shall be in substantial conformity with the Anti-Doping Regulations in force at the time of Testing.

In-Competition Testing

7. The IAAF shall have responsibility for initiating and directing In-Competition Testing at the following International Competitions:-
   (a) World Championships;
   (b) World Athletics Series Competitions;
   (c) International Invitation Meetings in accordance with Rule 1.1;
   (d) IAAF Permit Meetings;
   (e) IAAF Road Races (including IAAF Marathons); and
   (f) at such other International Competitions as the Council may determine on the recommendation of the Medical and Anti-Doping Commission. The full list of International Competitions under this Rule shall be published annually on the IAAF website.
8. The Council shall determine the anticipated number of Athletes to be tested at the above International Competitions on the recommendation of the Medical and Anti-Doping Commission. Athletes to be tested shall be selected as follows:
   (a) on a final position basis and/or random basis;
   (b) at the discretion of the IAAF (acting by its relevant official or body), by any method that it shall choose, including Target Testing;
   (c) any Athlete who has broken or equalled a World Record. (See Rules 260.6. and 260.8.)
9. If the IAAF has delegated Testing under Rule 35.3 above, it may appoint a representative to attend at the International Competition in question to ensure that these Anti-Doping Rules and the Anti-Doping Regulations are being properly applied.
10. In consultation with the relevant Member (and respectively with the relevant Area Association), the IAAF may conduct, or assist in the conduct of, Testing at a Member's National Championships or Area Association's Area Championships.

11. In all other cases (except where Testing is carried out under the rules of another international sports organisation ruling body, for example, by the IOC at the Olympic Games), the Member conducting the controls, or in whose Country or Territory a competition is held, shall be responsible for initiating and directing In-Competition Testing. If the Member has delegated its Testing under Rule 35.3 above, it is the Member's responsibility to ensure that such Testing carried out in its Country or Territory complies with these Anti-Doping Rules and the Anti-Doping Regulations.

Out-of-Competition Testing

12. The IAAF shall focus its Out-of-Competition Testing primarily on International-Level Athletes. However, it may, at its discretion, conduct Out-of-Competition Testing on any Athlete at any time. Except in exceptional circumstances, all Out-of-Competition Testing shall be carried out on No Advance Notice to the Athlete or his Athlete Support Personnel or National Federation. Athletes included in the Registered Testing Pool shall be subject to the whereabouts requirements set out in accordance with Rule 35.17.
13. It is the duty of every Member, officer of a Member and other Person under the jurisdiction of a Member to assist the IAAF (and, if appropriate, another Member, WADA or other body with competent Testing authority) in the conduct of Out-of-Competition Testing under this Rule. Any Member, officer of a Member or other Person under the jurisdiction of a Member preventing, hindering, obstructing or otherwise Tampering with the conduct of such Testing may be liable to sanction under these Anti-Doping Rules.
14. Out-of-Competition Testing shall be conducted under these Anti-Doping Rules to detect Prohibited Substances and Prohibited Methods listed as being the substances and methods prohibited at all times (In and Out-of-Competition) in the Prohibited List or for the purpose of collecting profile data within the framework of the Athlete Biological Passport or for both purposes at the same time.
15. Statistics of Out-of-Competition Testing shall be published once a year per Athlete in the Registered Testing Pool and per Member Federation.

Whereabouts Information

16. The IAAF shall establish a Registered Testing Pool of Athletes who are required to comply with the whereabouts requirements set out in these Rules and in the Anti-Doping Regulations. The Registered

Testing Pool shall be published by the IAAF on its website and shall be reviewed and updated as necessary from time to time.

17. Each Athlete in the Registered Testing Pool shall be required to submit Whereabouts Filings in accordance with the Anti-Doping Regulations. The ultimate responsibility for submitting a Whereabouts Filing rests with each Athlete. Members shall, however, upon the request of the IAAF or other relevant Testing Authority, use their best efforts to assist in the collection of current and accurate whereabouts information for their Athletes and shall make specific provision in their rules or regulations for such purpose. Whereabouts information provided by an Athlete pursuant to this Rule shall be shared with WADA and any other body having competent authority to test the Athlete in accordance with the Anti-Doping Regulations on the strict condition that it be used for Doping Control purposes only.
18. If an Athlete in the Registered Testing Pool fails to advise the IAAF of his required whereabouts, it shall be deemed to be a Filing Failure for the purposes of Rule 32.2(d) where the relevant conditions of the Anti-Doping Regulations have been met. If an Athlete in the Registered Testing Pool fails to be available for Testing at his declared whereabouts, it shall be deemed to be a Missed Test for the purposes of Rule 32.2(d) where the relevant conditions of the Anti-Doping Regulations have been met. An Athlete shall be deemed to have committed an anti-doping rule violation under Rule 32.2(d) if he commits a total of three Whereabouts Failures (which may be any combination of Filing Failures and/or Missed Tests adding up to three in total) within any 18 (eighteen) month period. The IAAF may rely for the purposes of Rule 32.2(d) on Filing Failures and/or Missed Tests that have been declared by other Anti-Doping Organisations with jurisdiction over an Athlete provided that they have been declared based on rules that comply with the International Standard for Testing.
19. If an Athlete in the Registered Testing Pool or a member of his Athlete Support Personnel or other Person knowingly provides inaccurate or misleading whereabouts information, he shall be deemed to be evading Sample collection in breach of Rule 32.2(c) and/or Tampering or Attempting to Tamper with the Doping Control Process in breach of Rule 32.2(e). If a Member that has been requested to assist the IAAF in collecting whereabouts information in accordance with Rule 35.17, or has otherwise agreed to submit whereabouts information on behalf of its Athletes, fails to check that

the information forwarded is current and accurate, it shall be found to be in breach of Rule 44.2(e).

Return to Competition Following Retirement or Other Period of Non-Competition

20. If an Athlete in the Registered Testing Pool no longer wishes to be subject to Out-of-Competition Testing on account of the fact that he has retired, or has chosen not to compete for any other reason, he shall be required to give notice to the IAAF using the prescribed form. The same Athlete may not then resume competition unless he has given the IAAF 12 months notice in writing of his intention to return to competition and has made himself available for Out-of-Competition Testing by the IAAF in that period by providing the IAAF with whereabouts information pursuant to Rule 35.17. An Athlete who refuses or fails to submit to Sample collection on account of the fact that he has retired or has chosen not to compete for any other reason, but who has not provided the IAAF with notice under this Rule, shall have committed an anti-doping rule violation in accordance with Rule 32.2(c).

RULE 36
Analysis of Samples

1. All Samples collected under these Anti-Doping Rules shall be analysed in accordance with the following general principles:

Use of Approved Laboratories

(a) For the purposes of Rule 32.2(a) (Presence of a Prohibited Substance or Prohibited Method), Samples shall be analysed only in WADA-accredited laboratories or as otherwise approved by WADA. In the case of Samples collected by the IAAF pursuant to Rule 35.7, Samples shall be sent only to WADA-accredited laboratories (or, where applicable, to haematological laboratories or mobile testing units) which are approved by the IAAF.

Purpose of Collection and Analysis of Samples

(b) Samples shall be analysed to detect Prohibited Substances and Prohibited Methods on the Prohibited List (and such other substances as may be directed by WADA pursuant to its monitoring programme) and/or to assist in profiling relevant parameters in an Athlete's urine, blood or other matrix, including DNA or genomic profiling, for anti-doping purposes. Relevant

23. The Athlete shall have the right to seek a review of the Doping Review Board's determination on exceptional / special circumstances to CAS. In all cases, the standard of review of the Doping Review Board's determination on the question of exceptional / special circumstances shall be as set out in Rule 42.21.
24. In cases which do not involve International-Level Athletes, the relevant tribunal shall consider, having strict regard to the principles set out in Rule 38.15, whether there are exceptional / special circumstances in the Athlete's case and decide upon the Athlete's sanction accordingly. The Member shall notify the IAAF and the Athlete of the relevant tribunal's decision in writing, within 5 working days of the decision being made. If the relevant tribunal concludes that there are exceptional / special circumstances in an Athlete's case, it shall set out the full factual basis for such conclusion and for the sanction that it decides as part of its written reasons.

RULE 39
Automatic Disqualification of Individual Results

An anti-doping rule violation in connection with an In-Competition test automatically leads to disqualification from the Event in question, with all resulting consequences for the Athlete, including the forfeiture of all titles, awards, medals, points and prize and appearance money.

RULE 40
Sanctions on Individuals

Disqualification of Results in the Competition during which an Anti-Doping Rule Violation Occurs

1. An anti-doping rule violation occurring during or in connection with a Competition shall lead to the disqualification of all of the Athlete's results from the Competition, with all resulting consequences for the Athlete, including the forfeiture of all titles, awards, medals, points and prize and appearance money, except as provided below.
   If the Athlete establishes that he bears No Fault or Negligence for the violation, the Athlete's individual results in the other Events shall not be disqualified unless the Athlete's results in Events other than the Event in which the anti-doping rule violation occurred were likely to have been affected by the Athlete's anti-doping rule violation.

Ineligibility for Presence, Use or Attempted Use or Possession of Prohibited Substances and Prohibited Methods

2. The period of Ineligibility imposed for a violation of Rules 32.2(a) (Presence of a Prohibited Substance or its Metabolites or Markers), 32.2(b) (Use or Attempted Use of a Prohibited Substances or Prohibited Method) or 32.2(f) (Possession of Prohibited Substances and Prohibited Methods), unless the conditions for eliminating or reducing the period of Ineligibility as provided in Rules 40.4 and 40.5, or the conditions for increasing the period of Ineligibility as provided in Rule 40.6 are met, shall be as follows:

   First Violation: Two (2) years' Ineligibility.

Ineligibility for Other Anti-Doping Rule Violations

3. The period of Ineligibility for anti-doping rule violations other than as provided in Rule 40.2 shall be as follows:
   (a) For violations of Rule 32.2(c) (refusing or failing to submit to Sample collection) or Rule 32.2(e) (Tampering with Doping Control), the period of Ineligibility shall be two (2) years unless the conditions provided in Rule 40.5, or the conditions provided in Rule 40.6, are met.
   (b) For violations of Rule 32.2(g) (Trafficking or Attempted Trafficking) or Rule 32.2(h) (Administration or Attempted Administration of a Prohibited Substance or Prohibited Method), the period of Ineligibility imposed shall be a minimum of four (4) years up to lifetime Ineligibility unless the conditions in Rule 40.5 are met. An anti-doping rule violation involving a Minor shall be considered a particularly serious violation and, if committed by Athlete Support Personnel for violations other than Specified Substances referenced in Rule 34.5, shall result in lifetime Ineligibility for such Athlete Support Personnel. In addition, significant violations of Rules 32.2(g) or 32.2(h) which may also violate non-sporting laws and regulations, shall be reported to the competent administrative, professional or judicial authorities.
   (c) For violations of Rule 32.2(d) (Filing Failures and/or Missed Tests), the period of Ineligibility shall be at a minimum one (1) year and at a maximum two (2) years based on the Athlete's degree of fault.

Elimination or Reduction of Period of Ineligibility for Specified Substances under Specific Circumstances

4. Where an Athlete or other Person can establish how a Specified Substance entered his body or came into his Possession and that such Specified Substance was not intended to enhance the Athlete's sport performance or mask the Use of a performance enhancing substance, the period of Ineligibility in Rule 40.2 shall be replaced with the following:

   First Violation: At a minimum, a reprimand and no period of Ineligibility from future Competitions and, at a maximum, two (2) years' Ineligibility.

   To justify any elimination or reduction, the Athlete or other Person must produce corroborating evidence in addition to his word which establishes to the comfortable satisfaction of the hearing panel the absence of an intent to enhance sport performance or to mask the Use of a performance-enhancing substance. The Athlete or other Person's degree of fault shall be the criterion considered in assessing any reduction of period of Ineligibility.

   This Article applies only in those circumstances where the hearing panel is comfortably satisfied by the objective circumstances of the case that the Athlete in taking a Prohibited Substance did not intend to enhance his sport performance.

Elimination or Reduction of Period of Ineligibility Based on Exceptional Circumstances

5. (a) *No Fault or Negligence:* If an Athlete or other Person establishes in an individual case that he bears No Fault or Negligence, the otherwise applicable period of Ineligibility shall be eliminated. When a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Sample in violation of Rule 32.2(a) (Presence of a Prohibited Substance), the Athlete must establish how the Prohibited Substance entered his system in order to have his period of Ineligibility eliminated.
   In the event that this Rule is applied and the period of Ineligibility otherwise applicable is eliminated, the anti-doping rule violation shall not be considered a violation for the limited purpose of determining the period of Ineligibility for multiple violations under Rule 40.7.

   (b) *No Significant Fault or Negligence*: If an Athlete or other Person establishes in an individual case that he bears No Significant

Fault or Negligence, then the otherwise applicable period of Ineligibility may be reduced, but the reduced period of Ineligibility may not be less than one-half of the period of Ineligibility otherwise applicable. If the otherwise applicable period of Ineligibility is a lifetime, the reduced period under this Rule may be no less than eight (8) years. When a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Sample in violation of Rule 32.2(a) (Presence of a Prohibited Substance), the Athlete must establish how the Prohibited Substance entered his system in order to have the period of Ineligibility reduced.

(c) *Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations*: The relevant tribunal of a Member may, prior to a final appellate decision under Rule 42 or the expiration of the time to appeal (where applicable in the case of an International-Level Athlete having referred the matter to the Doping Review Board for its determination under Rule 38.16) suspend a part of the period of Ineligibility imposed in an individual case where the Athlete or other Person has provided Substantial Assistance to the IAAF, his National Federation, an Anti-Doping Organisation, criminal authority or professional disciplinary body resulting in the IAAF, National Federation or Anti-Doping Organisation discovering or establishing an anti-doping rule violation by another Person or resulting in a criminal or disciplinary body discovering or establishing a criminal offence or the breach of professional rules by another Person. After a final appellate decision under Rule 42 or the expiration of time to appeal, an Athlete or other Person's period of Ineligibility may only be suspended by a Member if the Doping Review Board so determines and WADA agrees. If the Doping Review Board determines that there has been no Substantial Assistance, the determination shall be binding on the Member and there shall be no suspension of Ineligibility. If the Doping Review Board determines that there has been Substantial Assistance, the Member shall decide on the period of Ineligibility that shall be suspended. The extent to which the otherwise applicable period of Ineligibility may be suspended shall be based on the seriousness of the anti-doping rule violation committed by the Athlete or other Person and the significance of the Substantial Assistance provided by the Athlete or other Person to the effort to eliminate doping in Athletics. No more

than three-quarters of the otherwise applicable period of Ineligibility may be suspended. If the otherwise applicable period of Ineligibility is a lifetime, the non-suspended period under this Rule must be no less than eight (8) years. If the Member suspends any part of the period of Ineligibility under this Rule, the Member shall promptly provide a written justification for its decision to the IAAF and any other party having a right to appeal the decision. If the Member subsequently reinstates any part of the suspended period of Ineligibility because the Athlete or other Person has failed to provide the Substantial Assistance which was anticipated, the Athlete or other Person may appeal the reinstatement.

(d) *Admission of an Anti-Doping Rule Violation in the Absence of Other Evidence*: Where an Athlete or other Person voluntarily admits the commission of an anti-doping rule violation before having received notice of a Sample collection which could establish an anti-doping rule violation (or, in the case of an anti-doping rule violation other than Rule 32.2(a), before receiving first notice of the admitted violation pursuant to Rule 37) and that admission is the only reliable evidence of the violation at the time of the admission, then the period of Ineligibility may be reduced but not below one-half of the period of Ineligibility otherwise applicable.

(e) *Where an Athlete or Other Person Establishes Entitlement to Reduction in Sanction under more than one Provision of this Rule*: Before applying any reduction or suspension under Rules 40.5(b), (c) or (d), the otherwise applicable period of Ineligibility shall be determined in accordance with Rules 40.2, 40.3, 40.4 and 40.6. If the Athlete or other Person establishes entitlement to a reduction or suspension of the period of Ineligibility under two or more of Rules 40.5(b), (c) or (d), then the period of Ineligibility may be reduced or suspended but not below one-quarter of the otherwise applicable period of Ineligibility.

Aggravating Circumstances which may Increase the Period of Ineligibility

6. If it is established in an individual case involving an anti-doping rule violation other than violations under Rule 32.2(g) (Trafficking or Attempted Trafficking) and Rule 32.2(h) (Administration or Attempted Administration) that aggravating circumstances are

present which justify the imposition of a period of Ineligibility greater than the standard sanction, then the period of Ineligibility otherwise applicable shall be increased up to a maximum of four (4) years unless the Athlete or other Person can prove to the comfortable satisfaction of the hearing panel that he did not knowingly commit the anti-doping rule violation.

(a) Examples of aggravating circumstances which may justify the imposition of a period of Ineligibility greater than the standard sanction are: the Athlete or other Person committed the anti-doping rule violation as part of a doping plan or scheme, either individually or involving a conspiracy or common enterprise to commit anti-doping rule violations; the Athlete or other Person used or possessed multiple Prohibited Substances or Prohibited Methods or used or possessed a Prohibited Substance or Prohibited Method on multiple occasions; a normal individual would be likely to enjoy performance-enhancing effects of the anti-doping rule violation(s) beyond the otherwise applicable period of Ineligibility; the Athlete or other Person engaged in deceptive or obstructing conduct to avoid the detection or adjudication of an anti-doping rule violation. For the avoidance of doubt, the examples of aggravating circumstances referred to above are not exclusive and other aggravating factors may also justify the imposition of a longer period of Ineligibility.

(b) An Athlete or other Person can avoid the application of this Rule by admitting the anti-doping rule violation as asserted promptly after being confronted with the anti-doping rule violation (which means no later than the date of the deadline given to provide a written explanation in accordance with Rule 37.4(c) and, in all events, before the Athlete competes again).

Multiple Violations

7. (a) *Second Anti-Doping Rule Violation*: For an Athlete or other Person's first anti-doping rule violation, the period of Ineligibility is set out in Rules 40.2 and 40.3 (subject to elimination, reduction or suspension under Rules 40.4 or 40.5 or to an increase under Rule 40.6). For a second anti-doping rule violation, the period of Ineligibility shall be within the range set out in the table below:

2nd violation / 1st violation	RS	FFMT	NSF	St	AS	TRA
RS	1-4	2-4	2-4	4-6	8-10	10-life
FFMT	1-4	4-8	4-8	6-8	10-life	life
NSF	1-4	4-8	4-8	6-8	10-life	life
St	2-4	6-8	6-8	8-life	life	life
AS	4-5	10-life	10-life	life	life	life
TRA	8-life	life	life	life	life	life

Definitions for the purpose of the second anti-doping rule violation table:

RS (Reduced Sanction for Specified Substance under Rule 40.4): the anti-doping rule violation was or should be sanctioned by a reduced sanction under Rule 40.4 because it involved a Specified Substance and the other conditions of Rule 40.4 have been met)

FFMT (Filing Failures and/or Missed Tests): the anti-doping rule violation was or should be sanctioned under Rule 40.3(c) (Filing Failures and/or Missed Tests)

NSF (Reduced Sanction for No Significant Fault or Negligence): the anti-doping rule violation was or should be sanctioned under Rule 40.5(b) because No Significant Fault or Negligence under Rule 40.5(b) was proved by the Athlete.

St (Standard Sanction under Rule 40.2 or 40.3(a)): the anti-doping rule violation was or should be sanctioned by the standard sanction under Rule 40.2 or Rule 40.3(a).

AS (Aggravated Sanction): the anti-doping rule violation was or should be sanctioned by an aggravated sanction under Rule 40.6 because the conditions set out in Rule 40.6 were established.

TRA (Trafficking or Administration): the anti-doping rule violation was or should be sanctioned by a sanction under Rule 40.3(b) for Trafficking or Administration.

(b) *Application of Rules 40.5(c) and Rule 40.5(d) to Second Anti-Doping Violation*: Where an Athlete or other Person who commits a second anti-doping rule violation establishes entitlement to suspension or reduction of a portion of the period of Ineligibility under Rule 40.5(c) or Rule 40.5(d), the hearing panel shall first determine the otherwise applicable period of Ineligibility within the range established in the table in Rule

40.7(a) and then apply the appropriate suspension or reduction of the period of Ineligibility. The remaining period of Ineligibility, after applying any suspension or reduction under Rule 40.5(c) and Rule 40.5(d) must be at least one quarter of the otherwise applicable period of Ineligibility.

(c) *Third Anti-Doping Rule Violation*: A third anti-doping rule violation will always result in a lifetime period of Ineligibility, except if the third violation fulfils the condition for elimination or reduction of the period of Ineligibility under Rule 40.4 or involves a violation of Rule 32.2(d) (Filing Failures and/or Missed Tests). In these particular cases, the period of Ineligibility shall be from eight (8) years to a lifetime ban.

(d) *Additional Rules for Certain Potential Multiple Violations*:

(i) For the purposes of imposing sanctions under Rule 40.7, an anti-doping rule violation will only be considered a second violation if it can be established that the Athlete or other Person committed the second anti-doping rule violation after the Athlete or other Person received notice pursuant to Rule 37 (Results Management) or after reasonable efforts were made to give notice of the first anti-doping rule violation; if this cannot be established, the violations shall be considered together as one single first violation and the sanction imposed shall be based on the violation that carries the more severe sanction; however, the occurrence of multiple violations may be considered as a factor in determining aggravating circumstances (Rule 40.6).

(ii) If, after the resolution of a first anti-doping rule violation, facts are discovered involving an anti-doping rule violation by the Athlete or other Person which occurred prior to notification of the first violation, then an additional sanction shall be imposed based on the sanction that could have been imposed if the two violations would have been adjudicated at the same time. Results in all events dating back to the earlier anti-doping rule violation will be Disqualified as provided in Rule 40.8. To avoid the possibility of a finding of aggravating circumstances (Rule 40.6) on account of the earlier-in-time but later-discovered violation, the Athlete or other Person must voluntarily admit the earlier anti-doping rule violation on a timely basis after notice of the violation for which he is first charged (which means no later than the deadline to provide a written explanation in accordance with

Rule 37.4(c) and, in all events, before the Athlete competes again). The same rule shall also apply when facts are discovered involving another prior violation after the resolution of a second anti-doping rule violation.

(e) *Multiple Anti-Doping Rule Violations during Eight (8) Year Period*: For the purposes of Rule 40.7, each anti-doping rule violation must take place within the same eight (8) year period in order to be considered multiple violations.

Disqualification of Results in Competitions Subsequent to Sample Collection or Commission of an Anti-Doping Rule Violation

8. In addition to the automatic disqualification of the results in the Competition which produced the positive sample under Rules 39 and 40, all other competitive results obtained from the date the positive Sample was collected (whether In-Competition or Out-of-Competition) or other anti-doping rule violation occurred through to the commencement of any Provisional Suspension or Ineligibility period shall be Disqualified with all of the resulting Consequences for the Athlete including the forfeiture of any titles, awards, medals, points and prize and appearance money.

9. The following shall apply to prize money forfeited under Rule 40.8:

(a) *Allocation of Forfeited Prize Money*: where prize money has not already been paid to the Ineligible Athlete, it shall be re-allocated to the Athlete(s) who placed behind the Ineligible Athlete in the relevant Event(s) or Competition(s). Where prize money has already been paid to the Ineligible Athlete, it shall be re-allocated to the Athlete(s) who placed behind the Ineligible Athlete in the relevant Event(s) or Competition(s) only if and when all the forfeited prize money has been repaid by the Ineligible Athlete to the relevant person or entity; and

(b) as a condition of regaining eligibility after being found to have committed an anti-doping rule violation, the Ineligible Athlete must first repay all prize money forfeited under Rule 40.8 (see Rule 40.12(a)).

Commencement of Period of Ineligibility

10. Except as provided below, the period of Ineligibility shall start on the date of the hearing decision providing for Ineligibility or, if the hearing is waived, on the date the Ineligibility is accepted or otherwise imposed. Any period of Provisional Suspension (whether imposed or voluntarily accepted) shall be credited against the total period of Ineligibility to be served.

(a) *Timely Admission*: where the Athlete promptly admits the anti-doping rule violation in writing after being confronted (which means no later than the date of the deadline given to provide a written explanation in accordance with Rule 37.4(c), Rule 37.10 or section 6.16 of the Anti-Doping Regulations and, in all events, before the Athlete competes again), the period of Ineligibility may start as early as the date of Sample collection or the date on which another anti-doping rule violation last occurred. In each case, however, where this Rule is applied, the Athlete or other Person shall serve at least one-half of the period of Ineligibility going forward from the date the Athlete or other Person accepted the imposition of a sanction, the date of a hearing decision imposing a sanction or the date the sanction is otherwise imposed.

(b) If a Provisional Suspension is imposed and respected by the Athlete, then the Athlete shall receive a credit for such period of Provisional Suspension against any period of Ineligibility which may ultimately be imposed.

(c) If an Athlete voluntarily accepts a Provisional Suspension in writing (pursuant to Rule 38.2) and thereafter refrains from competing, the Athlete shall receive credit for such period of voluntary Provisional Suspension against any period of Ineligibility which may ultimately be imposed. In accordance with Rule 38.3, a voluntary suspension is effective upon the date of its receipt by the IAAF.

(d) No credit against a period of Ineligibility shall be given for any time period before the effective date of the Provisional Suspension or voluntary Provisional Suspension regardless of whether the Athlete elected not to compete or was not selected to compete.

Status during Ineligibility

11. (a) *Prohibition against Participation during Ineligibility*: no Athlete or other Person who has been declared Ineligible may, during the period of Ineligibility, participate in any capacity in any Competition or activity, other than in authorised anti-doping education or rehabilitation programmes, authorised or organised by the IAAF or any Area Association or Member (or any Club or other member organisation of a Member) or Signatory (or Signatory's member or a club or other member organisation of a Signatory's member) or in competitions authorised or organised by any professional league or any international or

national-level organisation. The term "activity" for the purpose of this Rule includes without limitation participating in any capacity, including as an Athlete, coach or other Athlete Support Personnel, in a training camp, exhibition or practice or other activity organised by the Athlete's Member (or any Club or other member organisation of a Member) or by a Signatory (for example, at a national training centre) as well as participating in administrative activities such as serving as an official, director, officer, employee or volunteer of any organisation referred to in this Rule. An Athlete subject to a period of Ineligibility shall remain subject to Testing. An Athlete or other Person subject to a period of Ineligibility of more than four (4) years may, after completing four years of the period of Ineligibility, participate in local sport events in a sport other than Athletics but only so long as the local sport event is not at a level that could otherwise qualify such Athlete or other Person directly or indirectly to compete in (or accumulate points towards) a national championship or international competition.

(b) *Violation of the Prohibition of Participation during Ineligibility*: where an Athlete or other Person who has been declared Ineligible violates the prohibition against participation during Ineligibility described in Rule 40.11(a), the results of such participation shall be Disqualified and the period of Ineligibility which was originally imposed shall start over again as at the date of the violation. The new period of Ineligibility may be reduced under Rule 40.5(b) if the Athlete or other Person establishes he bears No Significant Fault or Negligence for violating the prohibition against participation. The determination of whether an Athlete or other Person has violated the prohibition against participation and whether a reduction under Rule 40.5(b) is appropriate shall be made by the body whose results management led to the imposition of the initial period of Ineligibility.

(c) *Withholding of Financial Support during Ineligibility:* in addition, for any anti-doping rule violation not involving a reduced sanction for a Specified Substance as described in Rule 40.4, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld.

Return to Competition following Ineligibility

12. As a condition to regaining eligibility at the end of a specified period of Ineligibility, an Athlete or other Person must comply with the following requirements:
    (a) *Repayment of Prize Money*: the Athlete must repay any and all prize money that he has received in relation to performances in Competitions from the date of the Sample collection that resulted in an Adverse Analytical Finding or other anti-doping rule violation, or from the date of the commission of any other anti-doping rule violation, going forward;
    (b) *Return of Medals*: the Athlete must return any and all medals (both individual and team) that he has received in relation to performances in Competitions from the date of the Sample collection that resulted in an Adverse Analytical Finding or other anti-doping rule violation, or from the date of commission of any other anti-doping rule violation, going forward; and
    (c) *Reinstatement Testing*: the Athlete must, during any period of Provisional Suspension or Ineligibility, make himself available for Out-of-Competition testing by the IAAF, his National Federation and any other organisation having authority to conduct Testing under these Anti-Doping Rules, and must, if requested, provide current and accurate whereabouts information for such purpose. Where an International-level Athlete has been rendered ineligible for one (1) year or more, a minimum of four (4) reinstatement tests must be conducted, three (3) Out-of-Competition tests and one (1) for the full range of Prohibited Substances and Prohibited Methods immediately prior to the end of the Ineligibility period. These reinstatement tests shall be at the Athlete's cost and shall be conducted with at least three (3) months between each test. The IAAF shall be responsible for the conduct of the reinstatement tests, in accordance with the Anti-Doping Rules and Regulations, but tests by any competent Testing body may be relied upon by the IAAF to satisfy this requirement, provided the Samples collected have been analysed by a WADA-accredited laboratory. Where an Athlete competing in Running events, Race Walking events or Combined events has been found guilty of an anti-doping rule violation under the Rules, at least his last two reinstatement tests shall be analysed for erythropoiesis-stimulating agents and their releasing factors. The results of all reinstatement tests, together with copies of the relevant doping control forms, must be sent to the IAAF prior to

the Athlete returning to competition. If any reinstatement Testing carried out pursuant to this Rule results in an Adverse Analytical Finding or other anti-doping rule violation, this will constitute a separate anti-doping rule violation and the Athlete will be subject to disciplinary proceedings and further sanction, as appropriate.

(d) Once the period of an Athlete's Ineligibility has expired, provided that he has complied with the requirements of Rule 40.12, he shall become automatically re-eligible and no application by the Athlete or his National Federation to the IAAF shall be necessary.

RULE 41
Sanctions on Teams

1. Where the Athlete who has committed an anti-doping rule violation competed as a member of a relay team, the relay team shall be automatically disqualified from the Event in question, with all resulting consequences for the relay team, including the forfeiture of all titles, awards, medals, points and prize money. If the Athlete who has committed an anti-doping rule violation competes for a relay team in a subsequent Event in the Competition, the relay team shall be disqualified from the subsequent Event, with all the same resulting consequences for the relay team, including the forfeiture of all titles, awards, medals, points and prize money unless the Athlete establishes that he bears No Fault or Negligence for the violation and that his participation in the relay was not likely to have been affected by the anti-doping rule violation.
2. Where the Athlete who has committed an anti-doping rule violation competed as a member of a team other than a relay team, in an Event where a team ranking is based on the addition of individual results, the team shall not be automatically disqualified from the Event in question but the result of the Athlete committing the violation will be subtracted from the team result and replaced with the result of the next applicable team member. If, by subtracting the Athlete's result from the team's result, the number of Athletes counting for the team is less than the required number, the team shall be disqualified. This same principle shall apply to the calculation of a team result if the Athlete who has committed an anti-doping rule violation competes for a team in a subsequent Event in the Competition unless the Athlete establishes that he bears No Fault or Negligence for the violation and that his participation in the team was not likely to have been affected by the anti-doping rule violation.

3. In addition to the disqualification of results in Rule 40.8:
   (a) the results of any relay team in which the Athlete competed from the date the positive Sample was collected or other violation occurred through to the commencement of any Provisional Suspension or Ineligibility period shall be disqualified, with all resulting consequences for the relay team, including the forfeiture of all titles, awards, medals, points and prize money; and
   (b) the results of any team other than a relay team in which the Athlete competed from the date the positive Sample was collected or other violation occurred through to the commencement of any Provisional Suspension or Ineligibility period shall not be automatically disqualified but the result of the Athlete committing the anti-doping rule violation will be subtracted from the team result and replaced with the result of the next applicable team member. If, by subtracting the Athlete's result from the team's result, the number of Athletes counting for the team is less than the required number, the team shall be disqualified.

RULE 42
Appeals

Decisions subject to Appeal

1. Unless specifically stated otherwise, all decisions made under these Anti-Doping Rules may be appealed in accordance with the provisions set out below. All such decisions shall remain in effect while under appeal unless the appellate body orders otherwise or unless otherwise determined in accordance with these Rules (see Rule 42.15). Before an appeal is commenced, any post-decision review provided in these Anti-Doping Rules must be exhausted (except where WADA has a right of appeal and no other party has appealed a final decision under the applicable rules, in which case WADA may appeal such decision directly to CAS without having to exhaust any other remedies).

Appeals from Decisions regarding Anti-Doping Rule Violations or Consequences

2. The following is a non-exhaustive list of decisions regarding anti-doping rule violations and Consequences that may be appealed under these Rules: a decision that an anti-doping rule violation was committed; a decision imposing Consequences for an anti-doping

SECTION II - GENERAL COMPETITION RULES

RULE 140
The Athletics Facility

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

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

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

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

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

Note (iii): For Road Race Walking, Road Running or Cross-Country and Mountain courses, see Rules 230.10, 240.2, 240.3 250.2, 250.3, 250.4 and 251.1.

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

RULE 141
Age and Sex Categories

Age Categories

1. Competition under these Rules may be divided into age group classifications as follows:

   Youth Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.

   Junior Men and Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.

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

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

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

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

Sex Categories

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

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

RULE 142
Entries

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

objection to his status is made to the Technical Delegate(s). (See also Rule 146.1.)

Simultaneous Entries

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

Failure to Participate

4. At all competitions under Rules 1.1(a), (b), (c) and (f), except as provided below, an athlete shall be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:
   (a) a final confirmation was given that the athlete would start in an event but then failed to participate;
   Note: A fixed time for the final confirmation of participation shall be published in advance.
   (b) an athlete qualified in a preliminary round of an event for further participation in that event but then failed to participate further;
   (c) an athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.
   Note: The situation foreseen in Rule 142.4(c) will not apply to individual events within Combined Events.

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

RULE 143
Clothing, Shoes and Athlete Bibs

Clothing

1. In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of the Judges. Athletes' vests should have the same colour on the front and back.
   At all competitions under Rules 1.1(a), (b), (c), (f) and (g), and when representing their Member under Rules 1.1(d) and (h), athletes shall participate in the uniform clothing approved by their national governing body. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.
   Note: The relevant governing body may specify in the regulations for a competition that it is mandatory for the colour on athletes' vests to be the same on the front and back.

Shoes

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

Number of Spikes

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

Dimensions of Spikes

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

The Sole and the Heel

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

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

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

Inserts and Additions to the Shoe

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

Athlete Bibs

7. Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the breast and back, except in the High Jump and Pole Vault, where one bib may be worn on the breast or back only. The bib shall correspond usually with the number allocated to the athlete on the start list or in the programme. If track suits are worn during the competition, bibs shall be worn on the track suit in a similar manner. Either the athletes' names or other suitable identification on the bibs will be allowed instead of numbers on any or all of the bibs.
8. These bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals which appear on them.
9. Where a Photo Finish System is in operation, the Organising Committee may require athletes to wear additional number identification of an adhesive type on the side of their shorts or lower body.
10. No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.

RULE 144
Assistance to Athletes

Indication of Intermediate Times

1. Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise, such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee. This approval shall be given only when there are no time displays visible to athletes at the relevant point and in circumstances where such times will be provided to all athletes in the race.
   Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.

Assistance

2. Any athlete giving or receiving assistance from within the competition area during an event shall be warned by the Referee and advised that, if there is any repetition, he will be disqualified from that event. If an athlete is subsequently disqualified from the event, any performance accomplished up to that time in the same round of that event shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid.
3. For the purpose of this Rule, the following examples shall be considered assistance, and are therefore not allowed:
   (a) Pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device (other than those permitted under Rule 144.4(d)).
   (b) Possession or use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices in the competition area.
   (c) Except for shoes complying with Rule 143, the use of any technology or appliance that provides the user with an advantage which he would not have obtained using the equipment specified in the Rules.
4. For the purpose of this Rule, the following shall not be considered assistance, and are therefore allowed:

(a) Communication between the athletes and their coaches not placed in the competition area.
In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the immediate site of each Field Event, should be reserved to the athletes' coaches.

(b) Medical examination / treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation once on the competition area.
Such medical examination / treatment and/or physiotherapy may be provided either on the competition area itself by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel or in designated medical treatment areas outside the competition area by accredited team medical personnel specifically approved by the Medical or Technical Delegate for the purpose. In neither case shall the intervention delay the conduct of the competition or an athlete's trial in the designated order. Such attendance or assistance by any other person, whether immediately before competition, once athletes have left the Call Room or during competition, is assistance.

(c) Any kind of personal safeguard (e.g. bandage, tape, belt, support, etc.) for protection and/or medical purposes. The Referee, in conjunction with the Medical Delegate, shall have the authority to verify any case should he judge that to be desirable. (See also Rule 187.5.)

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

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

Wind Information

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

Drinking / Sponging

6. (a) In Track Events of 5000m or longer, the Organising Committee may provide water and sponges to athletes if weather conditions warrant such provision.

   (b) In Track Events longer than 10,000m, refreshments, water and sponging stations shall be provided. Refreshments may be provided either by the Organising Committee or the athlete and shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives.

RULE 145
Disqualification

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

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

offence is considered serious, the Competition Director shall report it to the appropriate governing body for consideration of further disciplinary action.

RULE 146
Protests and Appeals

1. Protests concerning the status of an athlete to participate in a competition must be made, prior to the commencement of such competition, to the Technical Delegate(s). Once the Technical Delegate(s) make a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete "under protest" and the matter be referred to the Council or the relevant body.
2. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event.
   The Organising Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.
3. Any protest shall be made orally to the Referee by an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.
4. In a Track Event,
   (a) if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may, if he is in any doubt, allow the athlete to compete under protest in order to preserve the rights of all concerned. Competing under protest shall not be allowed if the false start was detected by an IAAF approved false start control apparatus, unless for any reason the Referee determines that the information provided by the apparatus is obviously inaccurate.

(b) a protest may be based on the failure of the Starter to recall a false start or, under Rule 162.5, to abort a start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start or whose conduct should have led to the start being aborted, and who was subject to warning or disqualification according to Rules 162.5 or 162.7, 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 (b) shall apply whether or not a false start control apparatus is used.

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

   If the protested trial occurred:

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

   (b) in a vertical Field Event, where the athlete would advance to a higher height only if the protest or subsequent appeal is upheld,

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

6. The protested performance of the athlete and any other performance achieved by him while competing under protest will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.

7. An appeal to the Jury of Appeal must be made within 30 minutes:

   (a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or

   (b) of the advice being given to those making the protest, where there is no amendment of any result.

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

which the appeal relates (or are competing in a competition on which a team points score is being conducted).
Note: The relevant Referee shall, after his decision on a protest, immediately inform the TIC of the time of the decision. If the Referee was unable to communicate this orally to the relevant team(s) /athlete (s), the official time of the announcement will be that of posting the decision at the TIC.

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

RULE 147
Mixed Competition

For all competitions held completely in the stadium, mixed events between male and female participants shall not normally be permitted.
However, mixed stadium competition in Field Events and in races of 5000m or longer may be permitted in all competitions except those held under Rules 1.1(a) to (h). In the case of competitions held under Rules 1.1(i) and (j) such mixed competition shall be allowed in a particular competition if specifically permitted by the relevant Area governing body.
Note: Where Mixed Competitions are conducted in Field Events, separate result cards should be used and results declared for each sex.

RULE 148
Measurements

For Track and Field Events in competitions under Rules 1.1(a), (b), (c) and (f), all measurements shall be made with a calibrated certified steel

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

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

Note: Concerning acceptance of Records, see Rule 260.26 (a).

RULE 149
Validity of Performances

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

RULE 150
Video Recording

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

sufficient to demonstrate the accuracy of performances and any violation of the Rules.

RULE 151
Scoring

In a match where the result is to be determined by the scoring of points, the method of scoring shall be agreed by all the competing countries before the start of the match.

AMENDMENTS TO IAAF COMPETITION RULES
CHAPTER 5 – TECHNICAL RULES
(amendments (bold) in force as from 1st May 2014)

Rule	Page	Action	Current	Amended Text (bold)	Reason
118	127	International Starter and International Photo Finish Judge			
		Amend 2nd paragraph	At all competitions under Rules 1.1(a), (b), (c) and (f) held in the stadium, an International Starter and an International Photo Finish Judge shall be appointed respectively by IAAF or the relevant Area Association. The International Starter shall start the races (and undertake any other duties) Assigned to him by the Technical Delegate(s). The International Photo Finish Judge shall supervise all Photo Finish functions.	... The International Photo Finish Judge shall supervise all Photo Finish functions **and be the Chief Photo Finish Judge.**	To ensure the most consistent, accurate and timely delivery of track results at top events. *In force as from 1st May 2014.*
147	149	**Mixed Competition**			
		Add Notes (ii) and (iii)	For all competitions held completely in the stadium, mixed events between male and female participants shall not normally be permitted. However, mixed stadium competition in Field Events and in races of 5000m or longer may be permitted in all competitions except those held under Rules 1.1(a) to (h). In the case of competitions held under Rules 1.1(i) and (j) such mixed competition shall be allowed in a particular competition if specifically permitted by the relevant Area governing body. Note: Where Mixed Competitions are conducted in Field Events, separate result cards should be used and results declared for each sex.	*Note (i): Where Mixed Competitions are conducted in Field Events, separate result cards should be used and results declared for each sex.* ***Note (ii): Mixed Competitions in Track Events as permitted under this Rule 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 Competitions in Track Events shall not, in any case, be conducted so as to allow athletes of one sex to be paced or assisted by athletes of another sex.***	For better interpretation of the Rules because regarding Track Events, the intention of the rule is only to cover situations where there were insufficient athletes of one gender to justify a race and not to assist women to be "paced" to better performance levels or qualification. *In force as from 1st May 2014.*

SECTION X - WORLD RECORDS

RULE 260
World Records

General Conditions

1. The Record shall be made in a bona fide competition which has been duly arranged, advertised and authorised before the day of the event by the Member in whose Country or Territory the event takes place and which has been conducted under the Rules.
2. The athlete achieving the Record must have been eligible to compete under the Rules and must have been under the jurisdiction of a Member of the IAAF.
3. When a World Record is set, the Member in the Country where the Record performance was set shall collect together, without delay, all the information required for ratification of the Record by the IAAF. No performance shall be regarded as a World Record until it has been ratified by the IAAF. The Member should immediately inform the IAAF of its intention to submit the performance.
4. The official application form of the IAAF shall be completed and dispatched to the IAAF Office within 30 days. Forms are available, on request, from the IAAF Office, or may be downloaded from the IAAF website. If the application concerns a foreign athlete (or a foreign team), a duplicate of the form shall be sent within the same period to the Member Federation of the athlete (or team).
5. The Member of the Country where the Record was set shall send, with the official application form:
   - The printed programme of the competition;
   - The complete results of the event;
   - The photo finish and zero control test image (see Rule 260.22(c)).
6. Each athlete who sets a World Record (as defined in Rule 260.8) must submit to doping control at the end of the event, to be conducted in accordance with the Rules and IAAF Anti-Doping Regulations currently in force. In the case of a Relay Record, all members of the team must be tested. ||

   The sample(s) collected shall be sent for analysis to a WADA-accredited laboratory and the result(s) sent to the IAAF to be added to the other information required by the IAAF for the ratification of

the Record. If such testing results in a doping violation, or if such a testing is not conducted, the IAAF shall not ratify this Record.

7. If an athlete has admitted that, at some time prior to achieving a World Record, he had used or taken advantage of a substance or technique prohibited at that time, then, subject to the advice of the Medical and Anti-Doping Commission, such Record will not continue to be regarded as a World Record by the IAAF.
8. The following categories of World Records are accepted by the IAAF:
   (a) World Records;
   (b) World Junior Records;
   (c) World Indoor Records;
   (d) World Junior Indoor Records.
9. For individual events, at least three athletes and for relay events, at least two teams, must be bona fide competitors in the event.
10. The Record shall be better than or equal to the existing World Record for that event, as accepted by the IAAF. If a Record is equalled it shall have the same status as the original Record.
11. Records made in preliminary rounds, in deciding ties in High Jump and Pole Vault, in any event or part of an event which is subsequently decreed void under the provisions of Rules 125.7 or 146.4(b), or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, may be submitted for ratification.
12. The President and the General Secretary of the IAAF together are authorised to recognise World Records. If they are in any doubt whether or not the Record should be accepted, the case shall be referred to the Council for decision.
13. When a World Record has been ratified, the IAAF will so inform the athlete's National Federation, the Federation applying for the Record and the relevant Area Association.
14. The IAAF will supply the official World Record Plaques, for presentation to World Record holders.
15. If the record is not ratified, the IAAF will give the reasons.
16. The IAAF shall update the official List of World Records every time a new World Record has been ratified. This list shall represent the performances regarded by the IAAF 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 listed in Rules 261, 262, 263, 264.
17. The IAAF shall publish this list on 1 January of each year.

Specific Conditions

18. Except in Road Events:
    (a) The Record shall be made in an IAAF certified athletics facility or event site which conforms to Rule 140 with or without roof. The construction of the track, runway, landing area and/or throwing circle used shall comply with the specifications in the IAAF Track and Field Facilities Manual. For Indoor Records, see also Rule 260.21.
    (b) For any Record at any distance of 200m or more to be recognised, the track on which it was made shall not exceed 402.3m (440 yards) and the race shall have started on some part of the perimeter. This limitation does not apply to the Steeplechase events where the Water Jump is placed outside a normal 400m track.
    (c) The Record for an oval Track Event shall be made 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) Except for Field Events conducted as provided in Rule 147, no performance set by an athlete will be recognised if it has been accomplished during a mixed competition.
19. Records outdoors may be made only on a track which conforms to Rule 160.
20. For World Junior Records:
    Unless the athlete's date of birth has been previously confirmed by IAAF, the first application on behalf of that athlete shall be accompanied by a copy of his passport, birth certificate or similar official document which confirms his date of birth.
21. For World Indoor Records:
    (a) The Record shall have been made in an IAAF certified athletics facility or event site, which complies with Rule 211 and 213 as applicable.
    (b) For races of 200m and over, the oval track may not have a nominal length of more than 201.2m (220 yards).
    (c) The Record may be made on an oval track with a nominal length less than 200m provided that the distance run is within permitted tolerance for the distance.
    (d) Any straight track shall comply with Rule 212.
22. For World Records in Running and Race Walking Events:
    The following conditions must be respected:

(a) The Records shall be timed by official Timekeepers, by an approved Fully Automatic Photo Finish System or Transponder System (see Rule 165).

(b) For races up to and including 800m (including 4 × 200m and 4 × 400m), only performances timed by an approved Fully Automatic Photo Finish System conforming to the relevant sections of Rule 165 shall be accepted.

(c) In the case of a Track Record where Fully Automatic Timing was in operation, the photo finish image and the zero control test must be included in the documentation sent to the IAAF.

(d) For all Records made outdoors up to and including 200m, information concerning wind velocity, measured as indicated in Rules 163.8 to 163.13 inclusive, shall be submitted. If the wind velocity, measured in the direction of running, behind the athlete averages more than 2 metres per second, the Record will not be accepted.

(e) In a race run in lanes, no Record will be accepted where the athlete has run on or inside the inner curved border of his lane.

(f) For all Records up to and including 400m (including 4 × 200m and 4 × 400m) under Rules 261 and 263, starting blocks linked to an IAAF approved false start control apparatus under Rule 161.2 must have been used and have functioned correctly so that reaction times were obtained.

23. For World Records set over multiple distances in the same race:

(a) A race shall be stated to be over one distance only.

(b) However, a race based on the distance covered over a given time may be combined with a race over a fixed distance (for example, 1 Hour and 20,000m - see Rule 164.3).

(c) It is permissible for the same athlete to accomplish any number of Records in the same race.

(d) It is permissible for several athletes to accomplish different Records in the same race.

(e) However, it is not permissible for an athlete to be credited with a Record at a shorter distance if he did not finish the full distance of that race.

24. For World Records in Relay Events:

(a) They may be made only by a team, all of whose members are Citizens of a single Member Country. Citizenship may be obtained in any of the ways referred to in Rule 5.

(b) A colony which is not a separate Member of the IAAF shall be deemed, for the purpose of this Rule, to be part of its Mother Country.

(c) The time set by the first athlete in a relay team may not be submitted as a Record.

25. For World Records in Race Walking Events:
At least three Judges who are either IAAF Level or Area Level International Race Walking Judges shall be officiating during the competition and shall sign the application form.

26. For World Records in Field Events:

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

(b) In the Long Jump and Triple Jump conducted outdoors, information concerning wind velocity, measured as indicated in Rules 184.10, 184.11 and 184.12 shall be submitted. If the wind velocity measured in the direction of jumping behind the athlete averages more than 2 metres per second, the Record will not be accepted.

(c) World Records may be credited for more than one performance in a competition, provided that each Record so recognised shall have been equal or superior to the best previous performance at that moment.

(d) In Throwing Events, the implement used shall have been checked prior to the competition in accordance with Rule 123. 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.

27. For World Records in Combined Events:
The conditions shall have been complied with in each of the individual events, except that, in events where wind velocity is measured, the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 metres per second.

28. For World Records in Road Running Events:

(a) The course must be measured by one or more “A” or “B” grade IAAF/AIMS approved measurers.

(b) The start and finish points of a course, measured along a theoretical straight line between them, shall not be further apart than 50% of the race distance.

(c) The overall decrease in elevation between the start and finish shall not exceed 1:1000, i.e. 1m per km (0.1%).

(d) Any course measurer who originally measured the course or another "A" or "B" grade measurer in possession of the complete measurement data and maps must validate that the course measured was the course run, normally by riding in the lead vehicle.

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

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

(f) World Records in Road Running Events set at intermediate distances within a race must comply with the conditions set under Rule 260. The intermediate distances must have been measured and marked during the course measurement and must have been verified in accordance with Rule 260.28(e).

(g) For the Road Relay, the race shall be run in stages of 5km, 10km, 5km, 10km, 5km, 7.195km. The stages must have been measured and marked during the course measurement with a tolerance of ± 1% of the stage distance and must have been verified in accordance with Rule 260.28(e).

29. For World Records in Road Race Walking Events:

(a) The course must be measured by one or more "A" or "B" grade IAAF/AIMS approved measurers.

(b) The circuit shall be no shorter than 1km and no longer than 2km with a possible start and finish in a stadium.

(c) Any course measurer who originally measured the course or another "A" or "B" grade measurer in possession of the complete measurement data and maps must validate that the course measured was the course covered.

(d) The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical

after the race, preferably by a different "A" grade measurer from any of those who did the original measurement.

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

(e) World Records in Road Walking Events set at intermediate distances within a race must comply with the conditions set under Rule 260. The intermediate distances must have been measured and marked during the course measurement and must have been verified in accordance with Rule 260.29(d).

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

RULE 261
Events for which World Records are Recognised

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

Men

Running, Combined and Race Walking Events:

F.A.T. only:	100m; 200m; 400m; 800m; 110m Hurdles; 400m Hurdles; 4 × 100m Relay; 4 × 200m Relay; 4 × 400m Relay; Decathlon.
F.A.T. or H.T.:	1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 20,000m; 1 Hour; 25,000m; 30,000m; 3000m Steeplechase; 4 × 800m Relay; 4 × 1500m Relay; Race Walking (Track): 20,000m; 30,000m, 50,000m.
F.A.T. or H.T. or T.T.:	Road Races: 10km; 15km; 20km; Half Marathon; 25km; 30km; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km.
Jumping Events:	High Jump; Pole Vault; Long Jump; Triple Jump.

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

Women

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m;
100m Hurdles; 400m Hurdles;
4 × 100m Relay; 4 × 200m Relay; 4 × 400m Relay;
Heptathlon; Decathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m;
5000m; 10,000m; 20,000m; 1 Hour; 25,000m;
30,000m; 3000m Steeplechase;
4 × 800m Relay; 4 × 1500m Relay;
Race Walking (Track): 10,000m; 20,000m.

F.A.T. or H.T. or T.T.: Road Races: 10km; 15km; 20km; Half Marathon; 25km; 30km; Marathon; 100km; Road Relay (Marathon distance only);
Race Walking (Road): 20km.

Note: Except Race Walking competitions, IAAF shall keep two World Records for women in Road Races: a World Record for performance achieved in mixed gender races and a World Record for performance achieved in single gender races.

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

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

RULE 262

Events for which World Junior Records are Recognised

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

Junior Men

Running, Combined and Race Walking Events:

F.A.T. only: 100m; 200m; 400m; 800m;
110m Hurdles; 400m Hurdles;
4 × 100m Relay; 4 × 400m Relay;
Decathlon.

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

	5000m; 10,000m; 3000m Steeplechase; Race Walking (Track): 10,000m.
F.A.T. or H.T. or T.T.:	Race Walking (Road): 10km.
Jumping Events:	High Jump; Pole Vault; Long Jump; Triple Jump.
Throwing Events:	Shot Put; Discus; Hammer Throw; Javelin Throw.

Junior Women

Running, Combined and Race Walking Events:

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

*Only ratified if over 7300 points.

RULE 263
Events for which World Indoor Records are Recognised

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

Men

Running, Combined and Race Walking Events:

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

Women

Running, Combined and Race Walking Events:

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

RULE 264

Events for which World Junior Indoor Records are Recognised

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

Men

Running and Combined Events:

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

Women

Running and Combined Events:

F.A.T. only:	60m; 200m; 400m; 800m; 60m Hurdles; Pentathlon.
F.A.T. or H.T.:	1000m; 1500m; 1 Mile; 3000m; 5000m.
Jumping Events:	High Jump; Pole Vault; Long Jump; Triple Jump.
Throwing Event:	Shot Put.