AMENDMENTS TO THE IAAF COMPETITION RULES

CHAPTER 5 – TECHNICAL RULES

APPROVED BY THE IAAF COUNCIL

(Article 13.4 of the IAAF Constitution)

(The final, edited version of these amendments will be included in the 2014-2015 edition of the Competition Rules, with the new Rules to be in force as from 1st November 2013 unless stipulated otherwise in the right-hand column below.)

N°	Rule	Page	Action	Current	Approved amendments
	110			**International Officials**	**International Officials**
1	110 (e)	113	Delete	(e) International Technical Officials / International Cross Country, Road Running and Mountain Running Officials / Area Technical Officials	(e) International Technical Officials / International Cross Country, Road Running and Mountain Running Officials ~~/ Area Technical Officials~~
2	110 (f)	113	Delete	(f) International Race Walking Judges / Area Race Walking Judges	(f) International Race Walking Judges ~~/ Area Race Walking Judges~~
3	110 Note	114	Add as new Note (ii)		*Note (ii): The international officials in (e) to (i) above may be classified as IAAF Level and Area Level according to the applicable IAAF Policy.*
	115			**International Technical Officials (ITOs) and International Cross-Country, Road Running and Mountain Running Officials (ICROs)**	**International Technical Officials (ITOs) and International Cross-Country, Road Running and Mountain Running Officials (ICROs)**
4	115.1 Note (i)	116	Delete and renumber	*Note (i): In competitions organised under Rules 1.1(c) and (f), the above shall also apply to the appointed Area Technical Officials.*	~~*Note (i): In competitions organised under Rules 1.1(c) and (f), the above shall also apply to the appointed Area Technical Officials.*~~
	116			**International Race Walking Judges (IRWJs)**	**International Race Walking Judges (IRWJs)**
5	116	116	Delete	A Panel of International Race Walking Judges shall be established by the IAAF Race Walking Committee using criteria approved by the IAAF Council. Race Walking Judges appointed for all Rule 1.1(a) International Competitions must be members of the Panel of International Race Walking Judges.	~~A Panel of International Race Walking Judges shall be established by the IAAF Race Walking Committee using criteria approved by the IAAF Council.~~ Race Walking Judges appointed for all Rule 1.1(a) International Competitions must be ~~members of the Panel of International Race Walking Judges~~ IAAF Level International Race Walking Judges.
6	116 Note	116	Amend	*Note: Race Walking Judges appointed for Competitions under Rule 1.1(b), (c), (e), (f), (g) and (j) shall be members either of the Panel of International Race Walking Judges or one of the Panels of Area Race Walking Judges.*	*Note: Race Walking Judges appointed for Competitions under Rule 1.1(b), (c), (e), (f), (g) and (j) shall be ~~members either of the Panel of International Race Walking Judges or one of the Panels of Area Race Walking Judges.~~ either IAAF level or Area level Race Walking Judges.*
	120			**Officials of the Competition**	**Officials of the Competition**
7	120	119	Add		- One Technical Information Centre (TIC) Manager and an adequate number of assistants
	125			**Referees**	**Referees**
8	125.10 Note	122	Add as new		10. Where an athlete with a physical disability is competing in a competition under these Rules, the appropriate Referee may interpret, or allow a variation from, any relevant Rule (other than Rule 144.2) to enable the participation of the athlete provided that such variation does not provide the athlete with any

					advantage over another athlete competing in the same event. In the case of any doubt or if the decision is disputed, the matter shall be referred to the Jury of Appeal. ***Note: This Rule is not intended to permit the participation of guide runners for visually impaired athletes, unless allowed by the regulations of a particular competition.***
	129			**Start Coordinator, Starter and Recallers**	**Start Coordinator, Starter and Recallers**
9	129	125	Amend	6. The warning and disqualification under Rule 162.7 may be made only by the Starter.	6. The warning and disqualification under Rule 162.7 may be ~~made~~ **decided** only by the Starter.
	137			**Measurement Judge (Scientific)**	**Measurement Judge (Scientific)**
10	137	128	Amend	… Before each event he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the technical staff.	…Before each event he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the ~~technical staff~~ **manufacturer and the instrument calibrating laboratory**.
	141			**Age and Sex Categories**	**Age and Sex Categories**
11	141.3	130	Amend	3. Competition under these Rules is divided into men's and women's classifications (unless a Mixed Competition is organised in one of the limited cases set out in Rule 147).	3. Competition under these Rules is divided into men's and women's classifications ~~(unless a Mixed Competition is organised in one of~~ ~~the limited cases set out in Rule 147)~~. **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.**
	142			**Entries**	**Entries**
12	142.4	131	Amend and change part of note into (c)	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 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) he qualified in a preliminary round of an event for further participation in that event but then failed to participate further. *Note: Failure to participate includes failure to compete honestly with bona fide effort. The relevant Referee will decide on this and*	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) ~~he~~ **an athlete** qualified in a preliminary round of an event for further participation in that event but then failed to participate further~~.~~**;**

				the corresponding reference must be made in the official results. The situation foreseen in this Note will not apply to Combined Events individual events. …	~~***Note: Failure to participate includes failure***~~ **(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* ~~***this Note***~~ ***(c)*** *will not apply to Combined Events individual events.* …
13	142.4	131	Amend	… The provision of a medical certificate, endorsed by a medical officer appointed or approved by the IAAF and/or 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).	… ~~The provision of a medical certificate, endorsed by a medical officer appointed or approved by the IAAF and/or the Organising Committee,~~ **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).
	144			**Assistance to Athletes**	**Assistance to Athletes**
14	144.2	134	Add	… For the purpose of this Rule, the following shall be considered assistance, and are therefore not allowed:	… For the purpose of this Rule, the following **examples** shall be considered assistance, and are therefore not allowed:
15	144.2(h)	135	Add as new		**(h) 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 144.2(b)]). The viewing device or images taken from it must not be taken into the competition area.**
16	144.4	135	Amend	4. In Track Events of 5000m or longer, the Organising Committee may provide water and sponges to athletes if weather conditions warrant such provision.	4. **(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.
	145			**Disqualification**	**Disqualification**
17	146.4(a)	137	Amend	(a) if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may allow the athlete to compete under protest in order to preserve the rights of all concerned. Competing under protest shall not be allowed if the false start was detected by an IAAF approved false start control apparatus, unless for any reason the Referee determines that the information provided by the apparatus is obviously inaccurate.	(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.
18	146.4(b)	137	Amend	(b) a protest may be based on the failure of the Starter to recall a false 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, and who was subject to disqualification according to Rule 162.7, shall be disqualified. Whether or not there may be any disqualification, the Referee shall have the authority to declare the event void and that 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.*	(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.*
	161			**Starting Blocks**	**Starting Blocks**
19	161.2	143	Move to 162.6	2. In competitions held under Rules 1.1(a), (b), (c) and (f) and for any performances submitted for ratification as a World Record, the starting blocks shall be linked to an IAAF approved false start control apparatus. The Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus detects a false start (i.e. when reaction time is less than 100/1000ths of a second). As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun is fired, there shall be a recall and the Starter shall immediately examine the reaction times on the false start control apparatus in order to confirm which athlete(s) is/are responsible for the false start. This system is strongly recommended for all other competitions.	2. In competitions held under Rules 1.1(a), (b), (c) and (f) and for any performances submitted for ratification as a World Record, the starting blocks shall be linked to an IAAF approved false start control apparatus. ~~The Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus detects a false start (i.e. when reaction time is less than 100/1000ths of a second). As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun is fired, there shall be a recall and the Starter shall immediately examine the reaction times on the false start control apparatus in order to confirm which athlete(s) is/are responsible for the false start. This system is strongly recommended for all other competitions.~~

	162			The Start	The Start
20	162.1	143	Add note	1. The start of a race shall be denoted by a white line 5cm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running. *Note: In the case of events starting outside the stadium, the start line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the start area.*	1. The start of a race shall be denoted by a white line 5cm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running. *Note **(i)**: In the case of events starting outside the stadium, the start line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the start area.* ***Note (ii): The 1500m start line may be extended out from the outside bend lane to the extent that the same synthetic surface is available."***
21	162.3	144	Amend	3. … At the "Set" command, an athlete should immediately rise to his final starting position …	3. …At the "Set" command, an athlete **shall** immediately rise to his final starting position…
22	162.6	145	Amend	6. An athlete, after assuming a full and final set position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter or Recallers, he does so any earlier, it shall be deemed a false start. *Note: When an IAAF approved false start control apparatus is in operation (see Rule 161.2 for operational details of equipment), the evidence of this equipment shall normally be accepted as conclusive by the Starter.*	6. An athlete, after assuming a full and final ~~set~~ **starting** position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter or Recallers, he does so any earlier, it shall be deemed a false start. **When an IAAF approved false start control apparatus is in use, the Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus ~~detects~~ indicates a possible false start (i.e. when reaction time is less than ~~100/1000ths of a second~~, 0.100 seconds - ~~see 162.6~~. As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun ~~is~~ was fired, there shall be a recall and the Starter shall immediately examine the reaction times on the false start control apparatus in order to confirm which athlete(s) is/are responsible for the false start. This system is strongly recommended for all other competitions.** ***Note (i): Any motion by an athlete that does not include or result in the athlete's foot / feet losing contact with the foot plate(s) of the starting blocks, or the athlete's hand / hands losing contact with the ground, shall not be considered to be the commencement of the start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.*** ***Note (ii): As athletes starting races in a standing position are more prone to over-balance, if such a movement is considered to be accidental, the start should be regarded as "unsteady". If***

					an athlete is pushed or jostled over the line before the start, he should not be penalised. Any athlete causing such interference may be subject to a disciplinary warning or disqualification. *Note (iii): When an IAAF approved false start control apparatus is in operation ~~(see Rule 161.2 for operational details of equipment)~~, the evidence of this equipment shall normally be accepted as conclusive by the Starter.*
	163			The Race	The Race
23	163.2	147	Amend and restructure	2. Any competing athlete who jostles or obstructs another athlete, so as to impede his progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of a preliminary round, to permit any athlete(s) seriously affected by jostling or obstruction (other than any disqualified athlete), to compete in a subsequent round of the event. Normally, such an athlete should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if he considers it just and reasonable to do so.	2. ~~Any competing athlete who jostles or obstructs another athlete, so as to impede his progress, shall be liable to disqualification from that event.~~ ~~The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of a preliminary round, to permit any athlete(s) seriously affected by jostling or obstruction (other than any disqualified athlete), to compete in a subsequent round of the event. Normally, such an athlete should have completed the event with bona fide effort.~~ ~~Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if he considers it just and reasonable to do so.~~ **If an athlete is jostled or obstructed during an event so as to impede his progress:** **(a) if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, order that the race be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;** **(b) if another athlete is found responsible for the jostling or obstruction by the Referee, such athlete (or his team) shall be liable to disqualification from that event. The Referee may, if he is of the opinion that an athlete was seriously affected, order that the race be re-held excluding any disqualified athlete or allow the affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event.** **In both cases (a) and (b)**, such athlete **(or team)** should normally have completed the event with bona fide effort.

24	163.3(b)	147	Amend	(b) In all races (or any part of races) not run in lanes, an athlete running on a bend, on the outer half of the track as per Rule 162.10, or on the diversion from the track for the steeplechase water jump, shall not step or run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track, or the diversion from the track for the steeplechase water jump).	(b) In all races (or any part of races) not run in lanes, an athlete running on a bend, on the outer half of the track as per Rule 162.10, or on the **curved part of the** diversion from the track for the steeplechase water jump, shall not step or run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track, or the **curved part of the** diversion from the track for the steeplechase water jump).
25	163.4(b)	148	Amend	4. An athlete shall not be disqualified if he (a) is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border, or (b) steps or runs outside his lane in the straight or outside the outer line of his lane on the bend, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress.	4. An athlete shall not be disqualified if he (a) is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border, or (b) steps or runs outside his lane in the straight, **any straight part of the diversion from the track for the steeplechase water jump** or outside the outer line of his lane on the bend, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress.
26	163.6	148	Add	6. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race.	6. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race. **He shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race he shall be disqualified by the Referee.**
	165			**Timing and Photo Finish**	**Timing and Photo Finish**
27	165.14-18	151	Amend and reorganise	The System 14. The System shall be approved by the IAAF, based upon a test of accuracy made within 4 years prior to the competition. It shall be started automatically by the Starter's gun, so that the overall delay between the report from the muzzle or its equivalent visual indication and the start of the timing system is constant and equal to or less than 0.001 second. 15. A system which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times. In this case, the times read on the image will not, under any circumstances, be considered as official, but the image may be used as a valid support in order to determine placings and adjust time intervals between athletes. *Note: If the timing mechanism is not started by the Starter's gun, the time-scale on the image shall indicate this fact automatically.*	The System 14. ~~The System shall be~~ **To be** approved by the IAAF, **a System must have been tested and have a certificate of accuracy** ~~made~~ within 4 years ~~prior to~~ of the competition, **including the following:** **(a)** The System must record the finish through a camera positioned in the extension of the finish line producing a **composite** image. **(i) For competitions as defined in Rule 1.1,** this composite image must be composed of at least **1000 images per second.** **(ii) For other competitions, this composite image must be composed of at least 100 images per second.** **In each case, the image must be synchronised with a uniformly marked time scale graduated in 0.01 seconds.** **(b)** The System shall be started automatically by the Starter's **signal**, so that the overall delay between the report from the muzzle, or its equivalent visual indication and the start of the timing system is constant and equal to, or less than 0.001

				16. The System must record the finish through a camera with a vertical slit, positioned in the extension of the finish line, producing a continuous image. The image must also be synchronised with a uniformly marked time-scale graduated in 0.01 second. In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 2cm beyond, and not extended before, the leading edge of the finish line. 17. The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale. 18. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of every athlete.	seconds. **15**. In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 2cm beyond, and not extended before, the leading edge of the finish line. **16**. The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale. **17**. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of every athlete. **18**. A System which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times. In this case, the times read from the image will not, under any circumstances, be considered as official, but the image may be used as a valid support in order to determine **positions** and adjust time intervals between athletes. *Note: If the timing mechanism is not started by the Starter's **signal**, the time-scale on the image shall indicate this fact automatically.*
28	165.23	153	Add	23. Times shall be read and recorded from the Photo Finish image as follows: (a) For all races up to and including 10,000m, the time shall be converted and recorded to 0.01 second. Unless the time is an exact 0.01 second, it shall be converted and recorded to the next longer 0.01 second. (b) For all races on the track longer than 10,000m, the time shall be converted to 0.01 second and recorded to 0.1 second. All read times not ending in zero shall be converted and recorded to the next longer 0.1 second, e.g. 59:26.32 shall be recorded as 59:26.4. (c) For all races held partly or entirely outside the stadium, the time shall be converted to 0.01 second and recorded to the whole second. All read times not ending in two zeroes shall be converted and recorded to the next longer whole second, e.g. 2:09:44.32 shall be recorded as 2:09:45.	23. Times shall be read and recorded from the Photo Finish image as follows: (a) For all races up to and including 10,000m, the time shall be **read,** converted and recorded to 0.01 second. Unless the time is an exact 0.01 second, it shall be converted and recorded to the next longer 0.01 second. (b) For all races on the track longer than 10,000m, the time shall be **read,** converted to 0.01 second and recorded to 0.1 second. All read times not ending in zero shall be converted and recorded to the next longer 0.1 second, e.g. 59:26.32 shall be recorded as 59:26.4. (c) For all races held partly or entirely outside the stadium, the time shall be **read,** converted to 0.01 second and recorded to the whole second. All read times not ending in two zeroes shall be converted and recorded to the next longer whole second, e.g. 2:09:44.32 shall be recorded as 2:09:45.

29	165.24(e)	153	Delete	Transponder System 24. The use of Transponder Timing Systems approved by IAAF in events held under Rules 230 (races not held completely in the stadium), 240 and 250 is permitted provided that: … (e) The resolution is 0.1 second (i.e. it can separate athletes finishing 0.1 second apart). For all races, the time shall be converted to 0.1 second and recorded to the whole second. All read times not ending in zero shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45. …	Transponder System 24. The use of Transponder Timing Systems approved by IAAF in events held under Rules 230 (races not held completely in the stadium), 240 and 250 is permitted provided that: … (e) ~~The resolution is 0.1 second (i.e. it can separate athletes finishing 0.1 second apart).~~ For all races, the time shall be converted to 0.1 second and recorded to the whole second. All read times not ending in zero shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45. …
	166			**Seedings, Draws and Qualification in Track Events**	**Seedings, Draws and Qualification in Track Events**
30	166.2	156	Amend		**[To change Rule 166.2 so that a new specific table for 2000mSC, 3000m and 3000mSC is created systematically advancing 15 athletes to the Final. See separate sheet.]**
31	166.4	157	Add Note as new		***Note: when there are more lanes than athletes, the inside lane(s) should always remain free.***
32	166.4	157	Add	4. For events 100m to 800m inclusive, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows: (a) In the first round, the lane order shall be drawn by lot.	4. For events 100m to 800m inclusive, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows: (a) In the first round **and any preliminary round as per Rule 166.1**, the lane order shall be drawn by lot.
	167			**Ties**	**Ties**
33	167.2 Note	159	Add Note as new		***Note: Where qualifying for the next round is based on place and time (e.g., the first three in each of two heats plus the next two fastest), and there is a tie for the last qualifying position based on place, placing the tied athletes in the next round shall reduce the number of athletes qualifying based on time.***
	169			**Steeplechase Races**	**Steeplechase Races**
34	169.3 Note	162	Amend and add new Note (i) and renumber	3. … The jumps shall be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap. *Note: In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.*	3. … The jumps ~~shall~~ **should** be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap. ***Note (i): Adjustment to the hurdle spacing may be necessary to ensure that safe distances from a hurdle / start line and to the next hurdle are maintained before and after the finish line respectively as indicated in the IAAF Track and Field Facilities***

					Manual. *Note **(ii)**: In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.*
	170			**Relay Races**	**Relay Races**
35	170.1	164	Amend	1. The standard distances shall be: 4x100m, 4x200m, 100m-200m-300m-400m Medley Relay (Medley Relay), 4x400m, 4x800m, 4x1500m.	1. The standard distances shall be: 4x100m, 4x200m, 100m-200m-300m-400m Medley Relay (Medley Relay), 4x400m, 4x800m, 4x1500m. ***Note: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 170.14, 170.18, 170.19 and 170.20.***
36	170.3	165	Amend	3. Each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.	3. Each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. **For each changeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.4 is observed.**
37	170.14	166	Amend	14. The Medley Relay race shall be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (two bends in lanes).	14. The Medley Relay race ~~shall~~ **should** be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (two bends in lanes).
	180			**General Conditions – Field Events**	**General Conditions – Field Events**
38	180.3-4	168	Amend, add new 4 and renumber	Markers 3. (a) In all Field Events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organising Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything which leaves indelible marks. (b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete's own trial, and shall not impair the view of the judges. No personal markers may be placed in or beside the landing area.	Markers 3. (a) In all Field Events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organising Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything which leaves indelible marks. (b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete's own trial, and shall not impair the view of the judges. No personal markers ~~(other than those under Rule 187.21)~~ may be placed in or beside the landing area.

					Performance Markers 4. A distinctive flag or marker may also be provided to mark the existing World Record and, when appropriate, the existing Area, National or Meeting Record.
39	180.6	169	Add as new and renumber later rules		6. Trials shall be recorded as follows: (a) except in High Jump and Pole Vault, a valid trial shall be indicated by the measurement taken. In High Jump and Pole Vault, it shall be indicated by the symbol "O"; (b) a failure shall be indicated by the symbol "X"; (c) if the athlete forgoes a trial (a "pass") it shall be indicated by the symbol "-".
	182			High Jump	High Jump
40	182.3	177	Add	The Runway and Take-off Area 3. The minimum length of the runway shall be 15m except in competitions held under Rules 1.1(a), (b), (c) and (f), where the minimum shall be 20m. Where conditions permit, the minimum length should be 25m.	The Runway and Take-off Area 3. The minimum length of the runway shall be 15m except in competitions held under Rules 1.1(a), (b), (c), (e) and (f), where the minimum shall be 20m. Where conditions permit, the minimum length should be 25m.
41	182.8	177	Add	8. Crossbar supports. The supports shall be flat and rectangular, 4cm wide and 6cm long. They shall be firmly fixed to the uprights and immovable during the jump and shall each face the opposite upright. The ends of the crossbar shall rest on them in such a manner that, if the crossbar is touched by an athlete, it will easily fall to the ground, either forwards or backwards.	8. Crossbar supports. The supports shall be flat and rectangular, 4cm wide and 6cm long. They shall be firmly fixed to the uprights and immovable during the jump and shall each face the opposite upright. The ends of the crossbar shall rest on them in such a manner that, if the crossbar is touched by an athlete, it will easily fall to the ground, either forwards or backwards. The surface of the supports shall be smooth.
42	182.10	178	Amend	10. The landing area should measure not less than 5m long x 3m wide behind the vertical plane of the crossbar. It is recommended that the landing area be not smaller than 6m long x 4m wide x 0.7m high.	10. ~~The landing area should measure not less than 5m long x 3m wide behind the vertical plane of the crossbar. It is recommended that the landing area be not smaller than 6m long x 4m wide x 0.7m high.~~ For competitions under Rules 1.1(a), (b), (c), (e) and (f), the landing area shall be not smaller than 6m long x 4m wide x 0.7m high behind the vertical plane of the crossbar. For other competitions, the landing area should measure not less than 5m long x 3m wide x 0.7m high.
	183			Pole Vault	Pole Vault
43	183.3	179	Add	3. Athletes may, during the competition, place a substance on their hands or on the pole, in order to obtain a better grip.	3. Athletes may, during the competition, place a substance on their hands or on the pole, in order to obtain a better grip. The use of gloves is permitted.

44	183.6	179	Add	The Runway 6. The minimum length of the runway shall be 40m and where conditions permit, 45m. …	The Runway 6. The minimum length of the runway, measured **from the "zero" line**, shall be 40m and where conditions permit, 45m. …
45	183.8	179	Amend	8. Box: The take-off for the Pole Vault shall be from a box. It shall be constructed of suitable material, preferably with rounded upper edges and shall be sunk level with the runway. …	8. Box: The take-off for the Pole Vault shall be from a box. It shall be constructed of suitable material, ~~preferably~~ with rounded **or soft** upper edges and shall be sunk level with the runway…. ***Note: An athlete may place padding around the box for additional protection during any of his trials. The placement of such equipment shall be done within the time allowed for the athlete's trial and shall be removed by the athlete immediately after his trial is completed. At competitions under Rule 1.1 (a), (b), (c), (e) and (f) this shall be provided by the organisers.***
46	183.8	180	Delete	… If the box is constructed of wood, the bottom shall be lined with 2.5mm sheet metal for a distance of 80cm from the front of the box.	~~… If the box is constructed of wood, the bottom shall be lined with 2.5mm sheet metal for a distance of 80cm from the front of the box.~~
47	183.10	181	Amend	10. Crossbar support: The crossbar shall rest on pegs so that if it is touched by an athlete or his pole, it will fall easily to the ground in the direction of the landing area. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13mm in diameter. They shall not extend more than 55mm from the supporting members, which shall be smooth and extend 35-40mm above the pegs. The distance between the pegs shall be 4.30-4.37m. The pegs shall not be covered with rubber or with any other material which has the effect of increasing the friction between them and the surface of the bar, nor may they have any kind of springs.	10. Crossbar support: The crossbar shall rest on **horizontal** pegs so that if it is touched by an athlete or his pole, it will fall easily to the ground in the direction of the landing area. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13mm in diameter. They shall not extend more than 55mm from the supporting members, which shall be smooth ~~and extend 35-40mm above the pegs~~. **The vertical peg backings which shall also be smooth and be constructed in a way that the crossbar cannot rest on the top of them, may** extend **no more than** 35mm-40mm above the pegs. The distance between the pegs shall be 4.30**m**-4.37m. The pegs shall not be **of, or** covered with rubber or with any other material which has the effect of increasing the friction between them and the surface of the bar, nor may they have any kind of springs.
	184			**General Conditions – Horizontal Jumps**	**General Conditions – Horizontal Jumps**
48	184.8	185	Add	8. The measurement of each jump shall be made immediately after the trial. All jumps shall be measured from the nearest break in the landing area made by any part of the body to the take-off line, or take-off line extended (see Rule 185.1(f)). The	8. The measurement of each jump shall be made immediately after the trial. All jumps shall be measured from the nearest break in the landing area made by any part of the body **or anything that was attached to the body at the time it made a**

				measurement shall be taken perpendicular to the take-off line or its extension.	**mark** to the take-off line, or take-off line extended (see Rule 185.1(f)). The measurement shall be taken perpendicular to the take-off line or its extension.
	185			**Long Jump**	**Long Jump**
49	185.1-2	186	Amend and renumber	1. An athlete fails if: (a) he while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or (b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or (c) he employs any form of somersaulting whilst running up or in the act of jumping; or (d) after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or (e) in the course of landing, he touches the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or (f) when leaving the landing area, his first contact by foot with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing. *Note (i): It is not a failure if an athlete runs outside the white lines marking the runway at any point.* *Note (ii): It is not a failure under Rule 185.1(b) if a part of an athlete's shoe / foot is touching the ground outside either end of the take-off board, before the take-off line.* *Note (iii): It is not a failure if in the course of landing, an athlete touches, with any part of his body, the ground outside the landing area, unless such contact contravenes Rule 185. 1(d) or (e).* *Note (iv): It is not a failure if an athlete walks back through the landing area after having left the landing area in a correct way.* *Note (v): Except as described in Rule 185.1(b), if an athlete takes off before reaching the board it shall not, for that reason, be counted as a failure.* 2. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from	1. An athlete fails if: (a) he while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or (b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or (c) he employs any form of somersaulting whilst running up or in the act of jumping; or (d) after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or (e) in the course of landing, he touches **the border of**, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand; or ~~(f) when leaving the landing area, his first contact by foot with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing.~~ **(f) he leaves the landing area in any manner other than that described in Rule 185.2** ***Note: The course of landing in Rule 185.1 (e) includes overbalancing completely inside the landing area (or walking back) closer to the take-off line than the initial break made on landing.*** ~~*Note (i): It is not a failure if an athlete runs outside the white lines marking the runway at any point.*~~ ~~*Note (ii): It is not a failure under Rule 185.1(b) if a part of an athlete's shoe / foot is touching the ground outside either end of the take-off board, before the take-off line.*~~ ~~*Note (iii): It is not a failure if in the course of landing, an athlete touches, with any part of his body the ground outside the landing area, unless such contact contravenes Rule 185.1(d) or (e).*~~ ~~*Note (iv): It is not a failure if an athlete walks back through the*~~

				the take-off line than the nearest break in the sand (see Rule 185. 1(f)). *Note: This first contact is considered leaving.*	~~*landing area after having left the landing area in a correct way.*~~ ~~*Note (v): Except as described in Rule 185.1(b), if an athlete takes off before reaching the board it shall not, for that reason, be counted as a failure.*~~ 2. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand. ~~(see Rule 185. 1(f)).~~ *Note: This first contact is considered leaving.* **3. An athlete shall not be regarded to have failed if:** **(a) he runs outside the white lines marking the runway at any point; or** **(b) under Rule 185.1(b) a part of his shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or** **(c) if in the course of landing, he touches, with any part of his body, or anything attached to it at that moment, the ground outside the landing area, unless such contact contravenes Rule 185.1(d) or (e); or** **(d) he walks back through the landing area after having left the landing area in the manner described in Rule 185.2; or** **(e) except as described in Rule 185.1(b), he takes off before reaching the board.**
	187			**General Conditions – Throwing Events**	**General Conditions – Throwing Events**
50	187.4-5	188	Reorganise and renumber	4. (a) An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts. (b) An athlete shall not use gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open. (c) In order to obtain a better grip, an athlete may use a suitable substance on his hands only or in the case of hammer throwers	4. **The following shall be considered assistance and are therefore not allowed:** (a) ~~An athlete shall not use any device of any kind - e.g.~~ the taping of two or more fingers together ~~or using weights attached to the body which in any way provides assistance when making a trial.~~ If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts. (b) ~~An athlete shall not use gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.~~

				on their gloves. Shot putters may use such substances on their neck. In addition, in the Shot Put and Discus Throw, athletes may place on the implement, chalk or a similar substance that is easily removable and does not leave any contamination.	**the use of any device of any kind,** including weights attached to the body, which in any way provides assistance when making a trial ~~(c) In order to obtain a better grip, an athlete may use a suitable substance on his hands only or in the case of hammer throwers on their gloves. Shot putters may use such substances on their neck. In addition, in the Shot Put and Discus Throw, athletes may place on the implement, chalk or a similar substance that is easily removable and does not leave any contamination.~~ **(c)** ~~An athlete shall not use~~ **the use of** gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open. **(d) the spraying or spreading by an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.** **5.** The following shall not be considered assistance and are therefore allowed: (a) the use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower on his gloves. A shot putter may use such substances on their neck. (b) the placement by an athlete, in the Shot Put and Discus Throw, on the implement, chalk or a similar substance. **All substances used shall be easily removable using a wet cloth and shall not leave any residue.** (c) the use of taping on the hands and fingers that is not in contravention of Rule 187.4(a).
51	187.8	192	Move	8. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle.	~~8. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle.~~
52	187.9	192	Amend	Javelin Throw Runway 9. In the Javelin Throw, the minimum length of the runway shall be 30m. Where conditions permit, the minimum length shall be 33.5m.	Javelin Throw Runway 9. ~~In the Javelin Throw,~~ **T**he minimum length of the runway shall be 30m **except in competitions held under Rules 1.1(a), (b), (c) (e) and (f), where the minimum shall be 33.50m**. Where conditions permit, the minimum length ~~shall~~ **should** be ~~33.5m~~ **36.50m**.
53	187.17	194	Amend	17. An athlete shall not leave the circle or runway until the implement has touched the ground. (a) For throws made from a circle, when leaving the circle, an	17.~~ An athlete shall not leave~~ **It shall be a failure if the athlete leaves** the circle or runway ~~until~~ **before** the implement has touched the ground **or**

				athlete's first contact with the top of the rim or the ground outside the circle shall be completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle. *Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.* (b) In the case of the Javelin Throw, when an athlete leaves the runway, the first contact with the parallel lines or the ground outside the runway shall be completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.	(a) **f**or throws made from a circle, **if** when leaving the circle, ~~an~~ **the** athlete's first contact with the top of the rim or the ground outside the circle ~~shall be~~ **is not** completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle. *Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.* (b) **i**n the case of the Javelin Throw, ~~when an athlete leaves~~ **if when leaving** the runway, the **athlete's** first contact with the parallel lines or the ground outside the runway ~~shall be~~ **is not** completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
54	187.21	195	Delete	21. A distinctive flag or marker may be provided to mark the best throw of each athlete, in which case it shall be placed along, and outside, the sector lines. A distinctive flag or marker may also be provided to mark the existing World Record and, when appropriate, the existing Area, National or Meeting Record.	21. ~~A distinctive flag or marker may be provided to mark the best throw of each athlete, in which case it shall be placed along, and outside, the sector lines.~~ ~~A distinctive flag or marker may also be provided to mark the existing World Record and, when appropriate, the existing Area, National or Meeting Record.~~
	191			**Hammer Throw**	**Hammer Throw**
55	191.7	201	Delete	7. Handle: The handle shall be rigid and without hinging joints of any kind. The total deformation of the handle under a tension load of 3.8kN shall not exceed 3mm. It shall be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer. The handle shall have a symmetric design and may have a curved or straight grip and/or brace with a maximum length inside of 110mm. The minimum handle breaking strength shall be 8kN.	7. Handle: The handle shall be rigid and without hinging joints of any kind. The total deformation of the handle under a tension load of 3.8kN shall not exceed 3mm. It shall be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer. The handle shall have a symmetric design and may have a curved or straight grip and/or brace ~~with a maximum length inside of 110mm~~. The minimum handle breaking strength shall be 8kN.
56	191.9	216	Add Note as new		***Note: the weight of the implement includes the totality of the hammer head, wire and handle.***

	193			**Javelin Throw**	**Javelin Throw**
57	193.1(a)	209	Add	1. (a) The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.	1. (a) The javelin shall be held at the grip **with one hand only**. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.
58	193.1(b)	209	Amend	1. (a) The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted. (b) A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin. …	1. (a) The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted. (b) A throw shall be valid only if ~~the tip of~~ the metal head strikes the ground before any other part of the javelin. …
59	193.5 Note (i)	210	Amend	*Note (i): Whilst the cross section should be circular, a maximum difference between the largest and the smallest diameter of 2% is permitted. The mean value of these two diameters shall correspond to the specifications of a circular javelin.*	*Note (i): Whilst the cross section **throughout** should be circular, a maximum difference between the largest and smallest diameter **at any cross section** of 2% is permitted. The mean value of these two diameters **at any nominated cross section shall meet the** specifications of a circular javelin **in the tables hereunder**.*
	214			**Start and Finish on the Oval Track**	**Start and Finish on the Oval Track**
60	214.6	220	Add	6. … In races of 800m, each athlete may be assigned a separate lane, or up to two athletes may be assigned per lane, or a group start, preferably commencing in lanes 1 and 3, may be used.	6. … In races of 800m, each athlete may be assigned a separate lane, or up to two athletes may be assigned per lane, or a group start, preferably commencing in lanes 1 and 3, may be used. **In these cases, athletes may leave their lane, or those running in the outer group may join the inner group, only after the breakline marked at the end of the first bend.**
61	214.7-9	220-221	Move parts	The Start Line and the Finish Line for a Track of 200m Nominal Length 7. The start line in lane 1 should be on the principal straight. Its position shall be determined so that the most advanced staggered start line in the outside lane (400m races, see Rule 214.9) should be in a position where the angle of banking should not be more than 12 degrees. The finish line for all races on the oval track shall be an extension of the start line in lane 1, right across the track and at right angles to the lane lines. Staggered Start Line for a 200m Race 8. The position of the start line in lane 1 and the position of the finish line having been established, the position of the start lines in the remaining lanes should be determined by measurement in each lane back from the finish line. Measurement in each lane	The Start Line and the Finish Line for a Track of 200m Nominal Length 7. The start line in lane 1 should be on the principal straight. Its position shall be determined so that the most advanced staggered start line in the outside lane (400m races, ~~see Rule 214.9~~) should be in a position where the angle of banking should not be more than 12 degrees. The finish line for all races on the oval track shall be an extension of the start line in lane 1, right across the track and at right angles to the lane lines. ~~Staggered Start Line for a 200m Race~~ ~~8. The position of the start line in lane 1 and the position of the finish line having been established, the position of the start lines in the remaining lanes should be determined by measurement in each lane back from the finish line. Measurement in each lane~~

				shall be carried out in exactly the same way as for lane 1 when measuring the length of the track (See Rule 160.2). Having established the position of the start line where it intersects the measurement line 20cm outward from the inside of the lane, the line shall be extended right across the lane, at right angles to the lane lines if on a straight section of the track. If on a curved section of the track, the line of the position to be measured shall be drawn along a radius line through the centre of the bend and if on one of the transition sections (See Rule 213.4) along a radius line through the theoretical centre of curvature at that point. The start line can then be marked 5cm wide, on the side of the measured position nearer the finish. Staggered Start Lines for Races over 200m, up to and including 800m 9. As the athletes are permitted to leave their respective lanes on entering the straight after running one or two bends in lanes, the starting positions shall take two factors into consideration. Firstly, the normal echelon allowance similar to that for a 200m race (See Rule 214.8). Secondly, an adjustment to the starting line in each lane to compensate for the athletes in outside lanes having farther to go than those in the inside lanes to reach the inside position at the end of the straight after the breakline. These adjustments can be determined when marking out the breakline, where the athletes may leave their respective lanes. The breakline shall be an arced line marked after each bend, 5cm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline. Unfortunately, since start lines are 5cm wide, it is impossible to mark two different start lines unless the difference in position is in excess of approximately 7cm to allow a clear gap of 2cm between the start lines. Where this problem arises, the solution is to use the rearmost start line. The problem does not arise in lane 1 since, by definition, there is no adjustment for the breakline. It arises in the inner lanes (i.e. 2 and 3) but not in the outer lanes (i.e. 5 and 6) where the adjustment due to the	~~shall be carried out in exactly the same way as for lane 1 when measuring the length of the track (See Rule 160.2).~~ ~~Having established the position of the start line where it intersects the measurement line 20cm outward from the inside of the lane, the line shall be extended right across the lane, at right angles to the lane lines if on a straight section of the track. If on a curved section of the track, the line of the position to be measured shall be drawn along a radius line through the centre of the bend and if on one of the transition sections (See Rule 213.4) along a radius line through the theoretical centre of curvature at that point. The start line can then be marked 5cm wide, on the side of the measured position nearer the finish.~~ ~~Staggered Start Lines for Races over 200m, up to and including 800m~~ ~~9. As the athletes are permitted to leave their respective lanes on entering the straight after running one or two bends in lanes, the starting positions shall take two factors into consideration. Firstly, the normal echelon allowance similar to that for a 200m race (See Rule 214.8). Secondly, an adjustment to the starting line in each lane to compensate for the athletes in outside lanes having farther to go than those in the inside lanes to reach the inside position at the end of the straight after the breakline. These adjustments can be determined when marking out the breakline, where the athletes may leave their respective lanes.~~ ~~The breakline shall be an arced line marked after each bend, 5cm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.~~ ~~Unfortunately, since start lines are 5cm wide, it is impossible to mark two different start lines unless the difference in position is in excess of approximately 7cm to allow a clear gap of 2cm between the start lines. Where this problem arises, the solution is to use the rearmost start line. The problem does not arise in lane 1 since, by definition, there is no adjustment for the breakline. It arises in the inner lanes (i.e. 2 and 3) but not in the outer lanes (i.e. 5 and 6) where the adjustment due to the~~

				breakline is greater than 7cm. In those outer lanes where the separation is sufficient, a second start line can be measured in front of the first one by the required "adjustment" determined from the breakline layout. The second start line can then be marked out in the same way as that for the 200m race. It is the position of this start line in the outside lane which determines the position of all the start lines and the finish line on the track. In order to avoid exposing the athlete starting in the outside lane to the very severe disadvantage of starting on a steeply banked track, all the start lines and hence the finish line are moved sufficiently far back from the first bend so as to restrict the steepness of the banking to an acceptable level. It is, therefore, necessary first to fix the position of the 400m and 800m start lines in the outside lane and then work back through all the other start lines, finally arriving at the finish line.	~~breakline is greater than 7cm. In those outer lanes where the separation is sufficient, a second start line can be measured in front of the first one by the required "adjustment" determined from the breakline layout. The second start line can then be marked out in the same way as that for the 200m race. It is the position of this start line in the outside lane which determines the position of all the start lines and the finish line on the track. In order to avoid exposing the athlete starting in the outside lane to the very severe disadvantage of starting on a steeply banked track, all the start lines and hence the finish line are moved sufficiently far back from the first bend so as to restrict the steepness of the banking to an acceptable level. It is, therefore, necessary first to fix the position of the 400m and 800m start lines in the outside lane and then work back through all the other start lines, finally arriving at the finish line.~~
62	214.10	222	Add Note (ii) as new and renumber	... *Note: The above qualifying procedures are only valid for 6 lanes oval tracks and/or 8 lanes straight tracks.*	...*Note* ***(i)****: The above qualifying procedures are only valid for 6 lanes oval tracks and/or 8 lanes straight tracks.* ***Note (ii): For World Indoor Championships, alternate tables may be included in the relevant Technical Regulations.***
	221			**Shot Put**	**Shot Put**
63	221.6	227	Add to table		**Specification for indoor plastic or rubber cased shots:** **3kg 85mm (min) 120mm (max)** **5kg 100mm (min) 135mm (max)** **6kg 105mm (min) 140mm (max)**
	230			**Race Walking**	**Race Walking**
64	230.7	230	Amend	7. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.	7. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", **the athletes shall assemble on the start line in the manner determined by the organisers. T**he Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.
65	230.8(b)	230	Delete Rule & renumber	(b) In competitions held under Rules 1.1(a), (b), (c) and (f), the events shall be scheduled to start and finish in daylight.	*(In force as from 1st September2012 - see IAAF Website)*

					~~(b) In competitions held under Rules 1.1(a), (b), (c) and (f), the events shall be scheduled to start and finish in daylight.~~
66	230.9(f)	231	Add Note	(f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water.	(f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water. ***Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.***
67	230.9 (g)	231		(g) An athlete who collects refreshment or water from a place other than the official stations renders himself liable to disqualification by the Referee.	(g) An athlete who **receives or** collects refreshment or water from a place other than the official stations**, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.**
68	230.10(a)	231	Amend	***Road Courses*** (a) For competitions held under Rule 1.1 (a), the circuit shall be no shorter than 2 km and no longer than 2.5 km. For all other competitions, the circuit shall be no shorter than 1km and no longer than 2.5km. For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.	***Road Courses*** (a) ~~**For competitions held under Rule 1.1 (a), the circuit shall be no shorter than 2 km and no longer than 2.5 km. For all other competitions, t**~~**The** circuit shall be no shorter than 1km and no longer than **~~2.5~~km**. For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.
69	230.13	232	Add new Rule		*(In force as from 1st September2012 - see IAAF Website)* **13. In competitions held under Rules 1.1(a), (b), (c) and (f), the events shall be scheduled to start and finish in daylight.**
	240			**Road Races**	**Road Races**
70	240.1 Note (ii)	233	Delete	*Note (ii): It is recommended that Road Races be staged during April, May, or September to December, inclusive.*	~~***Note (ii): It is recommended that Road Races be staged during April, May, or September to December, inclusive.***~~

71	240.2 (ii)	233	Amend	Note (ii): It is acceptable for the start and/or, finish of a race to be conducted on grass or other soft ground.	*(In force as from 1st January 2013 - see IAAF Website)* Note (ii): It is acceptable for the start ~~and/or~~, finish **and other segments** of the ~~a~~ race to be conducted on grass or other ~~soft ground~~ **non-paved surfaces. These segments shall be kept to a minimum.**
72	240.5	234	Amend	5. For Road Relays, lines 5cm wide shall be drawn across the course to mark the distances of each stage and to denote that scratch line. Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures shall be completed within this zone.	5. For Road Relays, lines 5cm wide shall be drawn across the course to mark the distances of each stage and to denote that scratch line. Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures, **which unless otherwise specified by the organisers shall comprise a physical contact between the incoming and outgoing athletes,** shall be completed within this zone.
73	240.6	234		6. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.	6. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", **the athletes shall assemble on the start line in the manner determined by the organisers. T**he Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.
74	240.8	235	Amend	Drinking / Sponging and Refreshment Stations 8. (a) Water and other suitable refreshments shall be available at the start and finish of all races. (b) For all events up to and including 10km, water only drinking / sponging stations shall be provided at suitable intervals of approximately 2-3km if weather conditions warrant such provision. *Note: Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.* (c) For all events longer than 10km, refreshment stations shall be provided at approximately every 5km. In addition, water only drinking / sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.	Drinking / Sponging and Refreshment Stations 8. (a) Water and other suitable refreshments shall be available at the start and finish of all races. (b) ~~For all events up to and including 10km, water only drinking / sponging stations shall be provided at suitable intervals of approximately 2-3km if weather conditions warrant such provision.~~ **For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.** ***Note (i): Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.***

				(d) Refreshments, which may be provided either by the Organising Committee or the athlete, shall be made available at the stations nominated by the athlete. They shall be placed so that they are easily accessible to, or may be put by 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. (e) Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre in front or to the side of, the table. (f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water. (g) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.	***Note (ii):*** *Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.* (c) ~~For all events longer than 10km, refreshment stations shall be provided at approximately every 5km. In addition, water only drinking / sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.~~ **Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organising Committee will determine which refreshments it will provide based on prevailing conditions.** (d) ~~Refreshments, which may be provided either by the Organising Committee or the athlete, shall be made available at the stations nominated by the athlete. They shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes.~~ **Refreshments will normally be provided by the Organising Committee but it may permit athletes to provide their own refreshments, in which case the athlete shall nominate at which stations they shall be made available to the athlete.** Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives. **Those officials shall ensure that the refreshments are not altered or tampered with in any way.** (e) ~~Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre in front or to the side of, the table.~~ **The Organising Committee shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water.**

					(f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the area designated for their country at any one time. ***Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.*** **(g) An athlete may at any time carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.** (h) An athlete who **receives or** collects refreshment **or water** from a place other than the official stations**, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.**
	SECTION IX		Add	**CROSS-COUNTRY RACES**	CROSS-COUNTRY RACES **AND MOUNTAIN RUNNING**
75	250.1	237	Amend	**General** There are extreme variations in conditions in which Cross-Country running practised throughout the world and it is difficult to legislate international standardisation of this sport. It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer. The following Rules are intended as a guide and incentive to assist countries to develop Cross-Country running See also the IAAF Distance Running Manual for detailed organisational information.	**General** There are extreme variations in conditions in which Cross-Country **and Mountain** running ~~is~~ **are** practised throughout the world and it is difficult to legislate international standardisation of this sport. It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer. The following Rules are intended as a guide and incentive to assist countries to develop Cross-Country running **and Mountain running**. See also the IAAF Distance Running Manual for detailed organisational information.
	250			**Cross-Country Races**	**Cross-Country Races**
76	250.2	237	Delete and renumber	2. The Cross-Country season should normally extend throughout the winter months after the close of the Track and Field season.	~~**2. The Cross-Country season should normally extend throughout the winter months after the close of the Track and Field season.**~~
77	250.4(a)	237	Amend	(a) A loop course must be designed, with the loop measuring between 1750 and 2000m…	(a)A loop course must be designed, with the loop measuring between ~~**1750m**~~ **1500m** and 2000m…
78	250.7	239		7. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule	7. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule

				162.2(b)). In international races, five-minute, three-minute and one-minute warnings shall be given. Departure boxes shall be provided and the members of each team shall be lined up behind each other at the start of the race. On the command "On your marks", the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.	162.2(b)). In ~~international~~ races **which include a large number of athletes**, five-minute, three-minute and one-minute warnings before the start of the race ~~shall~~ should be given. Departure boxes shall be provided **for teams races** and the members of each team shall be lined up behind each other at the start of the race. **In other races, the athletes shall be lined up in the manner determined by the organisers**. On the command "On your marks", the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.
79	250.8	239	Add as new and renumber		**Safety and Medical** **8. (a) Organising Committees of Cross-Country Races shall ensure the safety of athletes and officials.** **(b) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.** **(c) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.**
	251				**Mountain Races**
80	New	239	Add, amend		**Include current 250.10 "Mountain Races" See separate sheet.**
	260			**World Records**	**World Records**
81	260.6	240	Add	6. Each athlete who sets a World Record 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. …	6. Each athlete who sets a World Record **(as per 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. …
82	260.26(d)	244		(d) In Throwing Events, the implement used shall be checked, as soon as possible, for compliance with the Rules.	(d) In Throwing Events, the implement used shall ~~be~~ **have been** checked ~~as soon as possible, for compliance with the Rules~~ **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.**

83	260.28(e)	245	Amend Rule	(e) The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race by a different "A" or "B" grade measurer from any of those who did the original measurement.	*(In force as from 1st January 2013 - see IAAF Website)* (e) The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race by a different "A" ~~or "B"~~ grade measurer from any of those who did the original measurement.
84	260.28(e) Note	245	Amend	*Note: If the course was originally measured by at least two "A" or "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 under this Rule 260.28(e) will be required.*	*Note: If the course was originally measured by at least ~~two "A" or "B" grade measurers~~ **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 under this Rule 260.28(e) will be required.*
	261			**Events for which World Records are Recognised**	**Events for which World Records are Recognised**
85	261	246	Add	Women Running, Combined and Race Walking Events: … F.A.T. or H.T.: … 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 20,000m; 1 Hour; 25,000m; 30,000m; 3000m Steeplechase; 4 x 800m Relay; …	Women Running, Combined and Race Walking Events: … F.A.T. or H.T.: … 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 20,000m; 1 Hour; 25,000m; 30,000m; 3000m Steeplechase; 4 x 800m Relay; **4 x 1500m Relay** …
86	261	247	Amend Rule	Note: World Records in Road Races for women to be recognised in women only races. The IAAF shall keep a separate list of "World Best Performances" achieved in mixed Road Races.	*(In force as from 1st September2012 - see IAAF Website)* Note: **Except Race Walking competitions,** World Records in Road Races for women to be recognised in women only races. The IAAF shall keep a separate list of "World Best Performances" achieved in mixed Road Races.

Rule 166.2:

*1500m, ~~**3000m, 2000m SC, 3000m SC**~~*

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

2000m SC, 3000m, 3000m SC

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

5000m

Declared Entries	First Round Heats	P	T	Second Round Heats	P	T	Semi-Finals Heats	P	T
21-40	2	5	5						
41-60	3	8	6				2	6	3
61-80	4	6	6				2	6	3
81-100	5	5	5				2	6	3

RULE 251
Mountain Races

The Course

1. (a) Mountain Races take place on terrain that is mainly off-road, unless there is significant elevation gain on the route in which case a macadamized surface is acceptable;
   (b) The course should not include dangerous sections;
   (c) Competitors shall not use supplementary aid(s) to assist their progress on course;
   (d) The profile of the course involves either considerable amounts of ascent (for mainly uphill races), or ascent/descent (for up and down races with start and finish at the same level);
   (e) The average incline should include a minimum of 5% (or 50 meters per kilometre) and not exceed 20% (or 200 meters per kilometre);
   (f) The highest point on the course should not exceed 3,000 meters altitude;
   (g) The entire course shall be clearly marked and include kilometre marks;
   (h) Natural obstacles or challenging points along the course should be additionally marked;
   (i) A detailed course map must be provided along with a profile using the following scales:
   Altitude: 1/10.000 (1cm = 100m)
   Distance: 1/50.000 (1cm = 500m)

The four different types of mountain races:

2. (a) Classic mountain races.
For Championships, the recommended distances and total amount of ascent should be approximately:

	Mainly Uphill		Up & down races	
	Distance	Ascent	Distance	Ascent
Senior Men	12km	1200m	12km	600m/750m
Senior Women	8km	800m	8km	400m/500m
Junior Men	8km	800m	8km	400m/500m
Junior Women	4km	400m	4km	200m/250m
Boys (Youth age group)	5km	500m	5km	250m/300m
Girls (Youth age group)	3km	300m	3km	150m/200m

(b) Long Distance mountain races:
Long distance mountain race courses include distances of approximately 20km to 42,195km, with a maximum elevation of 4,000m. Participants under the age of 18 should not compete at distances exceeding 25km.

(c) Relay Mountain Races:

(d) Time Trial Mountain Races:
Mountain races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.

The Start

3. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)).
In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.

Departure boxes shall be provided for teams races and the members of each team shall be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command “On your marks”, the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Safety and Medical

4. (a) Organising Committees of Mountain Races shall ensure the safety of athletes and officials.
(b) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.
(c) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

Drinking / Sponging and Refreshment Stations

5. Refreshments shall be available at the start and finish areas. Additional drinking/sponging stations may be provided at suitable places along the course, if the length and difficulty of the race and the weather conditions warrant such provision.

Race Conduct

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

AMENDMENTS TO THE IAAF COMPETITION RULES

CHAPTER 5 – TECHNICAL RULES

APPROVED BY THE IAAF CONGRESS

(Article 13.6 of the IAAF Constitution)

N°	Rule	Page	Action	Current	Proposed
	200			**Combined Events Competitions**	**Combined Events Competitions**
1	200.5	215	Amend	*BOYS YOUTH (Octathlon)* 5. The Octathlon consists of eight events, which shall be held on two consecutive days in the following order: First day: 100m; Long Jump; Shot Put; 400m. Second day: 110m Hurdles; High Jump; Javelin Throw; 1000m.	*BOYS YOUTH ~~(Octathlon~~ Decathlon)* 5. The ~~Octathlon~~ **Decathlon** consists of ~~eight~~ **ten** events, which shall be held on two consecutive days in the following order: First day: 100m; Long Jump; Shot Put; **High Jump;** 400m. Second day: 110m Hurdles; ~~High Jump;~~ **Discus Throw**; **Pole Vault**; Javelin Throw; ~~1000m;~~ **1500m.**
	261			**Events for which World Records are Recognised**	**Events for which World Records are Recognised**
2	261	246	Amend	*Note: World Records in Road Races for women to be recognised in women only races. The IAAF shall keep a separate list of "World Best Performances" achieved in mixed Road Races.*	**There should be two World Records for Women in Road Races: a World Record for performances achieved in mixed gender races and a World Record for performances achieved in single gender races.**