



Competition Rules 2016-2017

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS

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COMPETITION RULES

2016-2017

IN FORCE AS FROM 1ST NOVEMBER 2015

6-8 Quai Antoine 1^{er} - BP 359
MC 98007 MONACO Cedex
+377 93 10 88 88 - Fax +377 93 15 95 15
<http://www.iaaf.org>

TABLE OF CONTENTS

FOREWORD	5
LIST OF IAAF RULES	7
DEFINITIONS	11
CHAPTER 1 (INTERNATIONAL COMPETITIONS)	17
CHAPTER 2 (ELIGIBILITY)	29
CHAPTER 3 (ANTI-DOPING AND MEDICAL RULES)	35
SECTION I – ANTI-DOPING RULES	47
SECTION II – MEDICAL RULES	113
 CHAPTER 4 (DISPUTES AND DISCIPLINARY PROCEEDINGS)	117
CHAPTER 5 (TECHNICAL RULES)	127
SECTION I – OFFICIALS	129
SECTION II – GENERAL COMPETITION RULES	147
SECTION III – TRACK EVENTS	160
SECTION IV – FIELD EVENTS	191
A. VERTICAL JUMPS	197
B. HORIZONTAL JUMPS	208
C. THROWING EVENTS	213
SECTION V – COMBINED EVENTS COMPETITIONS	239
SECTION VI – INDOOR COMPETITIONS	242
SECTION VII – RACE WALKING EVENTS	253
SECTION VIII – ROAD RACES	258
 SECTION IX – CROSS-COUNTRY, MOUNTAIN AND TRAIL RACES	262
SECTION X – WORLD RECORDS	269
COUNCIL, COMMITTEES, MEMBER FEDERATIONS	281
INDEX OF TECHNICAL RULES	295
IAAF PARTNER ORGANISATIONS	315

FOREWORD

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

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

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

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

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

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

Seb Coe
IAAF President

List of IAAF Rules

<i>Rule</i>	<i>Page</i>		
DEFINITIONS	11	33 Proof of Doping	57
CHAPTER 1 (INTERNATIONAL COMPETITIONS) [RULES 1 TO 9]		34 The Prohibited List	59
1 International Competitions	19	35 Testing and Investigations	62
2 Authorisation to Stage Competitions	20	36 Analysis of Samples	68
3 Regulations Governing the Conduct of International Competitions	21	37 Results Management	70
4 Requirements to Compete in International Competitions	22	38 Right to a fair Hearing	77
5 Eligibility to Represent a Member	23	39 Automatic Disqualification of Individual Results in the Event	81
6 Payments to Athletes	26	40 Sanctions on Individuals	82
7 Athletes' Representatives	26	41 Consequences to Teams	94
8 Advertising and Displays during International Competitions	27	42 Appeals	96
		43 Confidentiality and Reporting	103
		44 Member Reporting Obligations	106
		45 Sanctions against Members	107
		46 Recognition	109
		47 Statute of Limitations	110
		48 Interpretation	110
		49 Transitional Provisions	111
		SECTION II – MEDICAL RULES	
		50 IAAF Medical Organisation	113
		51 Athletes	114
		52 Member Federations	115
		53 Medical / Safety Services at International Competitions	115
CHAPTER 2 (ELIGIBILITY) [RULES 20 TO 22]		CHAPTER 4 (DISPUTES AND DISCIPLINARY PROCEEDINGS) [RULE 60]	
20 Definition of Eligible Athlete	31	60 Disputes and Disciplinary Proceedings	119
21 Restriction of Competition to Eligible Athletes	31		
22 Ineligibility for International and Domestic Competitions	31	CHAPTER 5 (TECHNICAL RULES) [RULES 100 TO 264]	
23 Persons Subject to Declaration of Ineligibility	32	100 General	129
CHAPTER 3 (ANTI-DOPING AND MEDICAL RULES) [RULES 30 TO 51]		SECTION I – OFFICIALS	
Definitions	37	110 International Officials	129
SECTION I – ANTI-DOPING RULES		111 Organisational Delegates	130
30 Scope of the Anti-Doping Rules	47	112 Technical Delegates	130
31 IAAF Anti-Doping Organisation	48	113 Medical Delegate	131
32 Anti-Doping Rule Violations	53		

114	Doping Control Delegate	131	140	The Athletics Facility	147
115	International Technical Officials (ITOs) and International Cross-Country, Road Running, Mountain Running and Trail Running Officials (ICROs)	131	141	Age and Sex Categories	147
116	International Race Walking Judges (IRWJs)	132	142	Entries	149
117	International Road Course Measurer	132	143	Clothing, Shoes and Athlete Bibs	150
118	International Starter and International Photo Finish Judge	132	144	Assistance to Athletes	152
119	Jury of Appeal	133	145	Disqualification	154
120	Officials of the Competition	133	146	Protests and Appeals	155
121	Competition Director	135	147	Mixed Competition	157
122	Meeting Manager	135	148	Measurements	158
123	Technical Manager	136	149	Validity of Performances	158
124	Event Presentation Manager	136	150	Video Recording	159
125	Referees	136	151	Scoring	159
126	Judges	139	SECTION III - TRACK EVENTS		
127	Umpires (Running and Race Walking Events)	139	160	Track Measurements	160
128	Timekeepers, Photo Finish Judges and Transponder Timing Judges	140	161	Starting Blocks	161
129	Start Coordinator, Starter and Recallers	140	162	The Start	162
130	Starter's Assistants	142	163	The Race	166
131	Lap Scorers	142	164	The Finish	170
132	Competition Secretary, Technical Information Centre (TIC)	143	165	Timing and Photo Finish	171
133	Marshal	144	166	Seedings, Draws and Qualification in Track Events	176
134	Announcer	144	167	Ties	181
135	Official Surveyor	145	168	Hurdle Races	181
136	Wind Gauge Operator	145	169	Steeplechase Races	184
137	Measurement Judge (Scientific)	145	170	Relay Races	186
138	Call Room Judges	146	SECTION IV - FIELD EVENTS		
139	Advertising Commissioner	146	180	General Conditions – Field Events	191
SECTION II - GENERAL COMPETITION RULES			A. VERTICAL JUMPS		
			181	General Conditions – Vertical Jumps	197
			182	High Jump	200
			183	Pole Vault	203
			B. HORIZONTAL JUMPS		
			184	General Conditions – Horizontal Jumps	208
			185	Long Jump	211
			186	Triple Jump	212

C. THROWING EVENTS		220 Pole Vault	249
187 General Conditions – Throwing Events	213	221 Horizontal Jumps	250
188 Shot Put	220	222 Shot Put	250
189 Discus Throw	222	223 Combined Events Competitions	251
190 Discus Cage	223	SECTION VII - RACE WALKING EVENTS	
191 Hammer Throw	225	230 Race Walking	253
192 Hammer Cage	228	SECTION VIII - ROAD RACES	
193 Javelin Throw	234	240 Road Races	258
SECTION V - COMBINED EVENTS COMPETITIONS		SECTION IX - CROSS-COUNTRY MOUNTAIN AND TRAIL RACES	
200 Combined Events Competitions	239	250 Cross-Country Races	262
SECTION VI - INDOOR COMPETITIONS		251 Mountain Races	264
210 Applicability of Outdoor Rules to Indoor Competitions	242	252 Trail Races	266
211 The Indoor Stadium	242	SECTION X - WORLD RECORDS	
212 The Straight Track	243	260 World Records	269
213 The Oval Track and Lanes	243	261 Events for which World Records are Recognised	275
214 Start and Finish on the Oval Track	244	262 Events for which World U20 Records are Recognised	277
215 Seedings, Draws and Qualification in Track Events	246	263 Events for which World Indoor Records are Recognised	278
216 Clothing, Shoes and Athlete Bibs	248	264 Events for which World U20 Indoor Records are Recognised	279
217 Hurdle Races	248		
218 Relay Races	248		
219 High Jump	249		

DEFINITIONS

DEFINITIONS

Area

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

Area Association

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

Athletes' Representative

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

Athletes' Representative Regulations

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

Athletes Support Personnel

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

Athletics

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

CAS

Court of Arbitration for Sport in Lausanne.

Citizen

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

Citizenship

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

Club

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

Commission

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

Constitution

The IAAF Constitution.

Council

The IAAF Council.

Country

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

IAAF

The International Association of Athletics Federations.

International Competition

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

International Invitation Meeting

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

International-Level Athlete

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

IOC

International Olympic Committee.

Member

A national governing body for Athletics affiliated to the IAAF.

Membership

Membership of the IAAF.

National Federation

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

Regulations

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

Residence

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

Rules

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

Technical Rules

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

Territory

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

World Athletics Series

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

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

Note (ii): All references in the Rules to the masculine gender shall also

include references to the feminine and all references to the singular shall also include references to the plural.

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

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

CHAPTER 1

INTERNATIONAL COMPETITIONS

CHAPTER 1: INTERNATIONAL COMPETITIONS

RULE 1

International Competitions

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

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

- (c) The Advertising Rule (Rule 8) shall apply to all International Competitions listed in Rules 1.1(a)(i), (c), (d), and (e). Area Associations may promulgate their own advertising regulations to apply to the International Competitions listed in Rules 1.1(f), (g), (h), (i) and (j), failing which those of the IAAF shall apply.
- (d) Rules 2 to 7 shall apply to all International Competitions, except to the extent any Rule specifically limits its applicability.

RULE 2

Authorisation to Stage Competitions

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

Competitions Requiring an IAAF Permit

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

Competitions Requiring an Area Association Permit

6. (a) An Area Association Permit is required for all International Competitions listed in Rules 1.1(g), (h), (i), and (j). Permits for International Invitation Meetings or competitions where appearance fees, prize money and/or the value of non-cash prizes exceed USD 250,000 in total, or USD 25,000 for any one event, shall not be issued prior to the Area Association's consultation with the IAAF regarding the date.
- (b) An application for a permit must be made to the appropriate Area Association by the Member in whose Country or Territory the International Competition is to take place not later than 12 months prior to the competition, or such other deadline as may be established by the Area Association.

Competitions Authorised by a Member

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

RULE 3**Regulations Governing the Conduct of International Competitions**

1. The Council may produce Regulations governing the conduct of International Competitions held under the Rules and regulating the relationships of athletes, athletes' representatives, meeting organisers and Members. These Regulations may be varied or amended by the Council as it sees fit.

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

RULE 4

Requirements to Compete in International Competitions

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

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

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

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

RULE 5

Eligibility to Represent a Member

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

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

- (i) the period may be reduced to 12 months with the agreement of the Members concerned. The reduction shall be effective upon receipt by the IAAF Office of a written notification of the Members' agreement;
 - (ii) the period shall be cancelled if the athlete has completed three continuous years of Residence in the Country (or Territory) of his new membership immediately preceding the International Competition in question;
 - (iii) the period may be reduced or cancelled in exceptional cases by the Council. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IAAF Office at least 30 days before the International Competition in question.
- (e) Dual Citizenship: if an athlete holds Citizenship of two (or more) Countries (or Territories), he may represent the Member of either (or any) of them, as he may elect. However, having once represented his elected Member in an International Competition under Rules 1.1(a), (b), (c), (f) or (g), he shall not represent another Member of which he is a Citizen for a period of three years from the date that he last represented the first elected Member. This period may be reduced or cancelled as set out below:
- (i) the period may be reduced to 12 months with the agreement of the Members concerned. The reduction shall be effective upon receipt by the IAAF Office of a written notification of the Members' agreement;
 - (ii) the period may be reduced or cancelled in exceptional cases by the Council. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IAAF Office at least 30 days before the International Competition in question.

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

5. In accordance with Rule 21.2, the eligibility of an athlete competing under these Rules shall at all times be guaranteed by the Member to which the athlete is affiliated. The burden of proof in establishing whether an athlete is eligible in accordance with this Rule 5 rests

with the Member and the athlete concerned. The Member must provide the IAAF with valid / authentic documentation demonstrating the athlete's eligibility and such other evidence as may be necessary to prove the athlete's eligibility on a definitive basis. If required by the IAAF, Members shall provide a certified copy of all documentation on which it seeks to rely in demonstrating the athlete's eligibility under this Rule.

RULE 6

Payments to Athletes

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

RULE 7

Athletes' Representatives

1. Athletes may use the services of an Athletes' Representative to assist them in the negotiation of their athletics programme and in such other matters as they may agree. Alternatively, athletes may negotiate their own Athletics programmes.
2. Athletes in the IAAF Top-30 List in a standard event as of the end of a calendar year shall not, during the following year, enter into or extend an agreement to use any person in respect of the above services who is not an Athletes' Representative.
3. Members, acting reasonably, shall be responsible for the authorisation and recognition of Athletes' Representatives. Each Member shall have jurisdiction over Athletes' Representatives acting on behalf of their athletes and over Athletes' Representatives acting within their Country or Territory or over Athletes' Representatives who are nationals of their Country.
4. To assist Members in this task, the Council shall publish Regulations governing Athletes' Representatives. The Athletes' Representative Regulations shall provide for mandatory requirements to be included in each Member's regulations governing Athletes' Representatives.
5. It is a condition of Membership that each Member includes a provision in its constitution that all agreements between an athlete

- and an Athletes' Representative shall comply with the Rules and the Athletes' Representative Regulations.
6. An Athletes' Representative shall have integrity and good reputation. If required to do so, he shall demonstrate sufficient education and knowledge for the activity of Athletes' Representative by successfully completing an examination established and organised in accordance with the Athletes' Representative Regulations.
 7. Each Member shall annually provide to the IAAF a list of all Athletes' Representatives that it has authorised or recognised. The IAAF shall annually publish an official list of all Athletes' Representatives.
 8. Any athlete or Athletes' Representative who does not comply with the Rules and Regulations, may be subject to sanctions in accordance with the Rules and Regulations.

RULE 8

Advertising and Displays during International Competitions

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

3. The Regulations under this Rule may be amended by the Council at any time.

CHAPTER 2

ELIGIBILITY

CHAPTER 2: ELIGIBILITY

RULE 20

Definition of Eligible Athlete

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

RULE 21

Restriction of Competition to Eligible Athletes

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

RULE 22

Ineligibility for International and Domestic Competitions

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

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

RULE 23

Persons Subject to Declaration of Ineligibility

Any athlete, Athlete Support Personnel or other person:

- (a) who takes part in an athletics competition or event in which any of the competitors were, to his knowledge, suspended from participation or ineligible to compete under these Rules, or which takes place in a Country or Territory of a suspended Member. This does not apply to any athletics competition which is restricted to the Masters' age group (in accordance with Rule 141);
- (b) who takes part in any athletics competition which is not authorised in accordance with Rule 2 (Authorisation to Stage Competitions);

- (c) who contravenes Rule 4 (Requirements to Compete in International Competitions) or any Regulations made thereunder;
 - (d) who contravenes Rule 5 (Eligibility to Represent a Member) or any Regulations made thereunder;
 - (e) who contravenes Rule 6 (Payments to Athletes) or any Regulations made thereunder;
 - (f) who contravenes Rule 7 (Athletes' Representatives) or any Regulations made thereunder;
 - (g) who contravenes Rule 8 (Advertising and Displays during International Competitions) or any Regulations made thereunder;
 - (h) who commits a breach of any other Rule (other than as set out in Rule 60.2)
- may be declared ineligible under this Rule 23.

CHAPTER 3

ANTI-DOPING AND MEDICAL RULES

CHAPTER 3: ANTI-DOPING AND MEDICAL RULES

DEFINITIONS

ADAMS

The Anti-Doping Administration and Management System is a web-based database management tool for data entry, storage, sharing and reporting designed to assist Stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.

Administration

Providing, supplying, supervising, facilitating or otherwise participating in the Use or Attempted Use by another Person of a Prohibited Substance or Prohibited Method. However, this definition shall not include the actions of bona fide medical personnel involving a Prohibited Substance or Prohibited Method used for genuine and legal therapeutic purposes or other acceptable justification and shall not include actions involving Prohibited Substances which are not prohibited in Out-of-Competition Testing unless the circumstances as a whole demonstrate that such Prohibited Substances are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance.

Adverse Analytical Finding

A report from a WADA-accredited laboratory or other WADA-approved laboratory that, consistent with the International Standard for Laboratories and related Technical Documents, identifies in a Sample the presence of a Prohibited Substance or its Metabolites or Markers (including elevated quantities of endogenous substances) or evidence of the Use of a Prohibited Method.

Adverse Passport Finding

A report identified as an Adverse Passport Finding as described in the Anti-Doping Regulations.

Anti-Doping Organisation

A Signatory that is responsible for adopting rules for initiating, implementing or enforcing any part of the Doping Control process. This includes, for example, the International Olympic Committee, other Major Event Organisations that conduct Testing at their Competitions, the IAAF, WADA and National Anti-Doping Organisations.

Anti-Doping Rules

The IAAF Anti-Doping Rules as may be passed by the IAAF Congress or the IAAF Council from time to time.

Anti-Doping Regulations

The IAAF Anti-Doping Regulations as may be passed by the IAAF Council from time to time.

Area Association

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

Athlete

Any Person who participates in the IAAF, its Members and Area Associations by virtue of his agreement, membership, affiliation, authorisation, accreditation or participation in their activities or competitions and any other competitor in Athletics who is otherwise subject to the jurisdiction of any Signatory or other sports organisation accepting the Code.

Athlete Biological Passport

The programme and methods of gathering and collating Passports as described in the Athlete Biological Passport Operating Guidelines (and Technical documents) and the Anti-Doping Regulations.

Athlete Support Personnel

Any coach, trainer, manager, authorised athlete representative, agent, team staff, official, medical or paramedical personnel, parent or any other Person working with, treating or assisting an Athlete participating in, or preparing for, Competition in Athletics.

Attempt

Purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation; provided, however, there shall be no anti-doping rule violation based solely on an Attempt to commit a violation if the Person renounces the Attempt prior to it being discovered by a third party not involved in the Attempt.

Atypical Finding

A report from a WADA-accredited laboratory or other WADA-approved laboratory which requires further investigation as provided by the

International Standard for Laboratories or related Technical Documents prior to the determination of an Adverse Analytical Finding.

Atypical Passport Finding

A report identified as an Atypical Passport Finding as described in the Anti-Doping Regulations.

CAS

The Court of Arbitration for Sport.

Code

The World Anti-Doping Code.

Competition

An Event or series of Events held over one or more days.

Competition Venues

Those venues so designated by the ruling body over the Competition.

Competition Period

The time between the beginning and the end of a Competition, as established by the ruling body of the Competition.

Consequences of Anti-Doping Rule Violations (“Consequences”)

An Athlete’s or other Person’s violation of an anti-doping rule may result in one or more of the following:

- (a) Disqualification which means the Athlete’s results in a particular Event or Competition are invalidated, with all resulting Consequences including forfeiture of any titles, awards, medals, points and prize and appearance money;
- (b) Ineligibility which means the Athlete or other Person is barred on account of an anti-doping rule violation for a specified period of time from participating in any Competition or other activity or funding as provided in Rule 40.12(a);
- (c) Provisional Suspension which means the Athlete or other Person is barred temporarily from participating in any Competition or activity prior to the final decision at a hearing conducted under Rule 38; and
- (d) Public Disclosure or Public Reporting which means the disclosure of information to the general public or Persons beyond those Persons entitled to earlier notification in accordance with Rule 43.

Constitution

The IAAF Constitution.

Contaminated Product

A product that contains a Prohibited Substance that is not disclosed on the product label or in information available in a reasonable Internet search.

Council

The IAAF Council.

Disqualification

See Consequences of Anti-Doping Rule Violations above.

Doping Control

All steps and processes from test distribution planning through to ultimate disposition of any appeal including all steps and processes in between such as provision of whereabouts information, Sample collection and handling, laboratory analysis, TUEs, results management and hearings.

Event

A single race or contest in a Competition (e.g. the 100 metres or the Javelin Throw) including any qualifying rounds thereof.

Fault

Fault is any breach of duty or any lack of care appropriate to a particular situation. Factors to be taken into consideration in assessing an Athlete or other Person's degree of Fault include, for example, the Athlete's or other Person's experience, whether the Athlete or other Person is a Minor, special considerations such as impairment, the degree of risk that should have been perceived by the Athlete and the level of care and investigation exercised by the Athlete in relation to what should have been the perceived level of risk. In assessing the Athlete's or other Person's degree of Fault, the circumstances considered must be specific and relevant to explain the Athlete's or other Person's departure from the expected standard of behaviour. Thus, for example, the fact that an Athlete would lose the opportunity to earn large sums of money during a period of Ineligibility, or the fact that the Athlete only has a short time left in his career, or the timing of the sporting calendar, would not be relevant factors to be considered in reducing the period of Ineligibility under Rule 40.6.

Filing Failure

A failure by an Athlete (or a third party to whom the Athlete has delegated the task) to make an accurate and complete Whereabouts Filing that enables the Athlete to be located for Testing at the times and

locations set out in the Whereabouts Filing or to update the Whereabouts Filing where necessary to ensure it remains accurate and complete, all in accordance with the Anti-Doping Regulations or the rules or regulations of a Member or Anti-Doping Organisation with jurisdiction over the Athlete that comply with the International Standard for Testing and Investigations.

In-Competition

In-Competition means the period commencing twelve hours before an Event in which the Athlete is scheduled to participate through to the end of such Event and the Sample collection process related to such Event.

Ineligibility

See Consequences of Anti-Doping Rule Violations above.

International Competition

For the purposes of these Anti-Doping Rules, the international competitions under Rule 35.9, as published annually on the IAAF website.

International-Level Athlete

An Athlete who is in the Registered Testing Pool established at international level by the IAAF or who is competing in an international competition under Rule 35.9.

International Standard

A standard adopted by WADA in support of the Code. Compliance with an International Standard (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the International Standard were performed properly. International Standards shall include any Technical Documents issued pursuant to the International Standard.

Major Event Organisation

The continental associations of National Olympic Committees and other international multi-sport organisations that function as the ruling body for any continental, regional or other international competition.

Marker

A compound, group of compounds or biological variable(s) that indicates the Use of a Prohibited Substance or Prohibited Method.

Metabolite

Any substance produced by a biotransformation process.

Member

A national governing body for Athletics affiliated to the IAAF.

Minor

A natural Person who has not reached the age of eighteen years.

Missed Test

A failure by an Athlete to be available for Testing at the location and time specified in the 60-minute time slot identified in his Whereabouts Filing for the day in question either in accordance with the Anti-Doping Regulations or with the rules or regulations of a Member or Anti-Doping Organisation with jurisdiction over the Athlete that comply with the International Standard for Testing and Investigations.

National Anti-Doping Organisation

The entity(ies) designated by each Country or Territory as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of Samples, the management of test results, and the conduct of hearings, at the national level. If this designation has not been made by the competent public authority(ies), the entity shall be the Country or Territory's National Olympic Committee or its designee.

National Federation

The Member of the IAAF to which an Athlete or other Person is affiliated directly or through a club or another body affiliated to a Member.

National Olympic Committee

The organisation recognised by the International Olympic Committee. The term National Olympic Committee shall also include the National Sport Confederation in those Countries or Territories where the National Sport Confederation assumes typical National Olympic Committee responsibilities in the anti-doping area.

No Advance Notice

A Sample collection which takes place with no advance warning to the Athlete and where the Athlete is continuously chaperoned from the moment of notification through to Sample provision.

No Fault or No Negligence

The Athlete's or other Person's establishing that he did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he had Used or been administered the

Prohibited Substance or Prohibited Method or otherwise violated an anti-doping rule. Except in the case of a Minor, for any violation of Rule 32.2(a), the Athlete must establish how the Prohibited Substance entered his system.

No Significant Fault or No Significant Negligence

The Athlete's or other Person's establishing that his Fault or Negligence, when viewed in the totality of the circumstances and taking into account the criteria for No Fault or Negligence, was not significant in relationship to the anti-doping rule violation. Except in the case of a Minor, for any violation of Rule 32.2(a), the Athlete must establish how the Prohibited Substance entered his system.

Out-of-Competition

Any period which is not In-Competition.

Participant

Any Athlete or Athlete Support Personnel.

Person

Any natural Person (including any Athlete or Athlete Support Personnel) or an organisation or other entity.

Possession

The actual, physical Possession or the constructive Possession of a Prohibited Substance or Prohibited Method (which shall be found only if the Person has exclusive control or intends to exercise control over the Prohibited Substance or Prohibited Method or the premises in which a Prohibited Substance or Prohibited Method exists); provided, however, that if the Person does not have exclusive control over the Prohibited Substance or Prohibited Method or the premises in which a Prohibited Substance or Prohibited Method exists, constructive Possession shall only be found if the Person knew about the presence of the Prohibited Substance or Prohibited Method and intended to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on Possession if, prior to receiving notification of any kind that the Person has committed an anti-doping rule violation, the Person has taken concrete action demonstrating that the Person never intended to have Possession and has renounced Possession by explicitly declaring it to the IAAF, a Member or an Anti-Doping Organisation. Notwithstanding anything to the contrary in this definition, the purchase (including by any electronic or other means) of a Prohibited Substance or

a Prohibited Method constitutes Possession by the Person who makes the purchase.

Prohibited List

The Prohibited List published by WADA identifying the Prohibited Substances and Prohibited Methods.

Prohibited Method

Any method so described on the Prohibited List.

Prohibited Substance

- || Any substance, or class of substances, so described on the Prohibited List.

Provisional Suspension

- || See Consequences of Anti-Doping Rule Violations above.

Publicly Disclose or Publicly Report

- || See Consequences of Anti-Doping Rule Violations above.

Registered Testing Pool

- || The pool of highest priority Athletes, established separately (i) by the IAAF at the international level and (ii) by National Anti-Doping Organisations at the national level, who are subject to focussed In-Competition and Out-of-Competition Testing as part of the IAAF's or National Anti-Doping Organisation's respective test distribution plans and are required to provide whereabouts information for that purpose. The IAAF shall publish a list which identifies the Athletes included in its Registered Testing Pool.

Sample / Specimen

Any biological material collected for the purposes of Doping Control.

Signatories

Those entities signing the Code and agreeing to comply with the Code, including the International Olympic Committee, International Federations, National Olympic Committees, Major Event Organisations, National Anti-Doping Organisations and WADA.

Specified Substances

See Rule 34.5.

Strict Liability

- || The rule which provides that, under Rules 32.2(a) and 32.2(b), it is not necessary that intent, Fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping rule violation.

Substantial Assistance

For the purposes of Rule 40.7(a), a Person providing Substantial Assistance must (i) fully disclose in a signed written statement all information he possesses in relation to anti-doping rule violations including those involving himself and (ii) fully co-operate with the investigation and adjudication of any case related to that information, including, for example, presenting testimony at a hearing if requested to do so by the prosecuting authority or hearing panel. Further, the information provided must be credible and must comprise an important part of any case which is initiated or, if no case is initiated, must have provided a sufficient basis on which a case could have been brought.

Tampering

Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly; obstructing, misleading or engaging in any fraudulent conduct to alter results or to prevent normal procedures from occurring.

Target Testing

The selection of specific Athletes for Testing based on criteria set out in the International Standard for Testing and Investigations and/or the Anti-Doping Regulations.

Testing

The parts of the Doping Control process involving test distribution planning, Sample collection, Sample handling and Sample transport to the laboratory.

Trafficking

Selling, giving, transporting, sending, delivering or distributing (or Possessing for any such purpose) a Prohibited Substance or Prohibited Method (either physically or by any electronic or other means) by an Athlete, Athlete Support Personnel or any other Person subject to the jurisdiction of the IAAF, a Member or an Anti-Doping Organisation to any third party; provided however, this definition shall not include the actions of bona fide medical personnel involving a Prohibited Substance or Prohibited Method used for genuine and legal therapeutic purposes or other acceptable justification and shall not include actions involving Prohibited Substances which are not prohibited in Out-of-Competition Testing unless the circumstances as a whole demonstrate such Prohibited Substances are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance.

|| **TUE**

Therapeutic Use Exemption as described in Rule 34.8.

Use

The utilisation, application, ingestion, injection or consumption by any means whatsoever of any Prohibited Substance or Prohibited Method.

WADA

The World Anti-Doping Agency.

Whereabouts Failure

A Filing Failure or a Missed Test.

Whereabouts Filing

Information provided by or on behalf of an Athlete in the IAAF Registered Testing Pool that sets out the Athlete's whereabouts during the following quarter.

SECTION I – ANTI-DOPING RULES

RULE 30

Scope of the Anti-Doping Rules

1. The Anti-Doping Rules shall apply to the IAAF, its Members and Area Associations and to Athletes, Athlete Support Personnel and other Persons who participate in the activities or Competitions of the IAAF, its Members and Area Associations by virtue of their agreement, membership, affiliation, authorisation or accreditation. ||
2. All Members and Area Associations shall comply with the Anti-Doping Rules and Regulations. The Anti-Doping Rules and Regulations shall be incorporated either directly, or by reference, into the rules or regulations of each Member and Area Association and each Member and Area Association shall include in its rules the procedural regulations necessary to implement the Anti-Doping Rules and Regulations effectively (and any changes that may be made to them). The rules of each Member and Area Association shall specifically provide that all Athletes, Athlete Support Personnel and other Persons under its jurisdiction shall be bound by the Anti-Doping Rules and Regulations, including the results management authority set out in such rules. ||
3. In order to be eligible to compete or participate in, or otherwise be accredited at, an International Competition, Athletes (and where applicable) Athlete Support Personnel and other Persons must have signed an agreement to the Anti-Doping Rules and Regulations in a form to be decided by the Council. In guaranteeing the eligibility of its Athletes for an International Competition (see Rule 21.2), Members guarantee that the Athletes (and where applicable, Athlete Support Personnel) have signed an agreement in the required form and that a copy of the signed agreement has been sent to the IAAF Office. ||
4. The Anti-Doping Rules and Regulations shall apply to all Doping Controls over which the IAAF and respectively its Members and Area Associations have jurisdiction.
5. It is the responsibility of each Member to ensure that all national-level In and Out-of-Competition Testing on its Athletes and the management of results from such Testing complies with the Anti-Doping Rules and Regulations. It is recognised that, in some Countries or Territories, the Member will conduct the Testing and

- result management process itself whilst, in others, some or all of the Member's responsibilities may be delegated or assigned (either by the Member itself or under applicable national legislation or regulation) to a National Anti-Doping Organisation or other third party. In respect of these Countries or Territories, reference in these Anti-Doping Rules to the Member or National Federation (or its relevant officers) shall, where applicable, be a reference to the National Anti-Doping Organisation or other third party (or its relevant officers).
6. The IAAF shall monitor the anti-doping activities of its Members under these Anti-Doping Rules, including but not limited to the In and Out-of-Competition Testing conducted at national level by each Member (and/or by the relevant National Anti-Doping Organisation or third party in accordance with Rule 30.5). If the IAAF considers that the In and/or Out-of-Competition Testing or other anti-doping activity conducted at national level by a Member is insufficient or inadequate, either having regard to the success of the Member's Athletes in International Competitions or for any other reason, the Council may require the Member to take such action as it considers to be necessary in order to ensure a satisfactory level of anti-doping activity in the Country or Territory concerned. A failure by a Member to comply with the Council's decision may result in the imposition of sanctions under Rule 45.
 7. Notice under these Anti-Doping Rules to an Athlete or other Person who is under the jurisdiction of a Member may be accomplished by delivery of the notice to the Member concerned. The Member shall be responsible for making immediate contact with the Athlete or other Person to whom the notice is applicable.

RULE 31

IAAF Anti-Doping Organisation

1. The IAAF shall principally act under these Anti-Doping Rules by the following person(s) or bodies:
 - (a) the Council;
 - (b) the Medical and Anti-Doping Commission;
 - (c) the Doping Review Board; and
 - (d) the IAAF Anti-Doping Administrator.

The Council

2. The Council has a duty to the IAAF Congress to oversee and supervise the activities of the IAAF in accordance with its Objects

(see Article 6.12(a) of the Constitution). One of these Objects is to promote fair play in sport, in particular, to play a leading role in the fight against doping, both within Athletics and externally in the wider sporting community, and to develop and maintain programmes of detection, deterrence and education which are aimed at the eradication of the scourge of doping within sport (see Article 3.8 of the Constitution).

3. The Council has the following powers under the Constitution in overseeing and supervising the activities of the IAAF:
 - (a) to establish any Commission or sub-Commission, whether on an ad hoc or permanent basis, that it deems to be necessary for the proper functioning of the IAAF (see Article 6.11(j) of the Constitution).
 - (b) to make any interim amendments to the Rules it considers to be necessary between Congresses and to fix a date on which such amendments shall take effect. The interim amendments shall be reported to the next Congress, which shall decide whether they shall be made permanent (see Article 6.11(c) of the Constitution).
 - (c) to approve, reject or amend the Anti-Doping Regulations (see Article 6.11(i) of the Constitution); and
 - (d) to suspend or take other sanctions against a Member for a breach of the Rules in accordance with the provisions of Article 14.7 (see Article 6.11(b) of the Constitution).

The Medical and Anti-Doping Commission

4. The Medical and Anti-Doping Commission is appointed as a Commission of the Council under Article 6.11(j) of the Constitution to provide the IAAF with general advice on all anti-doping and related matters, including in relation to these Anti-Doping Rules and the Anti-Doping Regulations.
5. The Medical and Anti-Doping Commission shall consist of up to 15 members who shall meet at least once a year, normally at the beginning of each calendar year, in order to review the IAAF's anti-doping activities in the preceding 12 months and to establish, for the approval of the Council, the IAAF's anti-doping programme for the year ahead. The Medical and Anti-Doping Commission shall also consult on a regular basis throughout the course of the year, as the need may arise.
6. The Medical and Anti-Doping Commission shall have responsibility for the following further specific tasks under these Anti-Doping Rules:

- (a) publishing the Anti-Doping Regulations, and amendments to the Anti-Doping Regulations, as often as may be required. The Anti-Doping Regulations shall comprise, either directly or by reference, the following documents issued by WADA:
- (i) the Prohibited List;
 - (ii) the International Standard for Testing and Investigations;
 - (iii) the International Standard for Laboratories;
 - (iv) the International Standard for Therapeutic Use Exemptions; and
 - (v) the International Standard for the Protection of Privacy and Personal Information

together with any additions or modifications to such documents or International Standards, or further procedures or guidelines, that may be deemed necessary to comply with these Anti-Doping Rules or otherwise pursue the IAAF's anti-doping programme.

The Anti-Doping Regulations, and any proposed amendment to them, unless otherwise stated in these Anti-Doping Rules, must be approved by the Council. Upon giving its approval, the Council shall fix a date on which the Anti-Doping Regulations, or any proposed amendment to them, shall take effect. The IAAF Office shall notify the Members of this date and shall publish the Anti-Doping Regulations, and any proposed amendment to them, on the IAAF website.

- (b) advising the Council on amendments to these Anti-Doping Rules as may be necessary from time to time. Any proposed amendment to be made to the Anti-Doping Rules between Congresses must be approved by the Council and notified to the Members in accordance with Article 6.11(c) of the Constitution.
- (c) planning, implementing and monitoring anti-doping information and anti-doping education programmes suitably adapted for Athletes, Athlete Support Personnel and Members. These programmes shall have as an objective to prevent the intentional or unintentional Use by Athletes of Prohibited Substances and Prohibited Methods. The programmes shall provide updated and accurate information on at least the following issues:
- (i) Prohibited Substances and Prohibited Methods in the Prohibited List;
 - (ii) health consequences of doping;

- (iii) Doping Control procedures; and
- (iv) Athletes' rights and responsibilities.
- (d) granting and recognising TUEs in accordance with Rule 34.8. ||
- (e) establishing general guidelines for the selection of Athletes in the IAAF Registered Testing Pool.

The Medical and Anti-Doping Commission may, in the course of exercising any of the above tasks, call upon experts to provide further specialist medical or scientific advice as may be required.

7. The Medical and Anti-Doping Commission shall report to the Council on its activities before and at each Council meeting. It shall communicate with the IAAF Office on all anti-doping and related matters through the IAAF Medical and Anti-Doping Department. ||

The Doping Review Board

8. The Doping Review Board is appointed as a sub-Commission of the Council under Article 6.11(j) of the Constitution with at least the following specific tasks:
 - (a) to decide whether cases should be referred to arbitration before CAS under Rule 38.3 in circumstances where the relevant Member has failed to complete a hearing for the Athlete or other Person within the stipulated two month time period or has completed the hearing but failed to render a decision within a reasonable period thereafter;
 - (b) to determine on behalf of the Council whether there are grounds to justify an elimination, reduction or suspension of the period of Ineligibility that is otherwise applicable (under Rule 40.5 Rule 40.6 or Rule 40.7) in cases which are referred to it under Rule 38.9;
 - (c) to decide whether cases should be referred to arbitration before CAS under Rule 42.17 and whether, in such cases, to re-impose the Athlete's suspension pending the CAS decision;
 - (d) to decide whether the IAAF should participate in cases before CAS to which it is not an original party in accordance with Rule 42.21 and whether, in such cases, to re-impose the Athlete's suspension pending the CAS decision;
 - (e) to determine in any case an extension of time for the IAAF to file a statement of appeal with CAS in accordance with Rule 42.15;
 - (f) to decide in cases which are referred to it under Rule 46.4 whether Testing conducted by a body that is not a Signatory to the Code, under rules and procedures which are different from

those in these Anti-Doping Rules, should be recognised by the IAAF; and

- (g) to review reports on the monitoring of anti-doping activities of Members in accordance with Rule 30.6 as well as on Members' compliance with their obligations as set out in these Anti-Doping Rules and, where necessary, to make recommendations to Council.

The Doping Review Board may, in the course of exercising any of the above tasks, refer to the Medical and Anti-Doping Commission or the Council for its opinion or guidance in relation to a particular case or to the Council on any matter of general policy that may have arisen.

9. The Doping Review Board shall consist of three persons, one of whom shall be legally qualified. The President shall have authority at any time to appoint an additional person or persons to the Doping Review Board, as may be required, on a temporary basis.
10. The Doping Review Board shall report to the Council on its activities before each Council meeting.

The IAAF Anti-Doping Administrator

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

RULE 32

Anti-Doping Rule Violations

1. Doping is defined as the occurrence of one or more of the anti-doping rule violations set out in Rule 32.2 of these Anti-Doping Rules.
2. The purpose of Rule 32.2 is to specify the circumstances and conduct which constitute anti-doping rule violations. Hearings in doping cases will proceed based on the assertion that one or more specific rules have been violated. Athletes or other Persons shall be responsible for knowing what constitutes an anti-doping rule violation and the substances and methods which have been included on the Prohibited List. The following constitute anti-doping rule violations:
 - (a) **Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample.**
 - (i) it is each Athlete's personal duty to ensure that no Prohibited Substance enters his body. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their Samples. Accordingly, it is not necessary that intent, Fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping rule violation under Rule 32.2(a).
 - (ii) sufficient proof of an anti-doping rule violation under Rule 32.2(a) is established by any of the following: presence of a Prohibited Substance or its Metabolites or Markers in the Athlete's A Sample where the Athlete waives analysis of the B Sample and the B Sample is not analysed; or, where the Athlete's B Sample is analysed and the analysis of the Athlete's B Sample confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the Athlete's A Sample or, where the Athlete's B Sample is split into two bottles and the analysis of the second bottle confirms the presence of the Prohibited Substance or its Metabolites or Markers in the first bottle.
 - (iii) except those Prohibited Substances for which a quantitative threshold is specifically identified in the Prohibited List, the presence of any quantity of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample shall constitute an anti-doping rule violation.

- (iv) as an exception to the general application of Rule 32.2(a), the Prohibited List or International Standards may establish special criteria for the evaluation of Prohibited Substances that can also be produced endogenously.
- (b) **Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method.**
 - (i) it is each Athlete's personal duty to ensure that no Prohibited Substance enters his body and that no Prohibited Method is Used. Accordingly, it is not necessary that intent, Fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping rule violation for Use of a Prohibited Substance or a Prohibited Method.
 - (ii) the success or failure of the Use or Attempted Use of a Prohibited Substance or Prohibited Method is not material. It is sufficient that the Prohibited Substance or Prohibited Method was Used, or Attempted to be Used, for an anti-doping rule violation to be committed.
- (c) **Evading, Refusing or Failing to Submit to Sample Collection:** Evading Sample collection, or without compelling justification, refusing or failing to submit to Sample collection after notification as authorised in the Anti-Doping Regulations or other applicable anti-doping rules.
- (d) **Whereabouts Failures:** Any combination of three Missed Tests and/or Filing Failures within a twelve-month period by an Athlete in a Registered Testing Pool.
- (e) **Tampering or Attempted Tampering with any part of Doping Control:** Conduct which subverts the Doping Control process but which would not otherwise be included in the definition of Prohibited Methods. Tampering shall include, without limitation, intentionally interfering or attempting to interfere with a Doping Control official, providing fraudulent information to the IAAF, Member or an Anti-Doping Organisation, or intimidating or attempting to intimidate a potential witness.
- (f) **Possession of a Prohibited Substance or Prohibited Method.**
 - (i) Possession by an Athlete In-Competition of any Prohibited Substance or Prohibited Method or Possession by an Athlete Out-of-Competition of any Prohibited Substance or Prohibited Method which is prohibited Out-of-Competition unless the Athlete establishes that the

- Possession is consistent with a TUE granted in accordance with Rule 34.8 (Therapeutic Use) or other acceptable justification.
- (ii) Possession by an Athlete Support Person In-Competition of any Prohibited Substance or Prohibited Method or Possession by an Athlete Support Person Out-of-Competition of any Prohibited Substance or Prohibited Method which is prohibited Out-of-Competition in connection with an Athlete, Competition or training, unless the Athlete Support Person establishes that the Possession is consistent with a TUE granted to an Athlete in accordance with Rule 34.8 (Therapeutic Use) or other acceptable justification.
 - (g) **Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method.**
 - (h) **Administration or Attempted Administration of a Prohibited Substance or a Prohibited Method:** Administration or Attempted Administration to any Athlete In-Competition of any Prohibited Substance or Prohibited Method, or Administration or Attempted Administration to any Athlete Out-of-Competition of any Prohibited Substance or Prohibited Method that is prohibited Out-of-Competition.
 - (i) **Complicity:** Assisting, encouraging, aiding, abetting, covering up or any other type of intentional complicity involving an anti-doping rule violation or violation of Rule 40.12(a) by another Person.
 - (j) **Prohibited Association:** Association by an Athlete or other Person subject to the authority of the IAAF, a Member or an Anti-Doping Organisation in a professional or sport-related capacity with any Athlete Support Person who:
 - (i) if subject to the authority of the IAAF, a Member or an Anti-Doping Organisation, is serving a period of Ineligibility; or
 - (ii) if not subject to the authority of the IAAF, a Member or an Anti-Doping Organisation, and where Ineligibility has not been addressed in a results management process under these Anti-Doping Rules, has been convicted or found in a criminal, disciplinary or professional proceeding to have engaged in conduct which would have constituted a violation of anti-doping rules if Code-compliant rules had been applicable to such Person. The disqualifying status of

such person shall be in force for the longer of six years from the criminal, professional or disciplinary decision or the duration of the criminal, disciplinary or professional sanction imposed; or

- (iii) is serving as a front or intermediary for an individual described in Rule 32.2(j)(i) or (ii).

Some examples of the types of association which are prohibited include: obtaining training, strategy, technique, nutrition or medical advice; obtaining therapy, treatment or prescriptions; providing any bodily products for analysis; or allowing the Athlete Support Person to serve as an agent or representative. Prohibited association need not involve any form of compensation.

In order for this provision to apply, it is necessary that the Athlete or other Person has previously been advised in writing by the IAAF, Member or Anti-Doping Organisation with jurisdiction over the Athlete or other Person, or by WADA, of the Athlete Support Person's disqualifying status and the potential Consequence of prohibited association and that the Athlete or other Person can reasonably avoid the association. The IAAF, Member or Anti-Doping Organisation shall use reasonable efforts to advise the Athlete Support Person who is the subject of the notice to the Athlete or other Person that the Athlete Support Person may, within 15 days, come forward to the IAAF, Member or Anti-Doping Organisation to explain that the criteria in Rules 32.2(j)(i) and (ii) do not apply to him. Notwithstanding Rule 47 (Statute of Limitations), this Rule applies even when the Athlete Support Person's disqualifying conduct occurred prior to the effective date provided in Rule 48 (Interpretation).

The burden shall be on the Athlete or other Person to establish that any association with Athlete Support Personnel described in Rules 32.2(j)(i) and (ii) is not in a professional or sport-related capacity.

Members and Anti-Doping Organisations that are aware of Athlete Support Personnel who meet the criteria described in Rules 32.2(j)(i), (ii) and (iii) shall submit that information to the IAAF and WADA.

RULE 33

Proof of Doping

Burdens and Standards of Proof

1. The IAAF, Member or other prosecuting authority shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether the IAAF, Member or other prosecuting authority has established an anti-doping rule violation to the comfortable satisfaction of the relevant hearing panel, bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt.
2. Where these Anti-Doping Rules place the burden of proof upon the Athlete or other Person alleged to have committed an anti-doping violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be by a balance of probability.

Methods of Establishing Facts and Presumptions

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

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

- (a) Analytical methods or decision limits approved by WADA after consultation with the relevant scientific community and which have been the subject of peer review are deemed to be scientifically valid. Any Athlete or other Person seeking to rebut this presumption of scientific validity shall, as a condition precedent to any such challenge, first notify WADA of the challenge and the basis of the challenge. CAS on its own initiative may also inform WADA of any such challenge. At WADA's request, the CAS Panel shall appoint an appropriate scientific expert to assist the Panel in its evaluation of the challenge. Within ten days of WADA's receipt of such notice, and WADA's receipt of the CAS file, WADA shall also have the right to intervene as a party, appear amicus curiae or otherwise provide evidence in such proceeding.

- (b) WADA-accredited laboratories and other laboratories approved by WADA are presumed to have conducted Sample analysis and custodial procedures in accordance with the International Standard for Laboratories. The Athlete or other Person may rebut this presumption by establishing that a departure from the International Standard for Laboratories occurred which could reasonably have caused the Adverse Analytical Finding. If the Athlete or other Person rebuts the preceding presumption by showing that a departure from the International Standard for Laboratories occurred which could reasonably have caused the Adverse Analytical Finding, then the IAAF, Member or other prosecuting authority shall have the burden of establishing that such departure did not cause the Adverse Analytical Finding.
- (c) Departures from any other International Standard or other anti-doping rule or policy set out in these Anti-Doping Rules or the rules of an Anti-Doping Organisation which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such evidence or results. If the Athlete or other Person establishes a departure from another International Standard or other anti-doping rule or policy which could reasonably have caused an anti-doping rule violation based on an Adverse Analytical Finding or other anti-doping rule violation, then the IAAF, Member or other prosecuting authority shall have the burden of establishing that such departure did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.
- (d) The facts established by a decision of a court or professional disciplinary tribunal of competent jurisdiction which is not the subject of a pending appeal shall be irrebuttable evidence against the Athlete or other Person to whom the decision pertained of those facts unless the Athlete or other Person establishes that the decision violated principles of natural justice.
- (e) The hearing panel in a hearing on an anti-doping rule violation may draw an inference adverse to the Athlete or other Person who is asserted to have committed an anti-doping rule violation based on the Athlete's or other Person's refusal, after a request made in a reasonable time in advance of the hearing, to appear at the hearing (either in person or by telephone as directed by the hearing panel) and to answer questions from the hearing

panel or the IAAF, Member or other prosecuting authority asserting the anti-doping rule violation.

RULE 34

The Prohibited List

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

Publication and Revision of the Prohibited List

2. The Prohibited List shall be available from the IAAF and shall be published on the IAAF website.
3. Unless otherwise stated in the Prohibited List and/or any revision to the Prohibited List, the Prohibited List and revisions shall go into effect under these Anti-Doping Rules three months after publication of the Prohibited List by WADA without requiring any further action by the IAAF. All Athletes and other Persons shall be bound by the Prohibited List, and any revisions thereto, from the date they go into effect, without further formality. It is the responsibility of all Athletes and other Persons to familiarise themselves with the most up-to-date version of the Prohibited List and all revisions thereto.

Prohibited Substances and Prohibited Methods Identified on the Prohibited List

4. **Prohibited Substances and Prohibited Methods:** The Prohibited List shall identify those Prohibited Substances and Prohibited Methods which are prohibited as doping at all times (both In-Competition and Out-of-Competition) because of their potential to enhance performance in future Competitions or their masking potential and those substances and methods which are prohibited In-Competition only. Prohibited Substances and Prohibited Methods may be included in the Prohibited List by general category (e.g., anabolic agents) or by specific reference to a particular substance or method.
5. **Specified Substances:** For purposes of the application of Rule 40 (Sanctions on Individuals), all Prohibited Substances shall be Specified Substances, except substances in the classes of anabolic agents and hormones and those stimulants and hormone antagonists and modulators so identified on the Prohibited List. The category of Specified Substances shall not include Prohibited Methods.
6. **New Classes of Prohibited Substances:** In the event WADA expands the Prohibited List by adding a new class of Prohibited Substances, WADA's Executive Committee shall determine

whether any or all Prohibited Substances within the new class of Prohibited Substances shall be considered Specified Substances under Rule 34.5.

7. WADA's determination of the Prohibited Substances and Prohibited Methods that will be included on the Prohibited List, the classification of substances into categories on the Prohibited List and the classification of a substance as prohibited at all times or In-Competition only is final and shall not be subject to challenge by an Athlete or other Person based on an argument that the substance or method was not a masking agent or did not have the potential to enhance performance, represent a health risk or violate the spirit of sport.

Therapeutic Use Exemptions (TUEs)

8. Athletes with a documented medical condition requiring the use of a Prohibited Substance or a Prohibited Method must apply for a TUE in accordance with these Rules. TUEs will be granted only in cases of clear and compelling need where no competitive advantage can be gained by the Athlete.
 - (a) **International-Level Athletes:** An Athlete who is an International-Level Athlete must apply to the IAAF:
 - (i) Where the Athlete already has a TUE granted by his National Federation (or other competent authority to grant TUEs in the Country or Territory) for the substance or method in question, if that TUE meets the criteria set out in the International Standard for Therapeutic Use Exemptions, then the IAAF shall recognise it. If the IAAF considers that the TUE does not meet such criteria and so refuses to recognise it, it shall notify the Athlete and/or his National Federation promptly, with reasons. The Athlete shall have twenty-one days from such notification to refer the matter to WADA for review. If the matter is referred to WADA for review, the TUE granted by the National Federation (or other competent authority to grant TUEs in the Country or Territory) remains valid for national-level Competition and Out-of-Competition Testing (but is not valid for International Competitions) pending WADA's decision. If the matter is not referred to WADA for review, the TUE becomes invalid for any purpose when the twenty-one day review deadline expires.
 - (ii) If the Athlete does not already have a TUE granted by his National Federation (or other competent authority to grant

- TUEs in the Country or Territory) for the substance or method in question, the Athlete must apply directly to the IAAF for a TUE as soon as the need arises. If the IAAF (or the National Federation or other competent authority to grant TUEs in the Country or Territory where it has agreed to consider the application on the IAAF's behalf) denies the Athlete's application, it must notify the Athlete promptly with reasons. If the IAAF grants the Athlete's application, it must notify not only the Athlete but also his National Federation (or other competent authority to grant TUEs in the Country or Territory) and if the National Federation or other competent authority considers that the TUE does not meet the criteria set out in the International Standard for Therapeutic Use Exemptions, it has twenty-one days from such notification to refer the matter to WADA for review. If the National Federation (or other competent authority to grant TUEs in the Country or Territory) refers the matter to WADA for review, the TUE granted by the IAAF remains valid for International Competitions and Out-of-Competition Testing (but is not valid for national-level Competition) pending WADA's decision. If the National Federation (or other competent authority to grant TUEs in the Country or Territory) does not refer the matter to WADA for review, the TUE granted by the IAAF becomes valid for national-level Competition as well when the twenty-one day review deadline expires.
- (iii) An application to the IAAF for the grant or recognition of a TUE must be made as soon as the need arises and in any event (save in emergency or exceptional situations or where Article 4.3 of the International Standard for Therapeutic Use Exemptions applies), at least thirty days before the Athlete's next Competition. Details of the procedure for the application can be found in the Anti-Doping Regulations. The IAAF shall appoint a panel to consider applications for the grant or recognition of TUEs (the "IAAF TUE Sub-Commission"). The IAAF TUE Sub-Commission shall promptly evaluate and decide upon the application in accordance with the procedure in the Anti-Doping Regulations. Its decision shall be the final decision of the IAAF and shall be reported to WADA and

other relevant Anti-Doping Organisations, including the Athlete's National Federation, through ADAMS.

- (b) **Athletes who are not International-Level Athletes:** Athletes who are not International-Level Athletes must apply for a TUE from their National Federation, or from such other body as may be designated by their National Federation to grant TUEs, or which otherwise has competent authority to grant TUEs in the Country or Territory of the National Federation. National Federations shall in all cases be responsible for reporting promptly the grant of any TUEs under this Rule to the IAAF and to WADA (through ADAMS or otherwise). If the IAAF chooses to test an Athlete who is not an International-Level Athlete, the IAAF shall recognise a TUE granted to that Athlete by his National Federation (or other competent authority to grant TUEs in the Country or Territory).
- (c) Reviews and appeals of TUE decisions shall be conducted in accordance with the applicable provisions of the Anti-Doping Regulations.
9. The presence of a Prohibited Substance or its Metabolites or Markers and/or the Use or Attempted Use, Possession or Administration or Attempted Administration of a Prohibited Substance or a Prohibited Method shall not be considered an anti-doping rule violation if it is consistent with the provisions of a TUE granted in accordance with these Anti-Doping Rules and the International Standard for Therapeutic Use Exemptions.

RULE 35

Testing and Investigations

1. **Purpose of Testing and Investigations:** Testing and investigations shall only be conducted for anti-doping purposes.
- (a) Testing shall be undertaken to obtain analytical evidence as to an Athlete's compliance (or non-compliance) with the strict prohibition under these Anti-Doping Rules on the presence/Use of a Prohibited Substance or Prohibited Method.
- (b) Investigations shall be undertaken:
- (i) in relation to Atypical Findings and Atypical and Adverse Passport Findings in accordance with Rules 37.9 and Rule 37.10 respectively, gathering intelligence or evidence (including, in particular, analytical evidence) in order to determine whether an anti-doping rule violation has occurred under Rule 32.2(a) and/or Rule 32.2(b); and

- (ii) in relation to other indications of potential anti-doping rule violations, in accordance with Rule 37.12, gathering intelligence or evidence (including, in particular, non-analytical evidence) in order to determine whether an anti-doping rule violation has occurred under any of Rules 32.2(b) to 32.2(j).
 - (c) The IAAF may obtain, assess and process anti-doping intelligence from all available sources to inform the development of an effective, intelligent and proportionate test distribution plan, to plan Target Testing and/or to form the basis of an investigation into a possible anti-doping rule violation(s).
2. **Scope of Testing:** Any Athlete who has not retired, including any Athlete serving a period of Ineligibility, may be required to provide a Sample at any time and at any place by the IAAF, a Member or any Anti-Doping Organisation with Testing authority over him.
 3. The IAAF shall have In-Competition and Out-of-Competition Testing authority over all Athletes who are subject to these Anti-Doping Rules, including those who participate in International Competitions or in competitions governed by IAAF Rules or who are members or licensees of its Members or their members.
 4. The IAAF and its Members may delegate Testing under this Rule to any Member, other Member, WADA, governmental agency, National Anti-Doping Organisation or other third party which they deem to be suitably qualified for the purpose.
 5. If the IAAF delegates or contracts any part of Testing to a National Anti-Doping Organisation (directly or through a National Federation), that National Anti-Doping Organisation may collect additional Samples or direct the laboratory to perform additional types of analysis at the National Anti-Doping Organisation's expense. If additional Samples are collected or additional types of analysis are performed, the IAAF shall be notified of such, including notification of the results.
 6. In addition to Testing by the IAAF and its Members (and by entities to which the IAAF and its Members may have delegated their Testing responsibility under Rule 35.4 above), Athletes may be subject to Testing:
 - (a) In-Competition by WADA or any other organisation or body which has competent authority to conduct Testing at the Competition in which they are participating; and

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

However, only a single organisation shall be responsible for initiating and directing Testing at Competition Venues during a Competition Period. At International Competitions, the collection of Samples shall be initiated, directed or supervised by the IAAF (see Rule 35.9) or other international sports organisation ruling body in the case of an International Competition over which the IAAF has no exclusive control (e.g. the IOC at the Olympic Games or the Commonwealth Games Federation at the Commonwealth Games). If the IAAF or such other international sports organisation ruling body decides not to conduct Testing at an International Competition, the National Anti-Doping Organisation in the Country or Territory where the International Competition is to take place may, with the approval of the IAAF and WADA, initiate and conduct such Testing.

At all Competitions that are not International Competitions, the collection of Samples shall be initiated and directed, if not by the Member, by the National Anti-Doping Organization of that country. At the request of the ruling body for a Competition, any Testing during the Competition Period outside of the Competition Venues shall be coordinated with that ruling body.

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

In-Competition Testing

9. The IAAF shall have responsibility for initiating, directing or supervising In-Competition Testing at the following International Competitions:
 - (a) World Athletics Series Competitions;
 - (b) International Invitation Meetings in accordance with Rule 1.1(e);
 - (c) IAAF Permit Meetings;
 - (d) IAAF Label Road Races; and

- (e) at such other international competitions as the Council may determine on the recommendation of the Medical and Anti-Doping Commission.

The full list of International Competitions under this Rule 35.9 shall be published annually on the IAAF website.

10. The Council shall determine the anticipated number of Athletes to be tested at the above International Competitions on the recommendation of the Medical and Anti-Doping Commission. Athletes to be tested shall be selected as follows:
- (a) on a final position basis and/or random basis;
 - (b) at the discretion of the IAAF (acting by its relevant official or body), by any method that it shall choose, including Target Testing;
 - (c) any Athlete who has broken or equalled a World Record.
11. If the IAAF has delegated Testing under Rule 35.4 above, it may appoint a representative to attend at the International Competition in question to ensure that these Anti-Doping Rules and the Anti-Doping Regulations are being properly applied.
12. In consultation with the relevant Member (and respectively with the relevant Area Association), the IAAF may conduct, or assist in the conduct of, Testing at a Member's National Championships or Area Association's Area Championships.
13. In all other cases (except where Testing is carried out under the rules of another international sports organisation ruling body, for example, by the IOC at the Olympic Games), the Member conducting the controls, or in whose Country or Territory a competition is held, shall be responsible for initiating, directing or supervising In-Competition Testing. If the Member has delegated its Testing under Rule 35.4 above, it is the Member's responsibility to ensure that such Testing carried out in its Country or Territory complies with these Anti-Doping Rules and the Anti-Doping Regulations.

Out-of-Competition Testing

14. The IAAF shall focus its Out-of-Competition Testing primarily on International-Level Athletes. However, it may, at its discretion, conduct Out-of-Competition Testing on any Athlete at any time. Except in exceptional circumstances, all Out-of-Competition Testing shall be carried out on No Advance Notice to the Athlete or his Athlete Support Personnel or National Federation. Athletes included in the Registered Testing Pool established by the IAAF

- shall be subject to the whereabouts requirements set out in accordance with Rule 35.19.
15. It is the duty of every Member, officer of a Member and other Person under the jurisdiction of a Member to assist the IAAF (and, if appropriate, another Member, WADA or other body with competent Testing authority) in the conduct of Out-of-Competition Testing under this Rule. Any Member, officer of a Member or other Person under the jurisdiction of a Member preventing, hindering, obstructing or otherwise Tampering with the conduct of such Testing may be liable to sanction under these Anti-Doping Rules.
 16. Out-of-Competition Testing shall be conducted under these Anti-Doping Rules to detect Prohibited Substances and Prohibited Methods listed as being the substances and methods prohibited at all times (In and Out-of-Competition) in the Prohibited List or for the purpose of collecting profile data within the framework of the Athlete Biological Passport or for both purposes at the same time.
 17. Statistics of Out-of-Competition Testing shall be published once a year per Athlete in the IAAF Registered Testing Pool and per Member.

Whereabouts Information

18. The IAAF shall establish a Registered Testing Pool of Athletes who are required to comply with the whereabouts requirements set out in these Rules and in the Anti-Doping Regulations. The Registered Testing Pool shall be published by the IAAF on its website and shall be reviewed and updated as necessary from time to time.
19. Each Athlete in the IAAF Registered Testing Pool shall be required to submit Whereabouts Filings in accordance with the Anti-Doping Regulations. The ultimate responsibility for submitting a Whereabouts Filing rests with each Athlete. Members shall, however, upon the request of the IAAF or other relevant Testing Authority, use their best efforts to assist in the collection of current and accurate whereabouts information for their Athletes and shall make specific provision in their rules or regulations for such purpose. Whereabouts information provided by an Athlete pursuant to this Rule shall be shared with WADA and any other body having competent authority to test the Athlete in accordance with the Anti-Doping Regulations on the strict condition that it be used for Doping Control purposes only.
20. If an Athlete in the IAAF Registered Testing Pool fails to advise the IAAF of his required whereabouts, it shall be deemed to be a Filing Failure for the purposes of Rule 32.2(d) where the relevant

conditions of the Anti-Doping Regulations have been met. If an Athlete in the IAAF Registered Testing Pool fails to be available for Testing at his declared whereabouts, it shall be deemed to be a Missed Test for the purposes of Rule 32.2(d) where the relevant conditions of the Anti-Doping Regulations have been met. An Athlete shall be deemed to have committed an anti-doping rule violation under Rule 32.2(d) if he commits a total of three Whereabouts Failures (which may be any combination of Filing Failures and/or Missed Tests adding up to three in total) within any twelve month period. The IAAF may rely for the purposes of Rule 32.2(d) on Filing Failures and/or Missed Tests that have been declared by other Anti-Doping Organisations with jurisdiction over an Athlete provided that they have been declared based on rules that comply with the International Standard for Testing and Investigations.

21. If an Athlete in the Registered Testing Pool or a member of his Athlete Support Personnel or other Person knowingly provides inaccurate or misleading whereabouts information, he shall be deemed to be evading Sample collection in breach of Rule 32.2(c) and/or Tampering or Attempted Tampering with Doping Control in breach of Rule 32.2(e). If a Member that has been requested to assist the IAAF in collecting whereabouts information in accordance with Rule 35.19, or has otherwise agreed to submit whereabouts information on behalf of its Athletes, fails to check that the information forwarded is current and accurate, it shall be found to be in breach of Rule 45.2(e).

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

22. If an International-Level Athlete in the IAAF Registered Testing Pool no longer agrees to be subject to Out-of-Competition Testing on account of the fact that he has retired, or has chosen not to compete for any other reason, he shall be required to give notice to the IAAF using the prescribed form. The same Athlete may not then resume competition unless he has given the IAAF six months' notice in writing of his intention to return to competition and has made himself available for Out-of-Competition Testing by the IAAF in that period by providing the IAAF with whereabouts information pursuant to Rule 35.19. WADA, in consultation with the IAAF and the Athlete's National Anti-Doping Organisation, may grant an exemption to the six-month written notice rule where the strict application of it would be manifestly unfair to the Athlete.

Any competitive results obtained in violation of Rule 35.22 shall be Disqualified.

23. If an International-Level Athlete retires while subject to a period of Ineligibility and then wishes to return to competition, the Athlete shall not compete until he has made himself available for Testing by giving six months' prior written notice to the IAAF (or notice equivalent to the period of Ineligibility remaining as of the date the Athlete retired, if that period is longer than six months) and he has complied with the return to competition requirements set out in Rule 40.14.

RULE 36

Analysis of Samples

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

Use of Accredited and Approved Laboratories

- (a) For the purposes of Rule 32.2(a) (Presence of a Prohibited Substance or Prohibited Method), Samples shall be analysed only in WADA-accredited laboratories or laboratories otherwise approved by WADA. In the case of Samples collected by the IAAF pursuant to Rule 35.9, Samples shall be sent only to WADA-accredited or WADA approved laboratories (or, where applicable, to haematological laboratories or mobile testing units) which are approved by the IAAF.

Purpose of Analysis of Samples

- (b) Samples shall be analysed to detect Prohibited Substances and Prohibited Methods on the Prohibited List (and such other substances as may be directed by WADA pursuant to its monitoring programme) and/or to assist in profiling relevant parameters in an Athlete's urine, blood or other matrix, including DNA or genomic profiling, or for any other legitimate for anti-doping purposes. Relevant profile information may be used to direct Target Testing or to support an anti-doping rule violation under Rule 32.2, or both. Samples may be collected and stored for future analysis.

Research on Samples

- (c) No Sample may be used for research without the Athlete's written consent. Samples used (with the Athlete's consent) for purposes other than Rule 36.1(b) shall have any means of

identification removed such that they cannot be traced back to a particular Athlete.

Standards for Sample Analysis and Reporting

- (d) Laboratories shall analyse Samples and report results in conformity with the International Standard for Laboratories. The IAAF may request that laboratories analyse Samples using more extensive menus than provided in the Technical Document under the International Standard for Testing and Investigations.
2. All Samples (and related data) collected under the Testing authority of the IAAF, both In and Out-of-Competition, immediately become the property of the IAAF.
 3. If, at any stage, any question or issue arises concerning the analysis or interpretation of the results of a Sample, the person responsible for the analysis at the laboratory (or haematological laboratory or mobile testing unit) may consult the IAAF Anti-Doping Administrator for guidance.
 4. If, at any stage, any question or issue arises in relation to a Sample, the IAAF may require further or other tests be conducted necessary to clarify the question or issue so raised and such tests may be relied upon by the IAAF when deciding whether a Sample has given rise to an Adverse Analytical Finding or other anti-doping rule violation.
 5. A Sample collected under Rule 36.2 may be stored and subject to further analysis for the purpose of Rule 36.1(b) at any time exclusively at the direction of the IAAF or WADA (with the consent of the IAAF). All other Samples collected in Athletics may be re-analysed exclusively at the direction of the Testing Authority or the IAAF (with the consent of the Testing Authority) or WADA. The circumstances and conditions for re-testing Samples shall conform with the requirements of the International Standard for Laboratories and the International Standard for Testing and Investigations.
 6. Where an analysis indicates the presence of a Prohibited Substance or the Use of a Prohibited Substance or Prohibited Method, the WADA-accredited laboratory shall immediately confirm the Adverse Analytical Finding or Atypical Finding in encoded form in a report signed by an authorised representative of the Laboratory, sent either to the IAAF, in the case of an IAAF Test, or to the relevant Member in the case of a national Test (with a copy to the IAAF). In the case of a national test, the Member shall inform the IAAF of the Adverse Analytical Finding or Atypical Finding or Use

and the name of the Athlete promptly on receipt of the information from the WADA-accredited laboratory and, in all circumstances, within two weeks of such receipt.

RULE 37

Results Management

1. Upon receipt of an A Sample Adverse Analytical Finding or Atypical Finding or upon evidence of another anti-doping rule violation under these Anti-Doping Rules, the matter shall be subject to the results management process set out below.
2. In the case of an International-Level Athlete, the results management process shall be conducted by the IAAF Anti-Doping Administrator and, in all other cases, it shall be conducted by the relevant person or body of the Athlete or other Person's National Federation. The relevant person or body of the Athlete or other Person's National Federation shall keep the IAAF Anti-Doping Administrator updated on the process at all times. Requests for assistance or information in conducting the results management process may be made to the IAAF Anti-Doping Administrator at any time.

For the purposes of this Rule 37 and Rule 38, references hereafter to the IAAF Anti-Doping Administrator shall, where applicable, be references to the relevant person or body of the Member (or of the body to whom the Member has delegated results management responsibility) and references to an Athlete shall, where applicable, be references to any Athlete Support Personnel or other Person.

- || 3. **Review of Adverse Analytical Findings:** Upon receipt of an A Sample Adverse Analytical Finding, the IAAF Anti-Doping Administrator shall conduct a review to determine whether:
 - (a) the Adverse Analytical Finding is consistent with an applicable TUE; or
 - (b) there is any apparent departure from the Anti-Doping Regulations or the International Standard for Laboratories that caused the Adverse Analytical Finding.
4. If the review of an Adverse Analytical Finding under Rule 37.3 above does not reveal an applicable TUE or a departure that caused the Adverse Analytical Finding, the IAAF Anti-Doping Administrator shall promptly notify the Athlete of:
 - (a) the Adverse Analytical Finding;
 - (b) the anti-doping rule that has been violated;

- (c) the time limit within which the Athlete is to provide the IAAF, either directly or through his National Federation, with an explanation for the Adverse Analytical Finding;
- (d) the Athlete's right to request promptly the analysis of the B Sample and, failing such request, that the B Sample shall be deemed to be waived. The Athlete shall be advised at the same time that, if the B Sample analysis is requested, all related laboratory costs shall be met by the Athlete, unless the B Sample fails to confirm the A, in which case the costs shall be met by the organisation responsible for initiating the test;
- (e) the scheduled date, time and place for the B Sample analysis if requested by the IAAF or the Athlete which shall normally be no later than 7 days after the date of notification of the Adverse Analytical Finding to the Athlete. If the laboratory concerned cannot subsequently accommodate the B Sample analysis on the date fixed, the analysis shall take place at the earliest available date for the laboratory thereafter. No other reason shall be accepted for changing the date of the B Sample analysis;
- (f) the opportunity for the Athlete and/or his representative to attend the B sample opening procedure and analysis at the scheduled date, time and place, if such analysis is requested; and
- (g) the Athlete's right to request copies of the A and B Sample laboratory documentation package which includes the information required by the International Standard for Laboratories.

The IAAF Anti-Doping Administrator shall send the relevant Member and WADA a copy of the above notification to the Athlete. If the IAAF Anti-Doping Administrator decides not to bring forward the Adverse Analytical Finding as an anti-doping rule violation, it shall so notify the Athlete, the Athlete's National Anti-Doping Organisation, the Member and WADA.

5. An Athlete may accept an A Sample Adverse Analytical Finding by waiving his right to the B Sample analysis. The IAAF may however request the analysis of a B Sample at any time if it believes that such analysis will be relevant to consideration of the Athlete's case.
6. The Athlete and/or his representative shall be allowed to be present at the B Sample analysis and to attend throughout the analysis being carried out. A representative of the Athlete's National Federation may also be present and attend throughout, as may a representative

of the IAAF. An Athlete shall remain Provisionally Suspended despite the fact that he has requested analysis of the B Sample.

7. Once the analysis of the B Sample has been concluded, a full laboratory report shall be sent upon request to the IAAF Anti-Doping Administrator, together with a copy of all relevant data required by the International Standard for Laboratories. A copy of this report and all relevant data shall be forwarded to the Athlete if so requested.
8. On receipt of the B Sample laboratory report, the IAAF Anti-Doping Administrator shall conduct any follow-up investigation that may be required by the Prohibited List. Upon completion of the follow-up investigation, the IAAF Anti-Doping Administrator shall promptly notify the Athlete regarding the results of the follow-up investigation and whether or not the IAAF asserts, or continues to assert, that an anti-doping rule has been violated.
- || 9. **Review of Atypical Findings:** As provided in the International Standard for Laboratories, in certain circumstances, laboratories are directed to report the presence of Prohibited Substances which may also be produced endogenously, as Atypical Findings subject to further investigation. Upon receipt of an Atypical Finding, the IAAF Anti-Doping Administrator shall conduct a review to determine whether (a) the Atypical Finding is consistent with an applicable TUE that has been granted or will be granted or recognised under these Anti-Doping Rules or (b) there is any apparent departure from the Anti-Doping Regulations or International Standard for Laboratories that caused the Atypical Finding. If the review does not reveal an applicable TUE or departure that caused the Atypical Finding, the IAAF Anti-Doping Administrator shall conduct the investigation required or cause it to be conducted. After the investigation is completed, either the Atypical Finding will be brought forward as an Adverse Analytical Finding or else the Athlete, the Athlete's National Anti-Doping Organisation, the Member and WADA shall be notified that the Atypical Finding will not be brought forward as an Adverse Analytical Finding. If the Atypical Finding is to be brought forward as an Adverse Analytical Finding, the Athlete shall be notified as in Rule 37.4. The IAAF Anti-Doping Administrator will not provide notice of an Atypical Finding until he has completed his investigation and decided whether the IAAF will bring the Atypical Finding forward unless one of the following circumstances exists:

- (a) if the IAAF Anti-Doping Administrator determines the B Sample should be analysed prior to the conclusion of his investigation under Rule 37.9, the IAAF may conduct the B Sample analysis after notifying the Athlete, with such notice to include a description of the Atypical Finding and the information where applicable described in Rule 37.4(b)-(g) above;
 - (b) if the IAAF Anti-Doping Administrator receives a request, either from a Major Event Organisation shortly before one of its international competitions or a request from a sports body responsible for meeting an imminent deadline for selecting team members for an international competition, to disclose whether any Athlete identified on a list provided by the Major Event Organisation or sports body has a pending Atypical Finding, the IAAF Anti-Doping Administrator shall so identify any such Athlete after first providing notice of the Atypical Finding to the Athlete.
10. **Review of Atypical Passport Findings and Adverse Passport Findings:** Results management in respect of the Athlete Biological Passport programme of the IAAF shall be conducted in accordance with the procedures set out in the Anti-Doping Regulations. At such time as the IAAF is satisfied that an anti-doping rule violation has occurred, it shall promptly give the Athlete notice of the anti-doping rule violated and the basis of the violation. Other Anti-Doping Organisations shall be notified as provided in Rule 43.2.
11. **Review of Whereabouts Failures:** Results management in respect of an apparent Missed Test or Filing Failure by an Athlete in the IAAF Registered Testing Pool shall be conducted by the IAAF in accordance with the procedures set out in the Anti-Doping Regulations. Results management in respect of an apparent Missed Test or Filing Failure by an Athlete in a national Registered Testing Pool shall be conducted by the Member, National Anti-Doping Organisation or other Anti-Doping Organisation with which the Athlete files his whereabouts information. All Filing Failures and Missed Tests under these Anti-Doping Rules shall be submitted through ADAMS and will be made available to other relevant Anti-Doping Organisations. At such time as the IAAF or other Anti-Doping Organisation (as applicable) is satisfied that an anti-doping rule violation has been committed, it shall promptly give the Athlete notice that it is asserting a violation of Rule 32.2(d) and the basis of

that assertion. Other Anti-Doping Organisations shall be notified as provided in Rule 43.2.

12. **Review of Other Anti-Doping Rule violations not covered under this Rule:** In the case of other possible anti-doping rule violations not otherwise covered by this Rule, the IAAF Anti-Doping Administrator shall conduct such follow up investigation as may be required under applicable anti-doping policies and rules adopted pursuant to the Code or which he otherwise deems to be necessary. At such time as the IAAF Anti-Doping Administrator is satisfied that an anti-doping rule violation has occurred, he shall promptly notify the Athlete concerned of the anti-doping rule violated and the basis of the violation. Other Anti-Doping Organisations shall be notified as provided in Rule 43.2. In such a case, the Athlete shall be afforded an opportunity, either directly or through his National Federation, within a time limit set by the IAAF Anti-Doping Administrator, to provide an explanation in response to the anti-doping rule violation asserted.
13. The IAAF Anti-Doping Administrator may at any time require a Member (i) to investigate a possible violation of these Anti-Doping Rules by one or more Athlete or other Person within the Member's jurisdiction (where appropriate, acting in conjunction with the National Anti-Doping Organisation in the Country or Territory of the Member concerned and/or other relevant national authority or body) and (ii) to provide a written report on such investigation to the IAAF within a reasonable time period as stipulated by the IAAF Anti-Doping Administrator. There shall be an automatic investigation conducted by a Member (and a written report of the investigation provided to the IAAF) of Athlete Support Personnel within the Member's jurisdiction in the case of any anti-doping rule violation committed by a Minor or where any Athlete Support Personnel has provided support to more than one Athlete found to have committed an anti-doping rule violation. A failure or refusal by the Member to conduct an investigation under this Rule or to produce a written report on such investigation within a reasonable time period as stipulated by the IAAF Anti-Doping Administrator may lead to the imposition of sanctions on the Member in accordance with Rule 45.
14. **Results Management from a Test conducted by the IOC or other Major Event Organisation:** The results management process from a test conducted by the IOC or by any other Major Event Organisation (e.g. the Commonwealth Games or the Pan

American Games) shall be managed, as far as determining an Athlete's sanction beyond Disqualification from the International Competition in question, by the IAAF in accordance with these Anti-Doping Rules.

15. **Identification of Prior Anti-Doping Rule Violations:** Before giving an Athlete or other Person notice of an asserted anti-doping rule violation as provided above, the IAAF Anti-Doping Administrator shall refer to ADAMS and, if need be, contact WADA and other relevant Anti-Doping Organisations to determine whether any prior anti-doping rule violation exists.
16. **Provisional Suspension:** If following the review and notification described in Rules 37.3, 37.4 or 37.9, no explanation, or no adequate explanation, for an Adverse Analytical Finding is received from the Athlete or his National Federation within the time limit set by the IAAF Anti-Doping Administrator in Rule 37.4(c), the Athlete (other than in the case of an Adverse Analytical Finding for a Specified Substance) shall be suspended promptly, the suspension at this time being provisional pending resolution of the Athlete's case by his National Federation. In the case of an International-Level Athlete, the Athlete shall be suspended by the IAAF Anti-Doping Administrator. In all other cases, the National Federation of the Athlete shall impose the relevant Provisional Suspension by written notification to the Athlete. Alternatively, the Athlete may accept a voluntary suspension provided that this is confirmed in writing to his National Federation. A mandatory Provisional Suspension may be eliminated if the Athlete demonstrates that the violation is likely to have involved a Contaminated Product. The IAAF Anti-Doping Administrator's decision not to eliminate a mandatory Provisional Suspension on account of the Athlete's or other Person's assertion regarding a Contaminated Product shall not be subject to appeal.
17. In the case of an Adverse Analytical Finding for a Specified Substance, or in the case of any anti-doping rule violation other than for an Adverse Analytical Finding, the IAAF Anti-Doping Administrator may Provisionally Suspend the Athlete pending resolution of the Athlete's case by his National Federation if no explanation, or no adequate explanation, for the alleged violation is received from the Athlete within the time limit set by the IAAF. A Provisional Suspension shall be effective from the date of notification to the Athlete in accordance with these Anti-Doping Rules. Alternatively, the Athlete may accept a voluntary suspension

- provided this is confirmed in writing to the IAAF. In all cases where an Athlete has been notified of an anti-doping rule violation that does not result in a mandatory Provisional Suspension under Rule 37.16, the Athlete shall be offered the opportunity to accept a Provisional Suspension pending the resolution of the matter.
18. In the case of an Adverse Passport Finding under the Athlete Biological Passport Programme, if, in accordance with the Anti-Doping Regulations, the IAAF proceeds with a case as an asserted anti-doping rule violation, the IAAF Anti-Doping Administrator may at the same time Provisionally Suspend the Athlete pending resolution of the case by his National Federation. A Provisional Suspension shall be effective from the date of notification to the Athlete in accordance with these Anti-Doping Rules. Alternatively, the Athlete may accept a voluntary suspension provided this is confirmed in writing to the IAAF.
 19. In any case where the Member imposes a Provisional Suspension or an Athlete accepts a voluntary suspension, the Member shall confirm this fact to the IAAF immediately and the Athlete shall thereafter be subject to the disciplinary procedures set out below. A voluntary suspension shall be effective only from the date of receipt of the Athlete's written confirmation of such by the IAAF. If, contrary to the above paragraph, the Member fails, in the opinion of the IAAF Anti-Doping Administrator, to impose a Provisional Suspension as required, the IAAF Anti-Doping Administrator shall himself impose such a Provisional Suspension. Once the Provisional Suspension is imposed by the IAAF Anti-Doping Administrator, it shall notify the suspension to the Member which must then commence the disciplinary procedures set out below.
 20. If a Provisional Suspension is imposed (or voluntarily accepted) based on an A Sample Adverse Analytical Finding and a subsequent B Sample analysis (if requested by the IAAF or the Athlete) does not confirm the A Sample analysis, then the Athlete shall not be subject to any further Provisional Suspension on account of a violation of Rule 32.2(a) (Presence of a Prohibited Substance or its Metabolites or Markers). In circumstances where the Athlete (or the Athlete's team as may be) has been removed from a Competition based on a violation of Rule 32.2(a) and the subsequent B Sample does not confirm the A Sample finding, if, without otherwise affecting the Competition, it is still possible for the Athlete or team to be reinserted, the Athlete or team may continue to take part in the Competition.

21. In all cases where the commission of an anti-doping rule violation is asserted, the assertion of an anti-doping rule violation is withdrawn, a Provisional Suspension is imposed, a voluntary suspension is accepted or an Athlete has agreed to the imposition of a sanction without a hearing, notice shall be given to other Anti-Doping Organisations with a right of appeal under Rule 42.
22. If an Athlete retires while a results management process is underway, the organisation with results management responsibility under these Anti-Doping Rules pursuant to Rule 37.2 retains authority to complete its results management process. If an Athlete retires before any results management process has begun, the organisation which would have had results management authority under these Anti-Doping Rules over the Athlete at the time the Athlete committed an anti-doping rule violation, has authority to conduct results management.

RULE 38

Right to a Fair Hearing

1. Every Athlete shall have the right to request a hearing before the relevant tribunal of his National Federation before any sanction is determined in accordance with these Anti-Doping Rules. When an Athlete has obtained affiliation status abroad under Rule 4.3 above, he shall have the right to request a hearing either before the relevant tribunal of his original National Federation or before the relevant tribunal of the Member whose affiliation has been obtained. The hearing process shall provide at a minimum for a fair hearing within a reasonable time by a fair and impartial hearing panel. A timely reasoned decision specifically including an explanation of the reason(s) for any period of Ineligibility shall be Publicly Disclosed as provided in Rule 43 below.
2. When an Athlete is notified that his explanation has been rejected and, where applicable, that he is to be Provisionally Suspended in accordance with Rule 37 above, he shall also be told of his right to request a hearing. If the Athlete fails to confirm in writing to his National Federation or other relevant body within 14 days of such notice that he wishes to have a hearing, he will be deemed to have waived his right to a hearing and to have accepted that he committed the anti-doping rule violation in question. This fact shall be confirmed in writing to the IAAF by the Member within five working days.

3. If a hearing is requested by an Athlete, it shall be convened without delay and the hearing completed within two months of the date of notification of the Athlete's request to the Member. Members shall keep the IAAF fully informed as to the status of all cases pending hearing and of all hearing dates as soon as they are fixed. The IAAF shall have the right to attend all hearings as an observer. However, the IAAF's attendance at a hearing, or any other involvement in a case, shall not affect its right to appeal the Member's decision to CAS pursuant to Rule 42. If the Member fails to complete a hearing within two months, or, if having completed a hearing, fails to render a decision within a reasonable time period thereafter, the IAAF may impose a deadline for such event. If in either case the deadline is not met, the IAAF may elect, if the Athlete is an International-Level Athlete, to have the case referred directly to a single arbitrator appointed by CAS. The case shall be handled in accordance with CAS rules (those applicable to the appeal arbitration procedure without reference to any time limit for appeal). The hearing shall proceed at the responsibility and expense of the Member and the decision of the single arbitrator shall be subject to appeal to CAS in accordance with Rule 42. A failure by a Member to hold a hearing for an Athlete within two months under this Rule may further result in the imposition of a sanction under Rule 45.
4. The Athlete may elect to forego a hearing by acknowledging in writing a violation of these Anti-Doping Rules and accepting Consequences consistent with Rule 40. Where an Athlete accepts Consequences consistent with Rule 40 and no hearing occurs, the Member shall nevertheless ratify the Athlete's acceptance of Consequences by a decision of its relevant body and send a copy of such decision to the IAAF within five working days of the decision being made. A decision by a Member arising from an Athlete's acceptance of Consequences under these Anti-Doping Rules may be appealed in accordance with Rule 42.
5. The Athlete's hearing shall take place before the relevant tribunal constituted or otherwise authorised by the Member. Where a Member delegates the conduct of a hearing to any body, committee or tribunal (whether within or outside the Member), or where for any other reason, any national body, committee or tribunal outside of the Member is responsible for affording an Athlete his hearing under these Rules, the decision of that body, committee or tribunal shall be deemed, for the purposes of Rule 42, to be the decision of

the Member and the word “Member” in such Rule shall be so construed.

6. At the hearing of the Athlete’s case, the relevant tribunal shall consider first whether or not an anti-doping rule violation has been committed. The Member or other prosecuting authority shall have the burden of proving the anti-doping rule violation to the comfortable satisfaction of the tribunal (see Rule 33.1).
7. If the relevant tribunal of the Member considers that an anti-doping rule violation has not been committed, this decision shall be notified to the IAAF Anti-Doping Administrator in writing within five working days of the decision being made (together with a copy of the written reasons for the decision and the complete file relating to the decision). The case shall then be reviewed by the Doping Review Board which shall decide whether or not it should be referred to arbitration before CAS pursuant to Rule 42.17. If the Doping Review Board does so decide, it may at the same time re-impose, where appropriate, the Athlete’s provisional suspension pending resolution of the appeal by CAS.
8. If the relevant tribunal of the Member considers that an anti-doping rule violation has been committed, prior to the imposition of any period of Ineligibility, the Athlete shall have the opportunity to establish that there are grounds in his case under Rule 40.5, 40.6 or 40.7 to justify an elimination, reduction or suspension of the period of Ineligibility that is otherwise applicable.
9. The determination of whether there are grounds to justify an elimination, reduction or suspension of the period of Ineligibility in cases involving International-Level Athletes shall be made by the Doping Review Board (see Rule 38.13).
10. If an Athlete seeks to establish that there are grounds to justify an elimination, reduction or suspension of the period of Ineligibility in his case, the relevant tribunal shall consider, based on the evidence presented, whether, in its view, such grounds exist.
11. If, having examined the evidence presented, the relevant tribunal considers that there are no grounds to justify an elimination, reduction or suspension of the period of Ineligibility in the Athlete’s case, it shall impose the Ineligibility prescribed in Rule 40. The Member shall notify the IAAF and the Athlete in writing of the relevant tribunal’s decision, within five working days of the decision being made.
12. If, having examined the evidence presented, the relevant tribunal considers that there are grounds to justify an elimination, reduction

or suspension of the period of Ineligibility in the Athlete's case, if the case involves an International-Level Athlete, it shall:

- (a) refer the matter to the Doping Review Board (via the General Secretary), together with all material and/or evidence which, in its view, demonstrates that one or more of the relevant grounds are present; and
- (b) invite the Athlete and/or his National Federation to support the referral of the relevant tribunal or to make independent submissions in support of such referral; and
- (c) adjourn the hearing of the Athlete's case pending the Doping Review Board's determination on whether grounds to justify an elimination, reduction or suspension of the period of Ineligibility exist.

The Athlete's Provisional Suspension, if any, shall remain in place pending the receipt of the Doping Review Board's determination.

13. Upon receipt of a reference from the relevant tribunal, the Doping Review Board shall examine only the question of whether there are grounds to justify an elimination, reduction or suspension of the period of Ineligibility on the basis claimed by the Athlete, by reference to the written materials which have been submitted to it. The Doping Review Board shall have the power:

- (a) to exchange views on the matter by e-mail, telephone, facsimile or in person;
- (b) to call for further evidence or documents;
- (c) to call for any further explanation from the Athlete;
- (d) if necessary, to request the attendance of the Athlete before it.

Based on a review of the written materials submitted to it, including any further evidence or documents, or further explanation provided by the Athlete, the Doping Review Board shall make a determination on whether there are grounds to justify an elimination, reduction or suspension of the period of Ineligibility as the case may be and, if so, on what basis. This determination shall be conveyed to the Member in writing by the General Secretary.

14. If the Doping Review Board's determination is that there are no grounds to justify an elimination, reduction or suspension of the period of Ineligibility, the determination shall be binding on the relevant tribunal, which shall impose the sanction prescribed in Rule 40. The Member shall notify the IAAF and the Athlete in writing of the relevant tribunal's decision, which shall incorporate the Doping Review Board's determination, within five working days of the decision being made.

15. If the Doping Review Board's determination is that there are grounds to justify an elimination, reduction or suspension of the period of Ineligibility on the basis claimed by the Athlete, the relevant tribunal shall decide the Athlete's sanction in accordance with Rule 40, consistent with the Doping Review Board's determination. The Member shall notify the IAAF and the Athlete of the relevant tribunal's decision in writing, within five working days of the decision being made and send the IAAF the complete file relating to the decision.
16. The Athlete shall have the right to seek a review of the Doping Review Board's determination on whether there are grounds to justify an elimination, reduction or suspension of the period of Ineligibility to CAS.
17. In cases which do not involve International-Level Athletes, the relevant tribunal shall consider whether there are grounds justifying an elimination, reduction or suspension of the period of Ineligibility in the Athlete's case and decide upon the Athlete's Ineligibility accordingly. The Member shall notify the IAAF and the Athlete of the relevant tribunal's decision in writing, within five working days of the decision being made. If the relevant tribunal concludes that there are grounds justifying an elimination, reduction or suspension of the period of Ineligibility in an Athlete's case, it shall set out the full factual basis for such conclusion as part of its written decision and send the IAAF the complete file relating to the decision.
18. In any case under this Rule, the reasoned hearing decision or, in cases where the hearing has been waived, a reasoned decision explaining the action taken, shall be provided by the relevant Member to the Athlete and to the other Anti-Doping Organisations with a right of appeal under Rules 42.5 and 42.6, as provided in Rule 43.6.
19. Cases asserting anti-doping rule violations may be heard directly by CAS with no requirement for a prior hearing, with the consent of the IAAF, the Athlete, WADA and any Anti-Doping Organisation that would have had a right to appeal a first hearing decision to CAS.

RULE 39

Automatic Disqualification of Individual Results in the Event

An anti-doping rule violation in connection with an In-Competition test automatically leads to Disqualification of the Athlete's individual results obtained in that Event, with all resulting

consequences for the Athlete, including the forfeiture of all titles, awards, medals, points and prize and appearance money.

RULE 40 Sanctions on Individuals

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

1. An anti-doping rule violation occurring during or in connection with a Competition shall lead to the Disqualification of all of the Athlete's individual results obtained in that Competition, with all resulting consequences for the Athlete, including the forfeiture of all titles, awards, medals, points and prize and appearance money, except as provided below.

If the Athlete establishes that he bears No Fault or Negligence for the violation, the Athlete's individual results in other Events shall not be Disqualified unless the Athlete's results in Events other than the Event in which the anti-doping rule violation occurred were likely to have been affected by the Athlete's anti-doping rule violation.

Ineligibility for Presence, Use or Attempted Use or Possession of a Prohibited Substance or a Prohibited Method

2. The period of Ineligibility imposed for a violation of Rules 32.2(a) (Presence of a Prohibited Substance or its Metabolites or Markers), 32.2(b) (Use or Attempted Use of a Prohibited Substances or Prohibited Method) or 32.2(f) (Possession of a Prohibited Substance or Prohibited Method) shall be as follows, subject to potential reduction or suspension pursuant to Rules 40.5, 40.6 or 40.7:
 - (a) The period of Ineligibility shall be four years where:
 - (i) The anti-doping rule violation does not involve a Specified Substance, unless the Athlete or other Person can establish that the anti-doping rule violation was not intentional;
 - (ii) The anti-doping rule violation involves a Specified Substance and it can be established that the violation was intentional.
 - (b) If Rule 40.2(a) does not apply, the period of Ineligibility shall be two years.
3. As used in Rules 40.2 and 40.4, the term "intentional" is meant to identify those Athletes who cheat. The term therefore requires that the Athlete or other Person engaged in conduct which he knew constituted an anti-doping rule violation or knew that there was a

significant risk that the conduct might constitute or result in an anti-doping rule violation and manifestly disregarded that risk. An anti-doping rule violation resulting from an Adverse Analytical Finding for a substance which is only prohibited In-Competition shall be rebuttably presumed to be not “intentional” if the substance is a Specified Substance and the Athlete can establish that the Prohibited Substance was Used Out-of-Competition. An anti-doping rule violation resulting from an Adverse Analytical Finding for a substance which is only prohibited In-Competition shall not be considered “intentional” if the substance is not a Specified Substance and the Athlete can establish that the Prohibited Substance was Used Out-of-Competition in a context unrelated to sport performance.

Ineligibility for Other Anti-Doping Rule Violations

4. The period of Ineligibility for anti-doping rule violations other than as provided in Rule 40.2 shall be as follows, unless Rules 40.6 or 40.7 are applicable:
 - (a) For violations of Rule 32.2(c) (Evading, Refusing or Failing to Submit to Sample Collection) or Rule 32.2(e) (Tampering or Attempted Tampering with Doping Control), the period of Ineligibility shall be four years unless, in the case of failing to submit to Sample collection, the Athlete can establish that the commission of the anti-doping rule violation was not intentional (as defined in Rule 40.3), in which case the period of Ineligibility shall be two years.
 - (b) For violations of Rule 32.2(d) (Whereabouts Failures), the period of Ineligibility shall be two years subject to a reduction down to a minimum of one year, depending on the Athlete’s degree of Fault. The flexibility between two years and one year of Ineligibility in this Rule is not available to Athletes where a pattern of last-minute whereabouts changes or other conduct raises a serious suspicion that the Athlete was trying to avoid being available for Testing.
 - (c) For violations of Rule 32.2(g) (Trafficking or Attempted Trafficking) or Rule 32.2(h) (Administration or Attempted Administration of a Prohibited Substance or Prohibited Method), the period of Ineligibility imposed shall be a minimum of four years up to lifetime Ineligibility depending on the seriousness of the violation. An anti-doping rule violation under Rule 32.2(g) or Rule 32.2(h) involving a Minor shall be considered a particularly serious violation and, if

committed by Athlete Support Personnel for violations other than Specified Substances, shall result in lifetime Ineligibility for such Athlete Support Personnel. In addition, significant violations of Rules 32.2(g) or 32.2(h) which may also violate non-sporting laws and regulations, shall be reported to the competent administrative, professional or judicial authorities.

- (d) For violations of Rule 32.2(i) (Complicity), the period of Ineligibility shall be a minimum of two years, up to four years, depending on the seriousness of the violation.
- (e) For violations of Rule 32.2(j) (Prohibited Association), the period of Ineligibility shall be two years, subject to reduction down to a minimum of one year, depending on the Athlete's or other Person's degree of Fault and the other circumstances of the case.

Elimination of Period of Ineligibility where there is No Fault or Negligence

- 5. If an Athlete or other Person establishes in an individual case that he bears No Fault or Negligence, the otherwise applicable period of Ineligibility shall be eliminated. Except in the case of a Minor, for an Athlete to establish No Fault or No Negligence in a case where a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Sample in violation of Rule 32.2(a) (Presence of a Prohibited Substance), the Athlete must establish how the Prohibited Substance entered his system in order to have his period of Ineligibility eliminated.

Reduction of Period of Ineligibility where there is No Significant Fault or Negligence

- 6. (a) **Reduction of Sanctions for Specified Substances or Contaminated Products for violations of Rules 32.2(a), (b) or (f):**
 - (i) **Specified Substances:** Where the anti-doping rule violation involves a Specified Substance and the Athlete or other Person can establish No Significant Fault or Negligence, then the period of Ineligibility shall be, at a minimum, a reprimand and no period of Ineligibility and, at a maximum, two years' Ineligibility, depending on the Athlete's or other Person's degree of Fault.
 - (ii) **Contaminated Products:** In cases where the Athlete or other Person can establish No Significant Fault or Negligence and that the detected Prohibited Substance

came from a Contaminated Product, then the period of Ineligibility shall be, at a minimum, a reprimand and no period of Ineligibility and, at a maximum, two years' Ineligibility, depending on the Athlete's or other Person's degree of Fault.

- (iii) Except in the case of a Minor, for an Athlete to establish No Significant Fault or Negligence in a case where a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Sample in violation of Rule 32.2(a) (Presence of a Prohibited Substance), the Athlete must establish how the Prohibited Substance entered his system in order to have his period of Ineligibility reduced.
- (b) **Application of No Significant Fault or Negligence beyond the application of Rule 40.6(a):** If an Athlete or other Person establishes in an individual case where Rule 40.6(a) is not applicable that he bears No Significant Fault or Negligence, then, subject to the further reduction or elimination as provided in Rule 40.7, the otherwise applicable period of Ineligibility may be reduced based on the Athlete's or other Person's degree of Fault, but the reduced period of Ineligibility may not be less than one-half of the period of Ineligibility otherwise applicable. If the otherwise applicable period of Ineligibility is a lifetime, the reduced period under this Rule may be no less than eight years. Except in the case of a Minor, when a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Sample in violation of Rule 32.2(a) (Presence of a Prohibited Substance), the Athlete must establish how the Prohibited Substance entered his system in order to have his period of Ineligibility reduced.

Elimination, Reduction or Suspension of Period of Ineligibility or other Consequences for Reasons Other than Fault

7. (a) Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations:

- (i) The relevant tribunal of a Member may, prior to a final appellate decision under Rule 42 or the expiration of the time to appeal (where applicable in the case of an International-Level Athlete having referred the matter to the Doping Review Board for its determination under Rule 38.9) suspend a part of the period of Ineligibility imposed in an individual case where the Athlete or other Person has provided Substantial Assistance to the IAAF, his National

Federation, an Anti-Doping Organisation, criminal authority or professional disciplinary body which results in: (i) the IAAF, National Federation or Anti-Doping Organisation discovering or bringing forward an anti-doping rule violation by another Person, or (ii) a criminal or disciplinary body discovering or bringing forward a criminal offence or the breach of professional rules committed by another Person, and the information provided by the Person providing Substantial Assistance is made available to the IAAF. After a final appellate decision under Rule 42 or the expiration of time to appeal, an Athlete or other Person's period of Ineligibility may only be suspended by a Member if the Doping Review Board so determines and WADA agrees. If the Doping Review Board determines that there has been no Substantial Assistance, the determination shall be binding on the Member and there shall be no suspension of Ineligibility. If the Doping Review Board determines that there has been Substantial Assistance, the Member shall decide on the period of Ineligibility that shall be suspended. The extent to which the otherwise applicable period of Ineligibility may be suspended shall be based on the seriousness of the anti-doping rule violation committed by the Athlete or other Person and the significance of the Substantial Assistance provided by the Athlete or other Person to the effort to eliminate doping in sport and, in particular, in Athletics. No more than three-quarters of the otherwise applicable period of Ineligibility may be suspended. If the otherwise applicable period of Ineligibility is a lifetime, the non-suspended period under this Rule must be no less than eight years. If the Athlete or other Person fails to continue to cooperate and to provide complete and credible Substantial Assistance upon which a suspension of the period of Ineligibility was based, the Member shall reinstate the original period of Ineligibility. If the Member decides to reinstate a suspended period of Ineligibility, or decides not to reinstate a suspended period of Ineligibility, that decision may be appealed by any Person entitled to appeal under Rule 42.

- (ii) To further encourage Athletes and other Persons to provide Substantial Assistance to Anti-Doping

Organisations, at the request of the IAAF or at the request of the Athlete or other Person who has (or has been asserted to have) committed an anti-doping rule violation, WADA may agree at any stage of the results management process, including after a final appellate decision under Rule 42, to what it considers to be an appropriate suspension of the otherwise-applicable period of Ineligibility and other Consequences. In exceptional circumstances, WADA may agree to suspensions of the period of Ineligibility and other Consequences for Substantial Assistance greater than those otherwise provided in this Rule or even no period of Ineligibility and/or no return of prize money or payment of costs. WADA's approval shall be subject to reinstatement of sanction, as otherwise provided in this Rule. Notwithstanding Rule 42, WADA's decisions in the context of this Rule may not be appealed by any other Anti-Doping Organisation.

- (iii) If the Member suspends any part of the otherwise applicable period of Ineligibility under this Rule because of Substantial Assistance, the Member shall promptly provide a written justification for its decision to the IAAF and any other party having a right to appeal the decision under Rules 42.5 and 42.6. In unique circumstances where WADA determines that it would be in the best interest of anti-doping, WADA may authorise the IAAF to enter into appropriate confidentiality agreements limiting or delaying the disclosure of the Substantial Assistance agreement or the nature of Substantial Assistance being provided.
- (b) **Admission of an Anti-Doping Rule Violation in the Absence of Other Evidence:** Where an Athlete or other Person voluntarily admits the commission of an anti-doping rule violation before having received notice of a Sample collection which could establish an anti-doping rule violation (or, in the case of an anti-doping rule violation other than Rule 32.2(a), before receiving first notice of the admitted violation pursuant to Rule 37) and that admission is the only reliable evidence of the violation at the time of the admission, then the period of Ineligibility may be reduced but not below one-half of the period of Ineligibility otherwise applicable.

- (c) **Prompt admission of an anti-doping rule violation after first being confronted with a violation sanctionable under Rule 40.2 or Rule 40.4(a):** An Athlete or other Person potentially subject to a four-year sanction for a first anti-doping rule violation under Rule 40.2 or Rule 40.4(a) (Evading or Refusing Sample collection or Tampering with Doping Control), by promptly admitting the anti-doping rule violation after first being confronted, and also upon the approval and at the discretion of both WADA and the IAAF, may receive a reduction in the period of Ineligibility down to a minimum of two years, depending on the severity of the violation and the Athlete or other Person's degree of Fault. Prompt admission shall be strictly enforced and shall mean no later than the deadline given by the IAAF Anti-Doping Administrator to provide a written explanation for an anti-doping rule violation under these Rules and, in all events, following notification of a violation, before the Athlete competes again. An Athlete or other Person who makes a prompt admission after first being confronted with a second anti-doping rule violation under Rule 40.2 or Rule 40.4(a), upon the approval and at the discretion of both WADA and the IAAF, may receive a reduction in the period of Ineligibility down to a minimum of one-half of the otherwise applicable period of Ineligibility calculated in accordance with Rule 40.8(a), depending on the severity of the violation and the Athlete's or other Person's degree of Fault. There shall be no reduction in the period of Ineligibility for a third anti-doping rule violation based on a prompt admission.
- (d) **Application of Multiple Grounds for Reduction of a Sanction:** Where an Athlete or other Person establishes entitlement to a reduction in sanction under more than one provision of Rules 40.5, 40.6 or 40.7, before applying any reduction or suspension under Rule 40.7, the otherwise applicable period of Ineligibility shall be determined in accordance with Rules 40.2, 40.4, 40.5 and 40.6. If the Athlete or other Person establishes entitlement to a reduction or suspension of the period of Ineligibility under Rule 40.7, then the period of Ineligibility may be reduced or suspended but not below one-quarter of the otherwise applicable period of Ineligibility.

Multiple Violations

8. (a) For an Athlete or other Person's second anti-doping rule violation, the period of Ineligibility shall be the greater of:
- (i) six months;
 - (ii) one-half of the period of Ineligibility imposed for the first anti-doping rule violation without taking into account any reduction under Rule 40.7; or
 - (iii) twice the period of Ineligibility otherwise applicable to the second anti-doping rule violation treated as if it were a first violation without taking into account any reduction under Rule 40.7.

The period of Ineligibility established above may then be further reduced by the application of Rule 40.7.

- (b) A third anti-doping rule violation will always result in a lifetime period of Ineligibility, except if the third violation fulfils the condition for the elimination or reduction of the period of Ineligibility under Rule 40.5 or 40.6 or involves a violation of Rule 32.2(d). In these particular cases, the period of Ineligibility shall be from eight years to lifetime Ineligibility.
- (c) An anti-doping rule violation for which an Athlete or other Person has established No Fault or Negligence shall not be considered a prior violation for the purposes of this Rule.
- (d) **Additional Rules for Certain Potential Multiple Violations**
 - (i) For the purposes of imposing sanctions under Rule 40.8, an anti-doping rule violation will only be considered a second violation if it can be established that the Athlete or other Person committed the second anti-doping rule violation after the Athlete or other Person received notice pursuant to Rule 37 or after reasonable efforts were made to give notice of the first anti-doping rule violation; if this cannot be established, the violations shall be considered together as one single first violation and the sanction imposed shall be based on the violation that carries the more severe sanction.
 - (ii) If, after the resolution of a first anti-doping rule violation, facts are discovered involving an anti-doping rule violation by the Athlete or other Person which occurred prior to notification of the first violation, then an additional sanction shall be imposed based on the sanction that could have been imposed if the two violations would have been adjudicated at the same time. Results in all Competitions

dating back to the earlier anti-doping rule violation will be Disqualified as provided in Rule 40.9.

- (e) **Multiple Anti-Doping Rule Violations during Ten-Year Period:** For the purposes of Rule 40.8, each anti-doping rule violation must take place within the same ten-year period in order to be considered multiple violations.

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

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

Re-allocation of Forfeited Prize Money

10. Where prize money has not already been paid to the Ineligible Athlete, it shall be re-allocated to the Athlete(s) who placed behind the Ineligible Athlete in the relevant Event(s) or Competition(s). Where prize money has already been paid to the Ineligible Athlete, it shall be re-allocated to the Athlete(s) who placed behind the Ineligible Athlete in the relevant Event(s) or Competition(s) only if and when all the forfeited prize money, and, where applicable, costs awarded by CAS, has been repaid by the Ineligible Athlete to the relevant person or entity. The priority for repayment of CAS costs awards and forfeited prize money shall be the payment of costs awarded by CAS.

Commencement of Period of Ineligibility

11. Except as provided below, the period of Ineligibility shall start on the date of the final hearing decision providing for Ineligibility or, if the hearing is waived or there is no hearing, on the date the Ineligibility is accepted or otherwise imposed.
- (a) **Delays not Attributable to the Athlete or other Person:** where there have been substantial delays in the hearing process or other aspects of Doping Control not attributable to the Athlete or other Person, the period of Ineligibility may start at

- an earlier date commencing as early as the date of Sample collection or on the date on which another anti-doping rule violation occurred. All competitive results achieved during the period of Ineligibility, including retroactive Ineligibility, shall be Disqualified.
- (b) **Timely Admission:** Where the Athlete promptly admits the anti-doping rule violation in writing after first being confronted (which means no later than the date of the deadline given to provide a written explanation in accordance with these Anti-Doping Rules or the Anti-Doping Regulations and, in all events, before the Athlete competes again), the period of Ineligibility may start as early as the date of Sample collection or the date on which another anti-doping rule violation last occurred. In each case, however, where this Rule is applied, the Athlete or other Person shall serve at least one-half of the period of Ineligibility going forward from the date the Athlete or other Person accepted the imposition of a sanction, the date of a hearing decision imposing a sanction or the date the sanction is otherwise imposed. This Rule shall not apply where the period of Ineligibility has already been reduced under Rule 40.7(c).
- (c) **Credit for Provisional Suspension or Period of Ineligibility Served:** If a Provisional Suspension is imposed and respected by the Athlete or other Person, then the Athlete or other Person shall receive a credit for such period of Provisional Suspension against any period of Ineligibility which may ultimately be imposed. If a period of Ineligibility is served pursuant to a decision that is subsequently appealed, then the Athlete or other Person shall receive a credit for such period of Ineligibility served against any period of Ineligibility which may ultimately be imposed on appeal.
- (d) If an Athlete or other Person voluntarily accepts a Provisional Suspension in writing (pursuant to Rule 37) and thereafter refrains from competing or participating, the Athlete or other Person shall receive credit for such period of voluntary Provisional Suspension against any period of Ineligibility which may ultimately be imposed. In accordance with Rule 37.19, a voluntary suspension is effective upon the date of its receipt by the IAAF. A copy of the Athlete or other Person's voluntary acceptance of a Provisional Suspension shall be

provided promptly to each party entitled to receive notice of an asserted anti-doping rule violation under Rule 43.

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

Status during Ineligibility

- 12.(a) **Prohibition against Participation during Ineligibility:** no Athlete or other Person who has been declared Ineligible may, during the period of Ineligibility, participate in any capacity in any Competition or activity, (other than in authorised anti-doping education or rehabilitation programmes) which is authorised or organised by the IAAF or any Area Association or Member (or any Club or other member organisation of a Member) or Signatory (or Signatory's member or a club or other member organisation of a Signatory's member), or in Competitions authorised or organised by any professional league or any international or national-level Competition organisation or any elite or national-level sporting activity funded by a governmental agency. The term "activity" for the purpose of this Rule includes without limitation participating in any capacity, including as an Athlete, coach or other Athlete Support Personnel, in a training camp, exhibition or practice or other activity organised by the Athlete's Member (or any Club or other member organisation of a Member) or by a Signatory (for example, a national training centre) as well as participating in administrative activities such as serving as an official, director, officer, employee or volunteer of any organisation referred to in this Rule. An Athlete or other Person subject to a period of Ineligibility of more than four years may, after completing four years of the period of Ineligibility, participate as an Athlete in local sport events not sanctioned or otherwise under the jurisdiction of a Code Signatory or member of a Code Signatory, but only so long as the local sport event is not at a level that could otherwise qualify such Athlete or other Person directly or indirectly to compete in (or accumulate points towards) a national championship or international competition, and does not involve the Athlete or other Person working in any capacity with Minors. An Athlete or other Person subject to a period of Ineligibility shall remain subject to Testing.

- (b) **Return to Training:** as an exception to Rule 40.12(a), an Athlete may return to train or to use the facilities of a Club or other member organisation of a Member or other Signatory's member organisation during the shorter of: (i) the last two months of the Athlete's period of Ineligibility or (ii) the last one-quarter of the period of Ineligibility imposed.
- (c) **Violation of the Prohibition of Participation during Ineligibility:** where an Athlete or other Person who has been declared Ineligible violates the prohibition against participation during Ineligibility described in Rule 40.12(a), the results of such participation shall be Disqualified and a new period of Ineligibility equal in length up to the original period of Ineligibility shall be added to the end of the original period of Ineligibility. The new period of Ineligibility may be adjusted based on the Athlete or other Person's degree of Fault and other circumstances of the case. The determination of whether an Athlete or other Person has violated the prohibition against participation, and whether an adjustment is appropriate, shall be made by the body whose results management led to the imposition of the initial period of Ineligibility. This decision may be appealed under Rule 42. Where an Athlete Support Personnel or other Person assists a Person in violating the prohibition against participation during Ineligibility, the Anti-Doping Organisation with jurisdiction over such Athlete Support Person or other Person shall impose sanctions for a violation of Article 32.2(i) for such assistance.
- (d) **Withholding of Financial Support during Ineligibility:** in addition, for any anti-doping rule violation not involving a reduced sanction as described in Rule 40.5 or 40.6, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld by the relevant Person's National Federation.

Automatic Publication of Sanction

13. A mandatory part of each sanction shall include automatic publication as provided in accordance with Rule 43.9.

Return to Competition following Ineligibility

14. As a condition to regaining eligibility at the end of a specified period of Ineligibility, an Athlete or other Person must comply with the following requirements:

- || (a) **Repayment of Prize Money:** the Athlete must repay any and all prize and appearance money that he has received in relation to performances in Competitions from the date of the Sample collection that resulted in an Adverse Analytical Finding or other anti-doping rule violation, or from the date of the commission of any other anti-doping rule violation, going forward; and
- (b) **Reinstatement Testing:** the Athlete must, during any period of Provisional Suspension or Ineligibility, make himself available for Out-of-Competition testing by the IAAF, his National Federation and any other organisation having authority to conduct Testing under these Anti-Doping Rules, and must, if requested, provide current and accurate whereabouts information for such purpose. Where an International-level Athlete has been rendered Ineligible for two years or more, a minimum of three reinstatement tests must be conducted at the Athlete's cost. The IAAF shall be responsible for the conduct of the reinstatement tests, in accordance with the Anti-Doping Rules and Regulations, but tests by any competent Testing body may be relied upon by the IAAF to satisfy this requirement, provided the Samples collected have been analysed by a WADA-accredited laboratory. The results of all reinstatement tests, together with copies of the relevant doping control forms, must be sent to the IAAF prior to the Athlete returning to competition. If any reinstatement Testing carried out pursuant to this Rule results in an Adverse Analytical Finding or other anti-doping rule violation, this will constitute a separate anti-doping rule violation and the Athlete will be subject to disciplinary proceedings and further sanction, as appropriate.
- || (c) Once the period of an Athlete's Ineligibility has expired, provided that he has complied with the requirements of Rule 40.14, he shall become automatically re-eligible and no application by the Athlete or his National Federation to the IAAF shall be necessary.

RULE 41

Consequences to Teams

- || 1. Where the Athlete who has committed an anti-doping rule violation competed as a member of a relay team, the relay team shall be automatically disqualified from the Event in question, with all

resulting consequences for the relay team, including the forfeiture of all titles, awards, medals, points and prize and appearance money. If the Athlete who has committed an anti-doping rule violation competes for a relay team in a subsequent Event in the Competition, the relay team shall be disqualified from the subsequent Event, with all the same resulting consequences for the relay team, including the forfeiture of all titles, awards, medals, points and prize money unless the Athlete establishes that he bears No Fault or Negligence for the violation and that his participation in the relay was not likely to have been affected by the anti-doping rule violation.

2. Where the Athlete who has committed an anti-doping rule violation competed as a member of a team other than a relay team, in an Event where a team ranking is based on the addition of individual results, the team shall not be automatically disqualified from the Event in question but the result of the Athlete committing the violation will be subtracted from the team result and replaced with the result of the next applicable team member. If, by subtracting the Athlete's result from the team's result, the number of Athletes counting for the team is less than the required number, the team shall be disqualified. This same principle shall apply to the calculation of a team result if the Athlete who has committed an anti-doping rule violation competes for a team in a subsequent Event in the Competition unless the Athlete establishes that he bears No Fault or Negligence for the violation and that his participation in the team was not likely to have been affected by the anti-doping rule violation.
3. In addition to the Disqualification of the Athlete's individual results as determined in Rule 40.9:
 - (a) the results of any relay team in which the Athlete competed shall be automatically disqualified, with all resulting consequences for the relay team, including the forfeiture of all titles, awards, medals, points and prize money; and
 - (b) the results of any team other than a relay team in which the Athlete competed shall not be automatically disqualified but the result of the Athlete committing the anti-doping rule violation will be subtracted from the team result and replaced with the result of the next applicable team member. If, by subtracting the Athlete's result from the team's result, the number of Athletes counting for the team is less than the required number, the team shall be disqualified.

4. Where more than one member of a relay or other team has been notified of an anti-doping rule violation under Rule 37 in connection with a Competition, the ruling body for the Competition shall conduct appropriate Target Testing of the team during the Competition Period.

RULE 42

Appeals

Decisions subject to Appeal

1. Unless specifically stated otherwise, all decisions made under these Anti-Doping Rules may be appealed in accordance with the provisions set out below. All such decisions shall remain in effect while under appeal unless the appellate body orders otherwise or unless otherwise determined in accordance with these Rules (see Rule 42.17). Before an appeal is commenced, any post-decision review provided in these Anti-Doping Rules must be exhausted (except as provided in Rule 42.1(c)).
 - (a) *Scope of Review Not Limited*: the scope of review on appeal includes all issues relevant to the matter and is expressly not limited to the issues or scope of review before the initial decision maker.
 - (b) *CAS Shall Not Defer To The Findings Being Appealed*: in making its decision, CAS need not give deference to the discretion exercised by the body whose decision is being appealed.
 - (c) *WADA Not Required To Exhaust Internal Remedies*: where WADA has a right of appeal under Rule 42 and no other party has appealed a final decision within the Anti-Doping Organisation's process, WADA may appeal such decision directly to CAS without having to exhaust other remedies in the Anti-Doping Organisation's process.

Appeals from Decisions regarding Anti-Doping Rule Violations or Consequences

2. The following is a non-exhaustive list of decisions regarding anti-doping rule violations and Consequences that may be appealed under these Rules: a decision that an anti-doping rule violation was committed; a decision imposing Consequences or not imposing Consequences for an anti-doping rule violation; a decision that no anti-doping rule violation was committed; a decision failing to impose Consequences for an anti-doping rule violation in

accordance with these Rules; a determination by the Doping Review Board in an International-Level Athlete's case under Rule 38.14 that there are no grounds to justify an elimination, reduction or suspension of the period of Ineligibility; a decision of a Member confirming the acceptance by an Athlete or other Person of Consequences for an anti-doping rule violation; a decision that an anti-doping rule violation proceeding cannot go forward for procedural reasons (including, for example, prescription); a decision by WADA not to grant an exception to the six months' notice requirement for a retired Athlete to return to Competition under Rule 35.22; any WADA decision to reverse a TUE under Rule 34.8; any TUE decision by the IAAF that is not reviewed by WADA or that is reviewed, but not reversed, by WADA under Rule 34.8; a decision under Rule 40.12 whether or not an Athlete or other Person has violated the prohibition of participation during Ineligibility; a decision that a Member lacks jurisdiction to rule on an alleged anti-doping rule violation or its Consequences; a decision not to bring forward an Adverse Analytical Finding or an Atypical Finding as an anti-doping rule violation or a decision not to go forward with an anti-doping rule violation after an investigation under Rule 37.12; a decision to suspend or not suspend a period of Ineligibility, or to reinstate or not to reinstate, a suspended period of Ineligibility under Rule 40.7; the decision of a single CAS arbitrator in a case referred to CAS in accordance with Rule 38.3; any other decision regarding anti-doping rule violations or Consequences that the IAAF considers to be erroneous or procedurally unsound.

Appeals arising from International Competitions or Involving International-Level Athletes

3. In cases arising from an International Competition or involving International-Level Athletes or their Athlete Support Personnel, the first instance decision of the relevant body of the Member shall not be subject to further review at national level and shall be appealed exclusively to CAS in accordance with the provisions set out below.

Appeals which do not arise from International Competitions or Involve International-Level Athletes

4. In cases which do not arise from an International Competition or do not involve International-Level Athletes or their Athlete Support Personnel, the decision of the relevant body of the Member may (unless Rule 42.8 applies) be appealed to an independent and

impartial body in accordance with rules established by the Member.

The rules for such appeal shall respect the following principles:

- a timely hearing;
- a fair and impartial hearing panel;
- the right to be represented by counsel at the Person's own expense;
- the right to have an interpreter at the hearing at the Person's own expense; and
- a timely, written, reasoned decision.

The decision of the national level appeal body may be appealed in accordance with Rule 42.7.

Parties Entitled to Appeal

5. In any case arising out of an International Competition or involving an International-Level Athlete or his Athlete Support Personnel, the following parties shall have the right to appeal to CAS:

- (a) the Athlete or other Person who is the subject of the decision being appealed;
- (b) the other party to the case in which the decision was rendered;
- (c) the IAAF;
- (d) the National Anti-Doping Organisation of the Athlete or other Person's country of residence or where the Athlete or other Person is a national or licence holder;
- (e) the IOC or the International Paralympic Committee, as applicable (where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including a decision affecting eligibility for the Olympic Games or Paralympic Games or a result obtained at the Olympic or Paralympic Games); and
- (f) WADA.

6. In any case which does not arise out of an International Competition or does not involve an International-Level Athlete or his Athlete Support Personnel, the following parties shall have the right to appeal the decision to the national level appeal body:

- (a) the Athlete or other Person who is the subject of the decision being appealed;
- (b) the other party to the case in which the decision was rendered;
- (c) the Member;
- (d) the National Anti-Doping Organisation of the Athlete or other Person's country of residence or where the Athlete or other Person is a national or licence holder;

(e) the IOC or the International Paralympic Committee, as applicable (where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including a decision affecting eligibility for the Olympic Games or Paralympic Games or a result obtained at the Olympic or Paralympic Games); and

(f) WADA.

The IAAF shall not have the right to appeal a decision to the national level appeal body but shall be entitled to attend any hearing before the national level appeal body as an observer. The IAAF's attendance at a hearing in such capacity shall not affect its right to appeal the decision of the national level appeal body to CAS in accordance with Rule 42.7.

The time to file an appeal to an independent and impartial appeal body established at national level shall be as indicated in the rules of the Member (or National Anti-Doping Organisation that has established the body). The above notwithstanding, the filing deadline for an appeal or intervention filed by WADA shall be the later of (i) twenty-one days after the last day on which any other party in the case could have appealed; or (ii) twenty-one days after WADA's receipt of the complete file relating to the decision.

7. In any case which does not arise out of an International Competition or does not involve an International-Level Athlete or his Athlete Support Personnel, the following parties shall have the right to appeal the decision of the national level appeal body to CAS:

(a) the IAAF;

(b) the IOC or the International Paralympic Committee (where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including a decision affecting eligibility for the Olympic Games or Paralympic Games or a result obtained at the Olympic Games or Paralympic Games); and

(c) WADA.

8. In any case which does not arise out of an International Competition or does not involve an International-Level Athlete or his Athlete Support Personnel, the IAAF, the IOC or the International Paralympic Committee (where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including a decision affecting eligibility for the Olympic Games or Paralympic Games or a result obtained at the Olympic Games or Paralympic Games) and WADA shall have the right to appeal a decision of the

relevant body of the Member direct to CAS in any of the following circumstances:

- (a) the Member does not have an appeal procedure in place at the national level;
 - (b) there is no appeal made to the national level appeal body of the Member by any of the parties in Rule 42.6;
 - (c) the Member's rules so provide.
9. Any party filing an appeal under these Anti-Doping Rules shall be entitled to assistance from CAS to obtain all relevant information from the body whose decision is being appealed and the information shall be provided if CAS so directs.

Cross Appeals and other Subsequent Appeals allowed

10. Cross appeals and other subsequent appeals by any respondent named in cases brought to CAS are specifically permitted. Any party with a right to appeal under this Rule 42 must file a cross appeal or subsequent appeal with the party's answer.

Appeals by WADA from a Failure to Render a Timely Decision

11. Where, in a particular case under these Anti-Doping Rules, the IAAF or a Member fails to render a decision with respect to whether an anti-doping rule violation was committed within a reasonable deadline set by WADA, WADA may elect to appeal directly to CAS as if the IAAF or Member had rendered a decision finding no anti-doping rule violation. If the CAS Panel determines that an anti-doping rule violation was committed and that WADA acted reasonably in electing to appeal directly to CAS, then WADA's costs and legal fees in prosecuting the appeal shall be reimbursed by the body (the IAAF or the Member) that failed to render the decision.

Appeals relating to Therapeutic Use Exemptions

12. TUEs may be appealed exclusively as provided in the Anti-Doping Regulations and Rule 42.2.

Appeals from Decisions Sanctioning Members for Failing to Comply with Anti-Doping Obligations

13. A decision by the Council pursuant to Rule 45 to sanction a Member for failing to comply with its anti-doping obligations under these Rules may be appealed by the Member exclusively to CAS.

Notification of Appeal Decisions

14. Any Anti-Doping Organisation that is a party to an appeal shall promptly provide the appeal decision to the Athlete or other Person and to the other Anti-Doping Organisations that would have been entitled to appeal under Rule 42.5 or Rule 42.6 as provided in Rule 43.6.

Time Limits for Filing Appeals to CAS

15. Unless stated otherwise in these Rules (or the Doping Review Board determines otherwise in cases where the IAAF is the prospective appellant), the appellant shall have forty-five (45) days in which to file his statement of appeal with CAS, such period starting from the day after the date of receipt of the decision to be appealed (or where the IAAF is the prospective appellant, from the day after the date of receipt of both the decision to be appealed and the complete file relating to the decision, in English or French) or from the day after the last day on which the decision could have been appealed to the national level appeal body in accordance with Rule 42.8(b). Within fifteen days of the deadline for filing the statement of appeal, the appellant shall file his appeal brief with CAS and, within thirty days of receipt of the appeal brief, the respondent shall file his answer with CAS.
16. The filing deadline for an appeal to CAS filed by WADA shall be the later of (a) twenty-one days after the last day on which any other party entitled to appeal in the case could have appealed; or (b) twenty-one days after WADA's receipt of the complete file relating to the decision.

IAAF Appeal of Decisions to CAS

17. The decision as to whether the IAAF should appeal to CAS, or whether the IAAF should participate in a CAS appeal to which it is not an original party (see Rule 42.21), shall be taken by the Doping Review Board. The Doping Review Board shall, where applicable, determine at the same time whether the Athlete concerned shall be re-suspended pending the CAS decision.

Respondents to the CAS Appeal

18. As a general rule, the respondent to a CAS appeal shall be the party which has taken the decision that is subject to appeal. Where the Member has delegated the conduct of a hearing under these Rules to another body, committee or tribunal in accordance with Rule 38.5,

- the respondent to the CAS appeal against such decision shall be the Member.
19. Where the IAAF is appellants before CAS, it shall be entitled to join as additional respondent(s) to the appeal such other parties as it deems to be appropriate, including the Athlete, Athlete Support Personnel or other Person or entity that may be affected by the decision.
 20. Where the IAAF is one of two or more respondents to an appeal before CAS, it shall seek to agree on an arbitrator with the other respondent(s). If there is a disagreement as to who the appointed arbitrator should be, the IAAF's choice of arbitrator shall prevail.
 21. In any case where the IAAF is not a party to a CAS appeal, it may nevertheless decide to participate as a party in the appeal in which event it shall have full party rights under CAS rules.

The CAS Appeal

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

RULE 43

Confidentiality and Reporting

1. **Notice of Anti-Doping Rule Violations to Athletes and Other Persons:** Notice to Athletes and other Persons of anti-doping rule violations asserted against them shall occur as provided under Rule 37 above. Notice to an Athlete or other Person who is a member of or affiliated to a Member may be accomplished by delivery of the notice to the National Federation.
2. **Notice of Anti-doping Rule Violations to National Anti-Doping Organisations and WADA:** Notice of the assertion of an anti-doping rule violation to National Anti-Doping Organisations and WADA shall occur as provided under Rule 37, simultaneously with notice to the Athlete or other Person.
3. **Content of an Anti-Doping Rule Violation Notice:** Notification of an anti-doping rule violation under Rule 32.2(a) shall include: the Athlete's name, country, discipline within Athletics, the Athlete's competitive level, whether the Test was In-Competition or Out-of-Competition, the date of the Sample collection, the analytical result reported by the laboratory and other information required by the International Standard for Testing and Investigations. Notice of anti-doping rule violations other than under Rule 32.2(a) shall include the rule violated and the basis of the asserted violation.
4. **Status Reports:** Except with respect to investigations which have not resulted in notice of an anti-doping rule violation pursuant to Rule 43.1, Members, National Anti-Doping Organisations and WADA shall be regularly updated on the status and findings of any review or proceedings conducted pursuant to Rule 37, Rule 38 and Rule 42 and shall be provided with a prompt written reasoned explanation or decision explaining the resolution of the matter.
5. **Confidentiality:** The recipient organisations shall not disclose the above information beyond those Persons with a need to know (which may include appropriate personnel at the applicable National Olympic Committee and National Federation) until the IAAF has made Public Disclosure as required in Rule 43.8. In the case of an Adverse Analytical Finding or Atypical Finding, there shall be no Public Disclosure made until the B Sample analysis has been concluded (or until any follow-up investigation to the B Sample analysis as may be required by the Prohibited List under Rule 37.9 has been concluded), or until the B sample analysis is waived by the Athlete and, where appropriate, until a Provisional Suspension has been imposed in accordance with Rules 37.16-19.

Notice of Anti-Doping Rule Violation Decisions and Request for Files

6. Anti-doping rule violation decisions rendered pursuant to Rule 37.21, Rule 38, Rule 40 and Rule 42.14 shall include the full reasons for the decision, including, if applicable, a justification for why the greatest possible Consequences were not imposed. The decision shall be provided in English or French.
7. An Anti-Doping Organisation having a right to appeal a decision received pursuant to Rule 43.6 may within 15 days of receipt request a copy of the full case file pertaining to the decision.

Public Disclosure

8. The identity of the Athlete or other Person who is asserted to have committed an anti-doping rule violation may be Publicly Disclosed by the IAAF in accordance with Rule 43.5 only after notice has been provided to the Athlete or other Person in accordance with Rule 37 and simultaneously to the Member, WADA and the National Anti-Doping Organisation of the Athlete or other Person in accordance with Rule 43.2.
9. No later than twenty days after it has been determined in a final appellate decision under Rule 42, or such appeal has been waived, or a hearing in accordance with Rule 38 has been waived, or the assertion of an anti-doping rule violation has not been timely challenged, the IAAF shall Publicly Report the disposition of the matter, including the discipline, the anti-doping rule violated, the name of the Prohibited Substance or Method involved (if any) and the Consequences imposed. The IAAF shall Publicly Disclose within twenty days the results of final appeal decisions concerning anti-doping rule violations, including the information described above.
10. In any case where it is determined, after a hearing or appeal, that the Athlete or other Person did not commit an anti-doping rule violation, the decision may be Publicly Disclosed only with the consent of the Athlete or other Person who is the subject of the decision. The IAAF shall use reasonable efforts to obtain such consent. If consent is obtained, the IAAF shall Publicly Disclose the decision in its entirety or in such redacted form as the Athlete or other Person may approve.
11. Publication shall be accomplished at a minimum by placing the required information on the IAAF website or publishing it through other means and leaving the information up for the longer of one month or the duration of any period of Ineligibility.

12. Neither the IAAF, nor any National Federation, nor any official of either body, shall publicly comment on the specific facts of any pending case (as opposed to a general description of process and science) except in response to public comments attributed to the Athlete or other Person against whom an anti-doping rule violation is asserted or their representatives.
13. The mandatory Public Reporting required in Rule 43.9 shall not be required where the Athlete or other Person who has been found to have committed an anti-doping rule violation is a Minor. Any optional Public Reporting in a case involving a Minor shall be proportionate to the facts and circumstances of the case.

Statistical Reporting

14. The IAAF shall publish at least annually a general statistical report of its Doping Control activities, with a copy provided to WADA.

Doping Control Information Clearinghouse

15. To facilitate coordinated test distribution planning and to avoid unnecessary duplication in Testing, the IAAF shall report all In-Competition and Out-of-Competition tests on Athletes to the WADA clearinghouse, using ADAMS, as soon as possible after such tests have been conducted. This information will be made accessible, where appropriate, and in accordance with applicable rules, to the Athlete, the Athlete's National Federation and any other Anti-Doping Organisations with Testing authority over the Athlete.

Data Privacy

16. The IAAF may collect, store, process or disclose personal information relating to Athletes and other Persons where necessary and appropriate to conduct its anti-doping activities under the Code, the International Standards (including specifically the International Standard for the Protection of Privacy and Personal Information) and these Anti-Doping Rules.
17. Any Participant who submits information including personal data to any Person in accordance with these Anti-Doping Rules shall be deemed to have agreed, pursuant to applicable data protection laws and otherwise, that such information may be collected, processed, disclosed and used by such Person for the purposes of the implementation of these Anti-Doping Rules, in accordance with the International Standard for the Protection of Privacy and Personal Information and otherwise as required to implement these Anti-Doping Rules.

RULE 44

Member Reporting Obligations

1. Every Member shall report to the IAAF promptly the names of Persons who have signed a written agreement to these Anti-Doping Rules and Anti-Doping Regulations in order to be eligible to compete or participate in International Competitions (see Rule 30.3). A copy of the signed agreement shall in each case be forwarded by the Member to the IAAF Office.
2. Every Member shall report to the IAAF and WADA promptly any TUEs that are granted in accordance with Rule 34.8.
3. Every Member shall report to the IAAF promptly, and in all circumstances, within 14 days of notice to it, any Adverse Analytical Finding or Atypical Finding obtained in the course of Testing carried out by that Member or in that Member's Country or Territory, together with the name of the Athlete concerned and all documents relevant to the Adverse Analytical Finding or Atypical Finding in question.
4. Every Member shall keep the IAAF Anti-Doping Administrator updated at all times on the results management process to be conducted under these Anti-Doping Rules (see Rule 37.2 above).
5. Every Member shall report, as part of its annual report to the IAAF to be submitted within the first three months of each year (see Article 4.9 of the Constitution), all Testing conducted by that Member or conducted in that Member's Country or Territory in the previous year (other than by the IAAF). This report shall be sorted by Athlete, identifying when the Athlete was tested, the entity conducting the Testing and whether the Testing was In-Competition or Out-of-Competition. The IAAF may choose periodically to publish such data as is received from its Members under this Rule.
6. Every Member shall report any information suggesting or relating to an anti-doping rule violation under these Anti-Doping Rules to its National Anti-Doping Organisation and to the IAAF and to cooperate with investigations conducted by any Anti-Doping Organisation with authority to conduct the investigation.
7. Every Member shall report to the IAAF the outcome of an investigation that is conducted pursuant to Rule 37.13.
8. Every Member shall report to the IAAF within 5 days the commencement of any CAS appeal to which the Member and/or an Athlete or Athlete Support Personnel under its jurisdiction is a party that arises from a decision taken under these Anti-Doping Rules or the rules of the Member (including where a hearing has been held

under Rule 38.5). At the time of notification, the Member shall forward the IAAF a copy of the statement of appeal in the case.

9. The IAAF shall report to WADA every second year on the IAAF's compliance with the Code, including the compliance of its Members.

RULE 45

Sanctions against Members

1. The Council shall have authority to take sanctions against any Member which is in breach of its obligations under these Anti-Doping Rules, in accordance with Article 14.7 of the Constitution.
2. The following examples will be considered to be a breach of a Member's obligations under these Anti-Doping Rules:
 - (a) a failure to incorporate these Anti-Doping Rules and the Anti-Doping Regulations into its rules or regulations in accordance with Rule 30.2;
 - (b) a failure to guarantee a Person's eligibility to compete or participate in International Competitions by requiring the Person to sign an agreement to these Anti-Doping Rules and Regulations and forwarding a copy of the signed agreement to the IAAF Office (see Rule 30.3).
 - (c) a failure to comply with a decision of Council pursuant to Rule 30.6;
 - (d) a failure to complete a hearing for an Athlete within two months of being requested to do so, or, having completed a hearing, a failure to render a decision within a reasonable time period thereafter (see Rule 38.3);
 - (e) a failure to make diligent efforts to assist the IAAF in the collection of whereabouts information should the IAAF make such a request for assistance and/or a failure to verify that the whereabouts information collected on behalf of its Athletes is current and accurate (see Rule 35.21);
 - (f) hindering, obstructing or otherwise Tampering with the conduct of Out-of-Competition Testing by the IAAF, another Member, WADA or any other body with Testing authority (see Rule 35.15);
 - (g) a failure to report to the IAAF and WADA the grant of any TUE under Rule 34.8 (see Rule 44.2);
 - (h) a failure to report to the IAAF an Adverse Analytical Finding or Atypical Finding obtained in the course of a Doping Control carried out by that Member, or in that Member's Country or

- Territory, within 14 days of notice of such a finding to the Member, together with the name of the Athlete concerned and all documents relevant to the Adverse Analytical Finding or Atypical Finding in question (see Rule 44.3);
- (i) a failure to follow the correct disciplinary procedures set out in these Anti-Doping Rules, including a failure to refer cases involving International-Level Athletes to the Doping Review Board on the issue of whether there are grounds for an elimination, reduction or suspension in the period of Ineligibility (see Rule 38.9);
 - (j) a failure to keep the IAAF Anti-Doping Administrator updated at all times on the results management process under these Rules (see Rule 37.2);
 - (k) a failure to sanction an Athlete for an anti-doping rule violation in accordance with the sanctions set out in these Anti-Doping Rules;
 - (l) a refusal or failure to conduct an investigation as required under Rule 37.13 or to provide a written report on such investigation within the time stipulated by the IAAF;
 - (m) a failure to report to the IAAF as part of its annual report to be submitted within the first three months of the year, a list of all Doping Controls conducted by that Member or in that Member's Country or Territory in the previous year (see Rule 44.5);
 - (n) a failure to report information suggesting or relating to an anti-doping rule violation to its National Anti-Doping Organisation and the IAAF or to co-operate with any investigation conducted by any Anti-Doping Organisation with authority to conduct the investigation (see Rule 44.6);
 - (o) a failure to report to the IAAF the commencement of a CAS appeal (Rule 44.8).
3. If a Member is deemed to be in breach of its obligations under these Anti-Doping Rules, the Council shall have authority to act in one or more of the following ways:
- (a) to suspend the Member until the next meeting of the Congress or for any shorter period;
 - (b) to caution or censure the Member;
 - (c) to issue fines;
 - (d) to withhold grants or subsidies from the Member;
 - (e) to exclude the Member's Athletes from any one or more International Competition;

- (f) to remove or deny accreditation to the officers or other representatives of the Member; and
 - (g) to issue any other sanction as it may deem to be appropriate.
- The Council may determine from time to time a schedule of sanctions to be imposed on Members for a breach of the obligations in Rule 45.2. Any such schedule, or change to such schedule, shall be notified to the Members and published on the IAAF website.
4. In any case where the Council has issued a sanction against a Member for a breach of its obligations under these Anti-Doping Rules, such a decision shall be published on the IAAF website and reported to the next Congress.

RULE 46

Recognition

1. Any final decision taken in accordance with these Anti-Doping Rules shall be automatically recognised by the IAAF and its Members which shall take all necessary action to render such decisions effective.
2. Subject to the right of appeal provided in Rule 42, Testing, hearing results or other final adjudications in the sport of Athletics of any Signatory which are consistent with the Anti-Doping Rules and Regulations and are within the Signatory's authority, shall be recognised and respected by the IAAF and its Members. In the case of an adjudication of the IOC arising from an anti-doping rule violation occurring at the Olympic Games, the IAAF and its Members shall recognise the finding of an anti-doping rule violation once it becomes final under applicable rules and shall thereafter submit the determination of the Athlete or other Person's sanction beyond disqualification from the Olympic Games to the results management process provided in Rules 37 and 38.
3. The Council may, on behalf of all Members, recognise Testing in the sport of Athletics by a body that is not a Signatory under rules and procedures different from those in the Anti-Doping Rules and Regulations, if it is satisfied that the Testing was properly carried out and that the rules of the body conducting the Testing are otherwise consistent with the Anti-Doping Rules and Regulations.
4. The Council may delegate its responsibility for the recognition of Testing under Rule 46.3 to the Doping Review Board or to such other person or body as it may deem to be appropriate.
5. If the Council (or its appointee under Rule 46.4) decides that Testing carried out by a body in the sport of Athletics that is not a

Signatory is to be recognised, then the Athlete shall be deemed to have breached the relevant IAAF Rule and will be subject to the same disciplinary procedures and sanctions as for a corresponding violation of these Anti-Doping Rules. All Members shall take all necessary action to ensure that any decision regarding an anti-doping rule violation in such a case is effective.

6. Testing hearing results and other final adjudications of any Signatory in a sport other than Athletics, which are consistent with the Anti-Doping Rules and Regulations and are within that Signatory's authority, shall be recognised and respected by the IAAF and its Member Federations.
7. The IAAF and its Member Federations shall recognise the same actions in Rule 46.6 of bodies which have not accepted the Code in a sport other than Athletics if the rules of those bodies are otherwise consistent with the Anti-Doping Rules and Regulations.

RULE 47

Statute of Limitations

No anti-doping rule violation proceeding may be commenced against an Athlete or other Person unless he has been notified of the anti-doping rule violation as provided in Rule 37, or notification has been reasonably attempted, within ten years from the date on which the anti-doping rule violation is asserted to have occurred.

RULE 48

Interpretation

1. Anti-Doping rules are, by their nature, competition rules governing the conditions under which the sport of Athletics is to be held. They are not intended to be subjected to or limited by the requirements and legal standards applicable to criminal and civil proceedings or employment matters. The policies and standards set out in the Code as a basis for the fight against doping in sport, and as accepted by the IAAF in these Anti-Doping Rules, represent a broad consensus of those with an interest in fair sport and should be respected by all courts and adjudicating bodies.
2. These Anti-Doping Rules shall be interpreted as an independent and autonomous text and not by reference to the existing law or statutes of the Signatories or Governments.
3. The comments annotating various provisions of the Code shall be used to interpret these Anti-Doping Rules.

4. The headings and sub-headings used in these Anti-Doping Rules are for convenience only and shall not be deemed to be part of the substance of these Anti-Doping Rules or to affect in any way the language of the provisions to which they refer.
5. These Anti-Doping Rules come into full force and effect on 1 January 2015 (the “Effective Date”). These Anti-Doping Rules shall not apply retroactively to matters pending before the Effective Date. However, anti-doping rule violations taking place prior to the Effective Date count as “first violations” or “second violations” for the purposes of determining sanctions under Rule 40 for violations taking place after the Effective Date.
6. The Definitions shall be considered an integral part of these Anti-Doping Rules.

RULE 49

Transitional Provisions

1. **Non-retroactive except for Rule 40.8(e) and Rule 47, or unless the principle of Lex Mitior applies:** The retrospective periods in which prior violations can be considered for the purposes of multiple violations under Rule 40.8(e) and the statute of limitations in Rule 47 are procedural rules and should be applied retroactively; provided however that Rule 47 shall only be applied retroactively if the statute of limitations period has not already expired by the Effective Date. Otherwise, with respect to any anti-doping rule violation case which is pending as of the Effective Date and any anti-doping rule violation case brought after the Effective Date based on an anti-doping rule violation which occurred prior to the Effective Date, the case shall be governed by the substantive anti-doping rules in effect at the time the alleged anti-doping rule violation occurred unless the panel hearing the case determines the principle of *lex mitior* appropriately applies in the circumstances of the case.
2. **Application to Decisions rendered prior to the 2015 Anti-Doping Rules:** With respect to cases where a final decision finding an anti-doping rule violation has been rendered prior to the Effective Date, but the Athlete or other Person is still serving the period of Ineligibility as of the Effective Date, the Athlete or other Person may apply to the Member or other Anti-Doping Organisation which had results management responsibility for the anti-doping rule violation under Rule 37.2 to consider a reduction in the period of Ineligibility in light of the 2015 Anti-Doping Rules. Such

application must be made before the period of Ineligibility has expired. The decision rendered by the Member or other Anti-Doping Organisation may be appealed pursuant to Rule 42. The 2015 Anti-Doping Rules shall have no application to any anti-doping rule violation where a final decision finding an anti-doping rule violation has been rendered and the period of Ineligibility has expired.

- 3. Multiple Violations where the First violation occurs prior to the Effective Date:** For the purposes of assessing the period of Ineligibility for a second violation under Rule 40.8 where the sanction for the first violation was determined based on pre-2015 Anti-Doping Rules, the period of Ineligibility which would have been assessed for that violation had 2015 Anti-Doping Rules been applicable shall be applied.

SECTION II – MEDICAL RULES

RULE 50

IAAF Medical Organisation

1. The IAAF shall principally act under these Medical Rules by the following person(s) or bodies:
 - (a) the Medical and Anti-Doping Commission; and
 - (b) the Medical Manager.

The Medical and Anti-Doping Commission

2. The Medical and Anti-Doping Commission is appointed as a Commission of the Council under Article 6.11(j) of the Constitution to provide the IAAF with general advice on all medical matters.
3. The Medical and Anti-Doping Commission shall meet at least once a year, normally near the beginning of each calendar year, in order to review the IAAF's medical activities in the preceding 12 months and to establish its programme for the year ahead. The Medical and Anti-Doping Commission shall consult on medical matters on a regular basis throughout the course of the year, as the need may arise.
4. The Medical and Anti-Doping Commission shall have responsibility for the following further specific tasks under these Medical Rules:
 - (a) to establish policies or issue statements on medical matters in Athletics;
 - (b) to publish general information for practitioners on sports medicine issues as applied to Athletics;
 - (c) to advise the Council where necessary on any Regulations related to medical issues arising in Athletics;
 - (d) to organise and/or participate in seminars on sports medicine issues;
 - (e) to issue recommendations and guidelines on the organisation of medical services at International Competitions;
 - (f) to publish educational materials relating to medical care in Athletics with the view to raising the general level of awareness on sports medicine issues amongst Athletes and Athlete Support Personnel;
 - (g) to address any specific sports medicine issues which may arise in Athletics and to make recommendations on these issues accordingly; and

- (h) to liaise with the IOC and other relevant organisations involved in sports medicine as appropriate.
5. The Chairperson of the Medical and Anti-Doping Commission may delegate such of these specific tasks to working groups as he considers appropriate. In doing so, he may also call upon external experts to provide further specialist medical advice as may be required.

The Medical Manager

6. The Medical Manager shall be a medically qualified person within the Medical and Anti-Doping Department who shall be responsible for:
- (a) co-ordinating the various tasks conferred upon the Medical and Anti-Doping Commission (or delegated to working groups) under these Medical Rules;
 - (b) monitoring the implementation of any policies, statements, recommendations or guidelines that have been issued by the Medical and Anti-Doping Commission;
 - (c) managing the administration of TUEs in accordance with the Anti-Doping Regulations;
 - (d) taking any decisions on athlete eligibility as may be required under the Regulations; and
 - (e) generally dealing with any matters of a medical nature that arise during the course of the IAAF's activities.
7. The Medical Manager may at any time in the course of his work seek an advisory opinion from the Chairperson of the Medical and Anti-Doping Commission or from such other person as he considers appropriate. He shall report to the Medical and Anti-Doping Commission at least once a year and, more regularly, if called upon to do so.
8. Medical information processed by the Medical and Anti-Doping Department in the course of its activities under these Medical Rules shall be treated under strict confidentiality and in accordance with applicable data privacy laws.

RULE 51

Athletes

- 1. Athletes are responsible for their own physical health and for their own medical supervision.
- 2. By entering into an International Competition, an Athlete specifically releases the IAAF (and its respective Members,

directors, officers, employees, volunteers, contractors or agents) from any liability to the extent permitted by law for any loss, injury or damage that he may suffer in relation to or as a result of his participation in the International Competition.

RULE 52

Member Federations

1. Notwithstanding the provisions of Rule 49, Member shall use best efforts to ensure that all Athletes under their jurisdiction competing in International Competitions are in a state of physical health that is compatible with elite level competition in Athletics.
2. Every Member shall use best efforts to ensure that appropriate and continuous medical monitoring of its Athletes is undertaken either internally or through an approved external body. It is further recommended that Members organise for a Pre-Participation Medical Examination (PPME) to be carried out in the form recommended by the IAAF Medical Guidelines on each Athlete that it enters for an International Competition under Rules 1.1(a) and 1.1(f).
3. Every Member shall appoint at least one team doctor to provide its Athletes with the necessary medical care in the lead up to and, wherever possible, during International Competitions under Rules 1.1(a) and 1.1(f).

RULE 53

Medical / Safety Services at International Competitions

1. Organising Committees shall be responsible for providing adequate medical services and for taking appropriate safety/security measures during International Competitions. The required medical and safety/security services may vary according to following factors: the size and nature of the competition, the category and number of Athletes participating, the number of support staff and spectators, the health standards of the country where the competition takes place and the prevailing environmental conditions (e.g. climate, altitude).
2. The Medical and Anti-Doping Commission shall issue and keep updated practical guidelines to assist Organising Committees in providing adequate medical services and taking appropriate safety measures at International Competitions.

3. Specific medical and safety requirements may be required under these Medical Rules for certain categories of event (e.g. Road Races, Race Walking).
4. The medical services and safety measures to be provided at an International Competition shall include at a minimum:
 - (a) general health care for Athletes and accredited persons at the main site of the competition and at the Athletes' place(s) of accommodation;
 - (b) first aid and emergency care for Athletes, staff, volunteers, media and spectators at the main site of the competition;
 - (c) safety surveillance;
 - (d) co-ordination of emergency and evacuation plans; and
 - (e) co-ordination of any special medical services as appropriate.
5. A medical director shall be appointed by the Organising Committee for each International Competition organised under Rule 1.1(a) to prepare and co-ordinate the medical services and safety requirements during the competition. The Medical Manager shall be the liaison between the IAAF and the Organising Committee for all medical and safety-related matters.
6. At International Competitions organised under Rule 1.1(a), a Medical Delegate shall also be appointed by the IAAF who, in accordance with Rule 113, shall ensure that adequate facilities for medical examination, treatment and emergency care are available at the site of the competition and that medical attention can be provided where the Athletes are accommodated.

CHAPTER 4

DISPUTES AND DISCIPLINARY PROCEEDINGS



CHAPTER 4: DISPUTES AND DISCIPLINARY PROCEEDINGS ||

RULE 60

Disputes and Disciplinary Proceedings ||*General*

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

Referee in such cases shall be subject to a right of appeal to the Jury of Appeal. The decision of the Jury of Appeal (or of the Referee in the absence of a Jury of Appeal or if no appeal to the Jury is made) shall be final and there shall be no further right of appeal, including to CAS.

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

3. Each Member and Area Association shall incorporate a provision in its constitution that, unless otherwise stated in a specific Rule or Regulation, all disputes and disciplinary proceedings arising under these Rules involving athletes, athlete support personnel or other persons under its jurisdiction, however arising, shall be submitted to a hearing before the relevant hearing body constituted or otherwise authorised by the Member. Such a hearing shall respect the following principles: a timely hearing before a fair and impartial hearing body; the right of the individual to be informed in a fair and timely manner of the charge against him; the right to present evidence, including the right to call and question witnesses; the right to be represented by legal counsel and an interpreter (at the individual's expense); and the right to a timely and reasoned decision in writing.

4. In the event of an allegation of conduct that would subject a person to discipline under Chapter 2, the following procedures shall apply:

(a) The allegation shall be reduced to writing and forwarded to the Member to which the athlete, athlete support personnel or other person is affiliated (or has otherwise agreed to abide by its rules), which shall proceed in a timely manner to hold an investigation into the facts of the case.

(b) If, following such investigation, the Member believes that there is evidence to support the allegation, the Member shall immediately notify the athlete, athlete support personnel or other person concerned of the charge to be brought and of his right to a hearing before any decision is made. If, following such investigation, the Member believes that there is insufficient evidence to charge the athlete, athlete support personnel or other person concerned, the Member shall immediately notify the IAAF of the fact and provide written reasons for its decision not to proceed.

(c) When it is asserted that conduct has been committed that would subject a person to discipline under Chapter 2, the athlete, athlete support personnel or other person concerned shall be

required to provide a written explanation for the alleged conduct, in normal circumstances within a period of no more than 7 days from the date of notification. If no explanation, or no adequate explanation, for the alleged conduct is received in such time, the athlete, athlete support personnel or other person concerned may be provisionally suspended by the relevant Member pending resolution of the case and any such suspension shall be notified immediately to the IAAF. If a Member fails to impose a provisional suspension, the IAAF may impose a provisional suspension in its place. A decision to impose a provisional suspension shall not be subject to appeal but the athlete, athlete support personnel or other person concerned shall be entitled to a full expedited hearing before the relevant hearing body of his Member in accordance with Rule 60.4(e).

- (d) If, having being notified of a charge, the athlete, athlete support personnel or other person fails to confirm in writing to the Member or other relevant body within 14 days of such notice that he wishes to have a hearing, he will be deemed to have waived his right to a hearing and to have accepted that he committed a breach of the relevant provision of the Rules.
- (e) If the athlete, athlete support personnel or other person confirms that he wishes to have a hearing, all relevant evidence shall be given to the person alleged to have committed the breach and a hearing respecting the principles set out in Rule 60.3 shall be held within a period of no more than 2 months following notification of the charge. The Member shall inform the IAAF as soon as a hearing date is set and the IAAF shall have the right to attend the hearing as an observer. The IAAF's attendance at the hearing in such capacity, or other involvement in the case, shall not affect its right to appeal the decision to CAS in accordance with Rules 60.13 and 60.15-16.
- (f) If the relevant hearing body of the Member, after hearing the evidence, decides that the athlete, athlete support personnel or other person concerned is in breach of the relevant Rule or Regulation, it shall declare the person ineligible to compete in international and domestic competitions for a period set out in Guidelines produced by the Council or impose such other sanction as may be appropriate in accordance with sanctions approved by the Council. If the athlete, athlete support personnel or other person has waived his right to a hearing, the

Member shall declare the person ineligible to compete in international and domestic competitions for a period set out in Guidelines produced by the Council or impose such other sanction as may be appropriate in accordance with sanctions approved by the Council. In the absence of such Guidelines or other sanctions approved by the Council, the relevant hearing body or the Member, as appropriate, shall determine the appropriate period of the person's ineligibility or other sanction.

- (g) The Member shall inform the IAAF in writing of the decision taken within 5 working days of the decision being made (and shall send the IAAF a copy of the written reasons for the decision).
5. Where a Member delegates the conduct of a hearing to any body, committee or tribunal (whether within or outside the Member), or where for any other reason, any national body, committee or tribunal outside of the Member is responsible for affording an athlete, athlete support personnel or other person his hearing under these Rules, the decision of that body, committee or tribunal shall be deemed, for the purposes of this Rule 60, to be the decision of the Member and the word "Member" in this Rule shall be so construed.

Disputes between a Member and the IAAF

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

Disputes between Members

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

Appeals from Decisions under Rule 60.4

9. All decisions under Rule 60.4 may be appealed in accordance with the provisions set out below. All such decisions shall remain in effect while under appeal, unless determined otherwise (see Rule 60.21).
10. The following is a non-exhaustive list of examples of decisions that may be appealed under Rule 60.4:
 - (a) Where a Member has taken a decision that an athlete, athlete support personnel or other person is ineligible under Chapter 2;
 - (b) Where a Member has taken a decision that an athlete, athlete support personnel or other person is eligible under Chapter 2;
 - (c) Where the Member has taken a decision that an athlete, athlete support personnel or other person has committed a breach of the Rules but has failed to impose an appropriate sanction in accordance with Guidelines approved by the Council;
 - (d) Where the Member decides that there is insufficient evidence to support a decision that the athlete, Athlete Support Personnel or other person has committed a breach of the Rules;
 - (e) Where the Member has held a hearing under Rule 60.4 and the athlete, athlete support personnel or other person concerned considers that, in the conduct or conclusions of such hearing, the Member misdirected itself or otherwise reached an erroneous conclusion;
 - (f) Where the Member has held a hearing under Rule 60.4 and the IAAF considers that, in the conduct or conclusions of such hearing, the Member misdirected itself or otherwise reached an erroneous conclusion.
11. In cases involving International-Level athletes (or their athlete support personnel), the decision of the relevant body of the Member may be appealed exclusively to CAS in accordance with the provisions set out in Rules 60.22-60.27.
12. In cases which do not involve International-Level athletes (or their athlete support personnel), the decision of the relevant body of the Member may (unless Rule 60.16 applies) be appealed to a national level appeal body in accordance with the rules of the Member. Each Member shall have in place an appeal procedure at national level that respects the following principles: a timely hearing before a fair, impartial and independent hearing body; the right to be represented by a legal counsel and interpreter (at the appellant's expense); and a timely and reasoned decision in writing. The decision of the national

level appeal body may be appealed to CAS in accordance with Rule 60.15.

Parties Entitled to Appeal Decisions

13. In any case involving International-Level athletes (or their athlete support personnel), the following parties shall have the right to appeal a decision to CAS:

- (a) the athlete or other person who is the subject of the decision being appealed;
- (b) the other party to the case in which the decision was rendered;
- (c) the IAAF; and
- (d) the IOC (where the decision may have an effect on eligibility in relation to the Olympic Games).

14. In any case which does not involve International-Level athletes (or their athlete support personnel), the parties having the right to appeal a decision to the national level appeal body shall be as provided for in the rules of the Member, but shall include at a minimum:

- (a) the athlete or other person the subject of the decision being appealed;
- (b) the other party to the case in which the decision was rendered;
- (c) the Member.

The IAAF shall not have the right to appeal a decision to the national level appeal body but shall have the right to attend any hearing before such body as an observer. The IAAF's attendance at a hearing in such capacity shall not affect its right to appeal the decision of the national level appeal body to CAS in accordance with Rule 60.15.

15. In any case which does not involve International-Level athletes (or their athlete support personnel), the following parties shall have the right to appeal the decision of the national level appeal body to CAS:

- (a) the IAAF; and
- (b) the IOC (where the decision may have an effect on eligibility in relation to the Olympic Games).

16. In any case which does not involve an International-Level Athlete or his athlete support personnel, the IAAF and the IOC (where the decision may have an effect on eligibility in relation to the Olympic Games) shall have the right to appeal a decision of the relevant body of the Member direct to CAS in any of the following circumstances:

- (a) the Member does not have an appeal procedure in place at the national level;

- (b) there is no appeal made to the national level appeal body of the Member by any of the parties in Rule 60.14;
 - (c) the Member's rules so provide.
17. Any party filing an appeal under these Rules shall be entitled to assistance from CAS to obtain all relevant information from the body whose decision is being appealed and the information shall be provided if CAS so directs.

Respondents to the CAS Appeal

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

IAAF Appeal of Decisions to CAS

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

The CAS Appeal

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

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

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

CHAPTER 5

TECHNICAL RULES

CHAPTER 5: TECHNICAL RULES

RULE 100

General

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

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

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

SECTION I - OFFICIALS

RULE 110

International Officials

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

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

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

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

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

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

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

RULE 111

Organisational Delegates

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

RULE 112

Technical Delegates

The Technical Delegates, in conjunction with the Organising Committee, which shall afford them all necessary help, are responsible for ensuring that all technical arrangements are in complete conformity with the IAAF Technical Rules and the IAAF Track and Field Facilities Manual. The Technical Delegates shall submit written reports as appropriate on the preparations for the competition and shall cooperate with the Organisational Delegate(s).

In addition, the Technical Delegates shall:

- (a) submit to the appropriate body proposals for the timetable of events and the entry standards.
- (b) determine the list of implements to be used and whether athletes may use their own implements or those provided by a supplier.

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

RULE 113

Medical Delegate

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

RULE 114

Doping Control Delegate

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

RULE 115

International Technical Officials (ITOs) and International Cross-Country, Road Running, Mountain Running and Trail Running Officials (ICROs)

1. Where ITOs are appointed, the Technical Delegates shall appoint the Chief ITO among the appointed ITOs, if one was not appointed previously by the relevant body. Whenever possible, the Chief ITO, in conjunction with the Technical Delegates, shall assign at least

one ITO for every event on the programme. The ITO shall be the Referee of each event to which he is assigned.

2. In Cross-Country, Road Running, Mountain Running and Trail Running competitions, the appointed ICROs shall provide all necessary support to the competition organisers. They must be present at all times when an event to which they have been assigned is in progress. They should ensure that the conduct of the competition is in full conformity with IAAF Technical Rules, Technical Regulations and relevant decisions made by the Technical Delegates.

RULE 116

International Race Walking Judges (IRWJs)

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

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

RULE 117

International Road Course Measurer

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

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

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

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

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

RULE 118

International Starter and International Photo Finish Judge

At all competitions under Rules 1.1(a), (b), (c) and (f) held in the stadium, an International Starter and an International Photo Finish Judge

shall be appointed respectively by IAAF, the relevant Area Association or governing body. The International Starter shall start the races (and undertake any other duties) assigned to him by the Technical Delegate(s). The International Photo Finish Judge shall supervise all Photo Finish functions and shall be the Chief Photo Finish Judge.

RULE 119

Jury of Appeal

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

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

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

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

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

RULE 120

Officials of the Competition

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

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

MANAGEMENT OFFICIALS

- One Competition Director
- One Meeting Manager and an adequate number of assistants
- One Technical Manager
- One Event Presentation Manager

COMPETITION OFFICIALS

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

- One Chief Measurement Judge (Scientific) and an adequate number of assistants
- One Chief and an adequate number of Call Room Judges

ADDITIONAL OFFICIALS

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

Referees and Chief Judges should wear a distinctive attire or insignia. If deemed necessary, assistants may be appointed. Care should however be taken to keep the arena as free from officials and other persons as possible.

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

RULE 121

Competition Director

The Competition Director shall plan the technical organisation of a competition in cooperation with the Technical Delegate(s), where applicable, ensure that this plan is accomplished and resolve any technical problems together with the Technical Delegate(s).

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

RULE 122

Meeting Manager

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

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

RULE 123
Technical Manager

The Technical Manager shall be responsible for:

- (a) ensuring that the track, runways, circles, arcs, sectors, landing areas for Field Events and all equipment and implements are in accordance with the Rules.
- (b) the placement and removal of equipment and implements according to the technical organisational plan for the competition as approved by the Technical Delegates.
- (c) ensuring the technical presentation of the competition areas is in accordance with such plan.
- (d) checking and marking any personal implements permitted for the competition according to Rule 187.2.
- (e) ensuring that he has received the necessary certification under Rule 135 before the competition.

RULE 124
Event Presentation Manager

The Event Presentation Manager shall plan, in conjunction with the Competition Director, the event presentation arrangements for the competition, in cooperation with the Organisational and Technical Delegate(s), as and where applicable. He shall ensure that the plan is accomplished, resolving any relevant problems together with the Competition Director and the relevant Delegate(s). He shall also direct the interaction between the members of the event presentation team, using the communication system to be in contact with each of them.

RULE 125
Referees

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

The Referees for Track Events and for events outside the stadium shall have no jurisdiction over matters within the responsibilities of the Chief Judge of Race Walking events.

The Video Referee(s) should operate from a Video Control Room and should be in communication with the other Referees.

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

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

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

The relevant Track Referee has the power to decide on any facts related to the starts if he does not agree with the decisions made by the start team except in the cases when it regards an apparent false start indicated by an IAAF approved Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate. A Track Referee appointed to oversee the starts is designated the Start Referee.

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

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

3. The appropriate Referee shall check all final results, shall deal with any disputed points and, in conjunction with the Chief Measurement Judge (Scientific) where appointed, shall supervise the measurements of Record performances. At the conclusion of each event, the result card shall be completed immediately, signed by the appropriate Referee and conveyed to the Competition Secretary.
4. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition (including in the Warm-up Area, Call Room and, after the competition, up to and including the Victory Ceremony).
5. He shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner or under Rule 162.5. Warnings may be indicated to the athlete by

showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees.

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

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

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

6. The Referee may reconsider a decision (whether made in the first instance or in considering a protest) on the basis of any available evidence, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the relevant event or any applicable decision by the Jury of Appeal.
7. If, in the opinion of the appropriate Referee, circumstances arise at any competition such that justice demands that any event or any part of an event should be contested again, he shall have authority to declare the event or any part of an event void and that it shall be held again, either on the same day or on some future occasion, as he shall decide.
8. The Combined Events Referee shall have jurisdiction over the conduct of the Combined Events competition. He shall also have jurisdiction over the conduct of the respective individual events within the Combined Events competition.
9. The Road Race Referee shall, wherever practicable (e.g. under Rules 144, 230.10 or 240.8), give a warning prior to disqualification. If contested, Rule 146 will apply.
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 144.3) 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.

RULE 126

Judges

General

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

Track Events and Road Events

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

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

Field Events

3. The Judges shall judge and record each trial and measure each valid trial of athletes in all Field Events. In the High Jump and Pole Vault, precise measurements should be made when the bar is raised, particularly if Records are being attempted. At least two Judges should keep a record of all trials, checking their recordings at the end of each round of trials.

The appropriate Judge shall indicate the validity or non-validity of a trial by raising a white or red flag, as appropriate.

RULE 127

Umpires (Running and Race Walking Events)

1. Umpires are assistants to the Referee, without authority to make final decisions.
2. The Umpires shall be placed by the Referee in such a position that they may observe the competition closely and, in the case of a failure or violation of the Rules (other than Rule 230.2) by an

athlete or other person, make an immediate written report of the incident to the Referee.

3. Any such breach of the Rules should be communicated to the relevant Referee by the raising of a yellow flag or any other reliable means approved by the Technical Delegate(s).
4. A sufficient number of Umpires shall also be appointed to supervise the takeover zones in Relay Races.

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

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

RULE 128

Timekeepers, Photo Finish Judges and Transponder Timing Judges

1. In the case of hand timing, a sufficient number of timekeepers for the number of athletes entered shall be appointed. One of them shall be designated the Chief Timekeeper. He shall allocate duties to the Timekeepers. These Timekeepers shall act as back-up Timekeepers when Fully Automatic Photo Finish or Transponder Timing Systems are in use.
2. Timekeepers, Photo Finish and Transponder Timing Judges shall act in accordance with Rule 165.
3. When a Fully Automatic Timing and Photo Finish System is used, a Chief Photo Finish Judge and an adequate number of assistants shall be appointed.
4. When a Transponder Timing System is used, a Chief Transponder Timing Judge and an adequate number of assistants shall be appointed.

RULE 129

Start Coordinator, Starter and Recalls

1. The Start Coordinator shall:
 - (a) Allocate the duties of the start team. However, in the case of competitions under Rule 1.1(a) and Area Championships and Games, the determination of which events will be assigned to the International Starter will be the responsibility of the Technical Delegates.

- (b) Supervise the duties to be fulfilled by each member of the team.
 - (c) Inform the Starter, after receiving the relevant order from the Competition Director, that everything is in order to initiate the start procedure (e.g. that the Timekeepers, the Judges and, when applicable, the Chief Photo Finish Judge, Chief Transponder Timing Judge and the Wind Gauge Operator are ready).
 - (d) Act as an interlocutor between the technical staff of the timing equipment company and the Judges.
 - (e) Keep all papers produced during the start procedure including all documents showing the reaction times and/or false start waveform images if available.
 - (f) Ensure that following any ruling under Rules 162.7 or 200.8(c), the procedure set out in Rule 162.8 is followed.
2. The Starter shall have entire control of the athletes on their marks. When a Start Information System is used, the Starter and/or an assigned Recaller shall wear headphones in order to hear clearly any acoustic signal emitted when the System indicates a possible false start (see Rule 162.6).
3. The Starter shall position himself so that he has full visual control over all athletes during the start procedure.
It is recommended, especially for staggered starts, that loudspeakers in the individual lanes be used for relaying the commands and the start and any recall signals to all athletes at the same time.
Note: The Starter shall place himself so that the whole field of athletes falls into a narrow visual angle. For races using crouch starts it is necessary that he is so placed that he can ascertain that all athletes are currently steady in their set positions before the gun is fired or approved starting apparatus is activated. (All such starting apparatus is termed "gun" for the purpose of the Rules.) Where loudspeakers are not used in races with a staggered start, the Starter shall so place himself that the distance between him and each of the athletes is approximately the same. Where, however, the Starter cannot place himself in such a position, the gun shall be placed there and discharged by electric contact.
4. One or more Recallers shall be assigned to assist the Starter.
Note: For events of 200m, 400m, 400m Hurdles, 4 × 100m, 4 × 200m, the Medley Relay and 4 × 400m Relays, there shall be at least two Recallers.

5. Each Recaller shall place himself so that he can see each athlete assigned to him.
6. Each Recaller is obliged to recall the race if any infringement of the Rules is observed. After a recalled or aborted start the Recaller shall report his observations to the Starter, who decides whether and to whom a warning or disqualification shall be issued. (See also Rules 162.6 and 162.9.)
7. The warning and disqualification under Rule 162.6, 162.7 and 200.8(c) may be decided only by the Starter.
8. To assist in races using crouch starts, an IAAF approved Start Information System should be used. (See also Rule 161.2.)

RULE 130

Starter's Assistants

1. The Starter's Assistants shall check that the athletes are competing in the correct heat or race and that their bibs are worn correctly.
2. They must place each athlete in his correct lane or position, assembling the athletes approximately 3m behind the start line (in the case of races started in echelon, similarly behind each start line). When this has been completed, they shall signal to the Starter that all is ready. When a new start is ordered, the Starter's Assistants shall assemble the athletes again.
3. The Starter's Assistants shall be responsible for the readiness of batons for the first athletes in a Relay Race.
4. When the Starter has ordered the athletes to their marks, the Starter's Assistants must ensure that Rules 162.3 and 162.4 are observed.
5. In case of a false start, the Starter's Assistants shall proceed in accordance with Rule 162.8.

RULE 131

Lap Scorers

1. Lap Scorers shall keep a record of the laps completed by all athletes in races longer than 1500m. Specifically, for races of 5000m and longer, and for Race Walking events, a number of Lap Scorers under the direction of the Referee shall be appointed and provided with lap scoring cards on which they shall record the times over each lap (as given to them by an official Timekeeper) of the athletes for whom they are responsible. When such a system is used, no Lap Scorer should record more than four athletes (six for Race Walking

events). Instead of manual lap scoring, a computerised system, which may involve a transponder carried or worn by each athlete, may be used.

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

RULE 132

Competition Secretary, Technical Information Centre (TIC)

1. The Competition Secretary shall collect the full results of each event, details of which shall be provided by the Referee, the Chief Timekeeper, Chief Photo Finish Judge or Chief Transponder Judge and the Wind-Gauge Operator. He shall immediately relay these details to the Announcer, record the results and convey the result card to the Competition Director.
Where a computerised results system is used the computer recorder at each Field Event site shall ensure that the full results of each event are entered into the computer system. The track results shall be input under the direction of the Chief Photo Finish Judge. The Announcer and the Competition Director shall have access to the results via a computer.
2. In events in which athletes are competing with different specifications (such as implement weights or hurdle heights), the relevant differences should be clearly indicated in the results or a separate result shown for each category.
3. Where the Regulations for a competition other than under Rule 1.1(a) permit the simultaneous participation of athletes
 - (a) competing with the assistance of another person, i.e. a guide runner; or
 - (b) using a mechanical aid which is not authorised under Rule 144.3(d);
 their results shall be listed separately and, where applicable, their para classification shown.
4. The following standard abbreviations and symbols should be used in the preparation of start lists and results where applicable:
Did not start – DNS
Did not finish – DNF

No valid trial recorded – NM
Disqualified – DQ
Valid trial in High Jump and Pole Vault – “O”
Failed trial in Field Events – “X”
Passed trial in Field Events – “-”
Retired from competition – r
Qualified by place in track events – Q
Qualified by time in track events – q
Qualified by standard in field events – Q
Qualified without standard in field events – q
Advanced to next round by Referee – qR
Advanced to next round by Jury of Appeal – qJ
Bent knee (Race Walking) – “>”
Loss of contact (Race Walking) – “~”
Yellow Card – YC
Second Yellow Card – YRC
Red Card – RC

5. A Technical Information Centre (TIC) will be established for competitions held under Rules 1.1(a), (b), (c), (f), and (g) and is recommended for other competitions held over more than one day. The main function of the TIC is to ensure smooth communication between each team delegation, the organisers, the Technical Delegates and the competition administration regarding technical and other matters relating to the competition.

RULE 133

Marshal

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

RULE 134

Announcer

The Announcer shall inform the public of the names and, when applicable numbers, of the athletes taking part in each event, and all relevant information such as the composition of the heats, lanes or stations drawn, and intermediate times. The result (placings, times, heights, distances and points) of each event should be announced at the earliest possible moment after receipt of the information.

At competitions held under Rule 1.1(a), the English and French language Announcers shall be appointed by the IAAF. In conjunction with the Event Presentation Manager and under the general direction of the Organisational and/or the Technical Delegates, these appointees shall be responsible for all matters of announcing protocol.

RULE 135
Official Surveyor

The Official Surveyor shall check the accuracy of the markings and installations and shall furnish appropriate certificates to the Technical Manager before the competition.

He shall be given full access to stadium plans and drawings and the latest measurement report for the purpose of this verification.

RULE 136
Wind Gauge Operator

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

RULE 137
Measurement Judge (Scientific)

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

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

Before each event, he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the manufacturer and the instrument calibrating laboratory.

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

During the competition he shall remain in overall charge of the operation. He will report to the Referee to certify that the equipment is accurate.

RULE 138
Call Room Judges

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

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

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

RULE 139
Advertising Commissioner

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

SECTION II - GENERAL COMPETITION RULES

RULE 140

The Athletics Facility

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

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

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

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

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

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

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

RULE 141

Age and Sex Categories

Age Categories

- Competition under these Rules may be divided into age group classifications as follows:
 - Under-18 (U18) Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.
 - Under-20 (U20) Men and Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.

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

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

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

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

Sex Categories

3. Competition under these Rules is divided into men's and women's classifications. When a Mixed Competition is organised outside the stadium or in one of the limited cases set out in Rule 147, separate men's and women's classification results should still be declared or otherwise indicated.
4. An athlete shall be eligible to compete in men's competition if he is recognised as a male in law and is eligible to compete under the Rules and Regulations.
5. An athlete shall be eligible to compete in women's competition if she is recognised as a female in law and is eligible to compete under the Rules and Regulations.
6. The Council shall approve Regulations to determine the eligibility for women's competition of
 - (a) females who have undergone male to female sex reassignment; and
 - (b) females with hyperandrogenism.An athlete who fails or refuses to comply with the applicable Regulations shall not be eligible to compete.

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

RULE 142

Entries

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

Simultaneous Entries

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

Note: In competitions of more than three rounds of trials, the Referee shall not allow an athlete to take a trial in a different order in the final round of trials but the Referee may allow an athlete to do so during any earlier round of trials.

Failure to Participate

4. At all competitions under Rules 1.1(a), (b), (c) and (f), except as provided below, an athlete shall be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:
 - (a) a final confirmation was given that the athlete would start in an event but then failed to participate;
Note: A fixed time for the final confirmation of participation shall be published in advance.
 - (b) an athlete qualified in a preliminary round of an event for further participation in that event but then failed to participate further;
 - (c) an athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

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

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

RULE 143

Clothing, Shoes and Athlete Bibs

Clothing

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

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

Shoes

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

Number of Spikes

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

Dimensions of Spikes

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

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

The Sole and the Heel

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

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

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

Inserts and Additions to the Shoe

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

Athlete Bibs

7. Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the breast and back, except in the High Jump and Pole Vault, where one bib may be worn on the breast or back only. Either the athletes' names or other suitable identification will be allowed instead of numbers on any or all of the bibs. If numbers are used, they shall correspond with the number allocated to the athlete on the start list or in the programme. If track

suits are worn during the competition, bibs shall be worn on the track suit in a similar manner.

8. These bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals which appear on them.
9. Where a Photo Finish System is in operation, the Organising Committee may require athletes to wear additional number identification of an adhesive type on the side of their shorts or lower body.
10. No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.
11. If an athlete does not follow this Rule in any way and:
 - (a) refuses the direction of the relevant Referee to comply; or
 - (b) participates in the competition,
 he shall be disqualified.

RULE 144

Assistance to Athletes

Medical Examination and Assistance

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

Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to

the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.

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

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

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

- immediate site of each Field Event, should be reserved to the athletes' coaches.
- (b) Medical examination / treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation once on the competition area under Rule 144.1.
 - (c) Any kind of personal safeguard (e.g. bandage, tape, belt, support, etc.) for protection and/or medical purposes. The Referee, in conjunction with the Medical Delegate, shall have the authority to verify any case should he judge that to be desirable. (See also Rules 187.4 and 187.5.)
 - (d) Heart rate or speed distance monitors or stride sensors or similar devices carried or worn personally by athletes during an event, provided that such device cannot be used to communicate with any other person.
 - (e) Viewing by athletes competing in Field Events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area (see 144.1 Note). The viewing device or images taken from it must not be taken into the competition area.

RULE 145

Disqualification

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

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

event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall be considered valid. Disqualification from an event for unsporting or improper behaviour or under Rule 162.5 shall render the athlete liable to disqualification by the Referee from participation in all further events, (including individual events of a Combined Event, other events in which he is simultaneously participating and relays) in that competition. If the offence is considered serious, the Competition Director shall report it to the relevant governing body for consideration of further disciplinary action.

RULE 146

Protests and Appeals

1. Protests concerning the status of an athlete to participate in a competition must be made, prior to the commencement of such competition, to the Technical Delegate(s). Once the Technical Delegate(s) make a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete “under protest” and the matter be referred to the Council or the relevant body.
2. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event.
The Organising Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.
3. Any protest shall be made orally to the Referee by an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury of Appeal. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the

protest should be made to him through the Technical Information Centre.

4. In a Track Event,
 - (a) if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may, if he is in any doubt, allow the athlete to compete “under protest” in order to preserve the rights of all concerned. Competing “under protest” shall not be allowed if the false start was indicated by an IAAF approved Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.
 - (b) a protest may be based on the failure of the Starter to recall a false start or, under Rule 162.5, to abort a start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start or whose conduct should have led to the start being aborted, and who was subject to warning or disqualification according to Rules 162.5, 162.6, 162.7 or 200.8(c), shall be warned or disqualified. Whether or not there may be any warning or disqualification, the Referee shall have the authority to declare the event or part of the event void and that it or part of it shall be held again if in his opinion justice demands it.

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

5. In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, at his discretion, order that the trial be measured and the result recorded, in order to preserve the rights of all concerned.
If the protested trial occurred:
 - (a) during the first three rounds of trials of a horizontal Field Event in which more than eight athletes are competing, and the athlete would advance to the final three rounds of trials only if the protest or subsequent appeal was upheld; or
 - (b) in a vertical Field Event, where the athlete would advance to a higher height only if the protest or subsequent appeal is upheld, the Referee may, if he is in any doubt, allow the athlete to continue competing “under protest” to preserve the rights of all concerned.
6. The protested performance of the athlete and any other performance achieved by him while competing “under protest” will become valid

only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.

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

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

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

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

RULE 147

Mixed Competition

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

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

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

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

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

RULE 148

Measurements

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

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

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

RULE 149

Validity of Performances

1. No performance accomplished by an athlete will be valid unless it is accomplished during an official competition organised in conformity with the Rules.
2. Performances in events normally conducted in the stadium, made outside traditional athletics facilities (such as those held in town squares, other sporting facilities, beaches, etc.) shall be valid and recognised for all purposes, if they are made subject to all of the following conditions:

- (a) the relevant governing body as provided in Rules 1 to 3 has issued a permit for the event;
- (b) a qualified panel of National Technical Officials are appointed to and officiate at the event;
- (c) where applicable, equipment and implements in conformity with the Rules are used; and
- (d) the event is conducted on an event site or facility in conformity with the Rules and in respect of which a certificate under Rule 135 is issued by an Official Surveyor based on measurements taken on the day of the event.

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

RULE 150

Video Recording

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

RULE 151

Scoring

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

SECTION III - TRACK EVENTS

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

RULE 160

Track Measurements

- The length of a standard running track shall be 400m. It shall consist of two parallel straights and two bends whose radii shall be equal. The inside of the track shall be bordered by a kerb of suitable material that should be coloured white, with a height of 50mm to 65mm and a width of 50mm to 250mm. The kerb on the two straights may be omitted and a white line 50mm wide substituted. If a section of the kerb on a bend has to be temporarily removed for Field Events, its place on the surface beneath shall be marked with a white line 50mm in width and by cones or flags, minimum height 0.20m, placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track, and placed at intervals not exceeding 4m. (Flags shall be placed at an angle of 60° with the ground away from the track.) This shall also apply to the curved section of the steeplechase track where athletes divert from the main track to negotiate the water jump, to the outer half of the track in the case of starts according to Rule 162.10 and, optionally, to the straights, in this latter case, at intervals not exceeding 10m.
- The measurement shall be taken 0.30m outward from the kerb or, where no kerb exists on a bend (or the diversion from the track for the steeplechase water jump), 0.20m from the line marking the inside of the track.

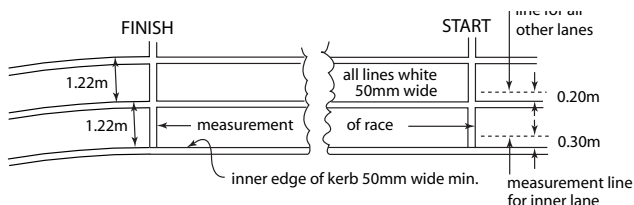


Figure 160 - Track measurements (infield view)

3. The distance of the race shall be measured from the edge of the start line farther from the finish to the edge of the finish line nearer to the start.
4. In all races up to and including 400m, each athlete shall have a separate lane, with a width of $1.22\text{m} \pm 0.01\text{m}$, including the lane line on the right, marked by white lines 50mm in width. All lanes shall be of the same nominal width. The inner lane shall be measured as stated in Rule 160.2, but the remaining lanes shall be measured 0.20m from the outer edges of the lines.
Note: For all tracks constructed before 1 January 2004 for all such races, the lane may have a width of maximum 1.25m.
5. In International Competitions under Rules 1.1(a), (b), (c) and (f), the track should allow for eight lanes minimum.
6. The lateral inclination of tracks should not exceed 1:100 (1%) unless special circumstances exist which justify the IAAF providing an exemption, and the overall downward inclination in the running direction shall not exceed 1:1000 (0.1%).
Note: It is recommended that, for new tracks, the lateral inclination should be towards the inside lane.
7. Full technical information on track construction, layout and marking is contained in the IAAF Track and Field Facilities Manual. This Rule gives basic principles, which must be followed.

RULE 161

Starting Blocks

1. Starting blocks shall be used for all races up to and including 400m (including the first leg of the $4 \times 200\text{m}$, the Medley Relay and $4 \times 400\text{m}$) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane.
Starting blocks shall comply with the following general specifications:
 - (a) They shall be entirely rigid in construction and shall give no unfair advantage to the athlete.
 - (b) They shall be fixed to the track by a number of pins or spikes, arranged to cause the minimum possible damage to the track. The arrangement shall permit the starting blocks to be quickly and easily removed. The number, thickness and length of pins or spikes depend on the track construction. The anchorage shall permit no movement during the actual start.

- (c) When an athlete uses his own starting blocks, they shall comply with Rules 161.1(a) and (b). They may be of any design or construction, provided that they do not interfere with other athletes.
- (d) When starting blocks are provided by the Organising Committee, they shall, in addition, comply with the following specifications:

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

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

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

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

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

RULE 162

The Start

- 1. The start of a race shall be denoted by a white line 50mm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in

events at all distances shall be numbered from left to right, facing the direction of running.

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

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

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

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

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

3. In races up to and including 400m (including the first leg of 4 × 200m, the Medley Relay and 4 × 400m), a crouch start and the use of starting blocks are compulsory. After the “On your marks” command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his mark. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the “Set” command, an athlete shall immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks. Once the Starter is satisfied that all athletes are steady in the “Set” position, the gun shall be fired.
4. In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), all starts shall be made from a standing position. After the “On your marks” command, an athlete shall approach the start line and assume a starting position behind the start line (completely within his allocated lane in races started in lanes). An athlete shall not touch any part of the ground with his hand or hands and/or the start line or the ground in front of it with his feet when on his mark.

Once the Starter is satisfied that all athletes are steady in the correct starting position, the gun shall be fired.

5. On the command “On your marks” or “Set”, as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter’s Assistants shall assemble them again (See also Rule 130).

Where an athlete in the judgement of the Starter,

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

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

False Start

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

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

Information System in order to confirm which, if any, athlete(s) is/are responsible for the recall.

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

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

Note (iii): In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.

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

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

For Combined Events, see Rule 200.8(c).

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

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

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

anyone committing further false starts will be disqualified. In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and the red and black card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).

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

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

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

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

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

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

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

RULE 163

The Race

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

Obstruction

2. If an athlete is jostled or obstructed during an event so as to impede his progress, then:

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

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

Lane Infringement

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

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

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

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

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

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

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

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

Leaving the Track

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

Check-Marks

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

Wind Measurement

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

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

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

	Seconds
100m	10
100m Hurdles	13
110m Hurdles	13

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

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

Indication of Intermediate Times

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

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

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

Drinking / Sponging

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

RULE 164 The Finish

1. The finish of a race shall be denoted by a white line 50mm wide.
Note: In the case of events finishing outside the stadium, the finish line may be up to 0.30m in width and maybe of any colour contrasting distinctively with the surface of the finish area.
2. The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line as defined above.
3. In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the gun exactly one minute before the end of the race to warn athletes and Judges that the race is nearing its end. The Starter shall be directed by the Chief Timekeeper and, at exactly the appropriate time after the start, he shall signal the end of the race by again firing the gun. At the moment the gun is fired to signal the end of the race, the Judges appointed for that purpose shall mark the exact spot where each athlete touched the track for the last time before or simultaneously with the firing of the gun.
The distance achieved shall be measured to the nearest metre behind this mark. At least one Judge shall be assigned to each athlete before the start of the race for the purpose of marking the distance achieved.

RULE 165

Timing and Photo Finish

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

Hand Timing

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

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

Fully Automatic Timing and Photo Finish System

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

The System

14. To be approved by the IAAF, a system must have been tested, and have a certificate of accuracy issued within 4 years of the competition, including the following:
 - (a) The System must record the finish through a camera positioned in the extension of the finish line, producing a composite image.
 - (i) For competitions under Rule 1.1, this composite image must be composed of at least 1000 images per second.
 - (ii) For other competitions, this composite image must be composed of at least 100 images per second.

In each case, the image must be synchronised with a uniformly marked time-scale graduated in 0.01 seconds.
 - (b) The System shall be started automatically by the Starter's signal, so that the overall delay between the report from the

muzzle or its equivalent visual indication and the start of the timing system is constant and equal to or less than 0.001 second.

15. In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 20mm beyond, and not extended before, the leading edge of the finish line. Similar black marks may be placed on each side of the intersection of an appropriate lane line and the finish line to further facilitate reading.
16. The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.
17. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of any athlete. Additionally, the system shall provide a tabular overview which shows the time or other result of every athlete. Subsequent changes of automatically determined values and manual input of values (such as start time, finish time), shall be indicated by the system automatically in the time scale of the printed image and the tabular overview.
18. A system which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times. In this case, the times read on the image will not, under any circumstances, be considered as official, but the image may be used as a valid support in order to determine placings and adjust time intervals between athletes.

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

Operation

19. The Chief Photo Finish Judge shall be responsible for the functioning of the System. Before the start of the competition, he will meet the technical staff involved and familiarise himself with the equipment, checking all applicable settings.
In cooperation with the Track Referee and the Starter, he shall initiate a zero control test, before the beginning of each session, to ensure that the equipment is started automatically by the Starter's signal within the limit identified in Rule 165.14(b) (i.e. equal to or less than 0.001 second).

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

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

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

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

whole second. All read times not ending in two zeroes shall be converted and recorded to the next longer whole second, e.g. 2:09:44.32 shall be recorded as 2:09:45.

Transponder System

24. The use of Transponder Timing Systems approved by IAAF in events held under Rules 230 (races not held completely in the stadium), 240, 250, 251 and 252 is permitted provided that:

- (a) None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of an athlete.
- (b) The weight of the transponder and its housing carried or worn by the athlete is not significant.
- (c) The System is started by the Starter's gun or synchronised with the start signal.
- (d) The System requires no action by an athlete during the competition, at the finish or at any stage in the result processing.
- (e) For all races, the time shall be converted to 0.1 second and recorded to the whole second. All read times not ending in zero shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.

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

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

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

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

RULE 166

Seedings, Draws and Qualification in Track Events***Rounds and Heats***

1. Preliminary rounds shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds except that at the discretion of the body having the control over a competition, under Rules 1.1 (a), (b), (c) and (f), there may be a preliminary qualification round that is limited to athletes who have not met the entry standard(s) for the competition.
2. The preliminary rounds shall be arranged by the appointed Technical Delegates. If no Technical Delegates have been appointed they shall be arranged by the Organising Committee.
The following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure, i.e. those to advance by place (P) and time (T), for each round of Track Events:

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

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

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

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

1500m

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

5000m

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

10,000m

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

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

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

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

Ranking and Composition of Heats

3. (a) For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from the relevant list of valid performances achieved during the predetermined period.
- (b) After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
 - (i) for events of 100m to 400m inclusive, and relays up to and including 4 × 400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:
 - Fastest heat winner
 - 2nd fastest heat winner
 - 3rd fastest heat winner, etc.
 - Fastest 2nd place
 - 2nd fastest 2nd place
 - 3rd fastest 2nd place, etc.
 - (Concluding with)
 - Fastest time qualifier
 - 2nd fastest time qualifier
 - 3rd fastest time qualifier, etc.

- (ii) for other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).
- (c) The athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

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

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

Draw for Lanes

4. For events 100m to 800m inclusive, and relays up to and including 4 × 400m, where there are several successive rounds of a race, lanes will be drawn as follows:

- (a) In the first round and any preliminary qualification round as per Rule 166.1, the lane order shall be drawn by lot.
- (b) For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown in Rule 166.3(b)(i) or, in the case of 800m, 166.3(b)(ii).

Three draws will then be made:

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

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

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

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

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

Single Rounds

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

Progression

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

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

Minimum Times between Rounds

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

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

RULE 167

Ties

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

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

RULE 168

Hurdle Races

1. The standard distances shall be:
 Men, U20 Men and U18 Boys: 110m, 400m
 Women, U20 Women and U18 Girls: 100m, 400m

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

Men, U20 Men and U18 Boys

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

IAAF COMPETITION RULES 2016-2017

Women, U20 Women and U18 Girls

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

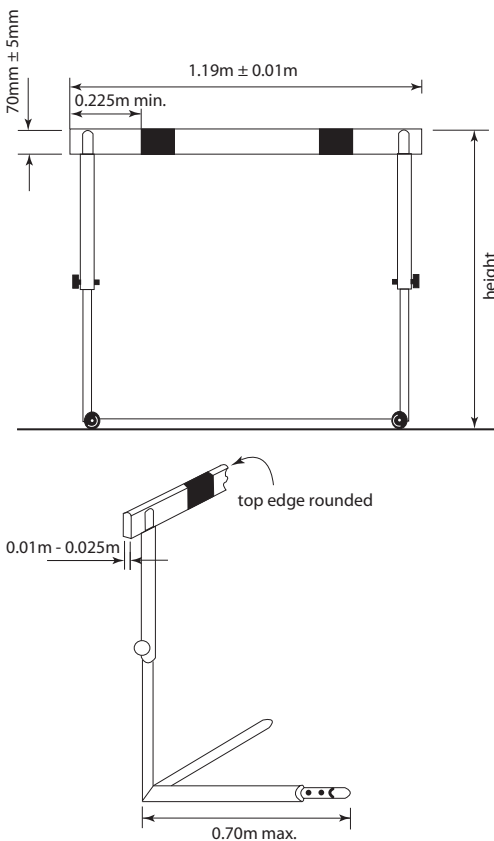


Figure 168 - Example of a hurdle

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

2. The hurdles shall be made of metal or some other suitable material with the top bar of wood or other non-metallic suitable material. They shall consist of two feet and two uprights supporting a rectangular frame, reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. The hurdle shall be of such a design that a force at least equal to the weight of 3.6kg applied horizontally to the centre of the top edge of the top bar is required to tilt it. The hurdle may be adjustable in height for each event. The counterweights shall be adjustable so that at each height a force at least equal to the weight of 3.6kg and not more than 4kg is required to tilt it.

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

3. Dimensions: The standard heights of the hurdles shall be:

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

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

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

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

- indirectly knocks down or significantly displaces a hurdle in another lane.
7. Each athlete shall jump each hurdle. Failure to do so will result in a disqualification.
In addition, an athlete shall be disqualified, if:
 - (a) his foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
 - (b) in the opinion of the Referee, he deliberately knocks down any hurdle.
 8. Except as provided in Rules 168.6 and 168.7(b), the knocking down of hurdles shall not result in disqualification nor prevent a Record being made.
 9. For a World Record, all hurdles must comply with the specifications of this Rule.

RULE 169 Steeplechase Races

1. The standard distances shall be: 2000m and 3000m.
2. There shall be 28 hurdle jumps and 7 water jumps included in the 3000m event, and 18 hurdle jumps and 5 water jumps in the 2000m event.
3. For the steeplechase events, there shall be five jumps in each lap after the finish line has been passed for the first time, with the water jump as the fourth. The jumps should be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap.
Note (i): Adjustment to the hurdle spacing may be necessary to ensure that safe distances from a hurdle / start line and to the next hurdle are maintained before and after the finish line respectively, as indicated in the IAAF Track and Field Facilities Manual.
Note (ii): In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.
4. In the 3000m event, the distance from the start to the beginning of the first lap shall not include any jumps, the hurdles being removed until the athletes have entered the first lap. In the 2000m event, the first jump is at the third hurdle of a normal lap. The previous hurdles shall be removed until the athletes have passed them for the first time.

5. The hurdles shall be $0.914\text{m} \pm 0.003\text{m}$ high for men's / boys' events and $0.762\text{m} \pm 0.003\text{m}$ for women's / girls' events and shall be at least 3.94m wide. The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 0.127m square. The weight of each hurdle shall be between 80kg and 100kg . Each hurdle shall have on either side a base between 1.2m and 1.4m (see Figure 169a).

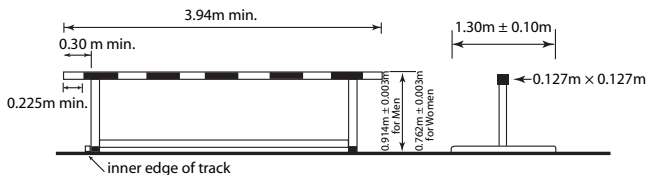


Figure 169a - Example of a steeplechase hurdle

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

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

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

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

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

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

Note: The depth of the water in the pit from the track surface level may be reduced from 0.70m maximum down to 0.50m minimum. The uniform slope of the bottom of the water ($12.4^\circ \pm 1^\circ$) shall be

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

2. Lines 50mm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.
3. Each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.4 is observed.
4. When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cm × 40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.
5. The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 0.28m to 0.30m. The outside diameter shall be 40mm ± 2mm and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.
6. (a) A baton shall be used for all Relay Races held in the Stadium and shall be carried by hand throughout the race. At least for competitions conducted under Rules 1.1 (a), (b), (c) and (f), each baton shall be numbered and of a different colour and may include a timing transponder.

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

- (b) Athletes are not permitted to wear gloves or to place material (other than those permitted by Rule 144.4(c)) or substances on their hands in order to obtain a better grip of the baton.
- (c) If dropped, the baton shall be recovered by the athlete who dropped it. He may leave his lane to retrieve it provided that, by doing so, he does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these

- procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification. If an athlete does not follow this Rule, his team shall be disqualified.
7. The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification.
 8. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. Rules 163.3 and 163.4 shall not apply to these athletes. If an athlete impedes a member of another team by running out of position or lane at the finish of his leg, Rule 163.2 shall be applied.
 9. If during the race an athlete takes or picks up the baton of another team, his team shall be disqualified. The other team should not be penalised unless an advantage is obtained.
 10. Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.
 11. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the Organising Committee and may be made only until the final call time for the particular heat in which the team is competing. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.
 12. The 4 × 100m race shall be run entirely in lanes.
 13. The 4 × 200m race may be run in any of the following ways:
 - (a) where possible, entirely in lanes (four bends in lanes),
 - (b) in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (three bends in lanes),

- (c) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes).

Note: Where not more than four teams are competing and option (a) is not possible, it is recommended that option (c) should be used.

14. The Medley Relay race should be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (two bends in lanes).
15. The $4 \times 400\text{m}$ race may be run in either of the following ways:
- (a) in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (three bends in lanes),
- (b) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes).

Note: Where not more than four teams are competing, it is recommended that option (b) should be used.

16. The $4 \times 800\text{m}$ race may be run in either of the following ways:
- (a) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes),
- (b) without the use of lanes.
17. The Distance Medley Relay race and the $4 \times 1500\text{m}$ race shall be run without the use of lanes. ||
18. In the $4 \times 100\text{m}$ and $4 \times 200\text{m}$ races, athletes other than the first, and in the Medley Relay, the second and third athletes, may commence running not more than 10m outside the takeover zone (see Rule 170.3). A distinctive mark shall be made in each lane to denote this extended limit. If an athlete does not follow this Rule, his team shall be disqualified.
19. For the final takeover in the Medley Relay and for all takeovers in the $4 \times 400\text{m}$, $4 \times 800\text{m}$, Distance Medley Relay and $4 \times 1500\text{m}$ races, athletes are not permitted to begin running outside their takeover zones, and shall start within this zone. If an athlete does not follow this Rule, his team shall be disqualified. ||
20. In the Medley Relay, the athletes running the final leg and in the $4 \times 400\text{m}$ race, the athletes running the third and fourth legs shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of

their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team shall be disqualified.

Note: In the 4 × 200m race (if this event is not run entirely in lanes) where the previous leg is not run in lanes, the athletes shall line up in the order of the start list (inside to out).

21. In any race, when lanes are not being used, including when applicable, in 4 × 200m, the Medley Relay and 4 × 400m, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his progress. In 4 × 200m, the Medley Relay and 4 × 400m, waiting athletes shall maintain the order in accordance with Rule 170.20. If an athlete does not follow this Rule, his team shall be disqualified.

SECTION IV - FIELD EVENTS

RULE 180

General Conditions – Field Events

Practice Trials at the Competition Area

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

Markers

3.
 - (a) In all Field Events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organising Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything which leaves indelible marks.
 - (b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete's own trial, and shall not impair the view of the judges. No personal markers may be placed in or beside the landing area.

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

3.
 - (c) For Pole Vault, the Organising Committee should place suitable and safe distance markers beside the runway at each 0.5m between the points 2.5m to 5m from the "zero" line and at each 1.0m from the 5m to the 18m point.

Performance Markers and Wind Socks

4. (a) A distinctive flag or marker may be provided to mark the existing World Record and, when appropriate, the existing Area, National or Meeting Record.
- (b) One or more wind sock(s) should be placed in an appropriate position in all jumping events, Discus Throw and Javelin Throw, to show the athletes the approximate direction and strength of the wind.

Competing Order and Trials

5. The athletes shall compete in an order drawn by lot. Failure to do so shall result in the application of Rules 125.5 and 145.2. If there is a preliminary round, there shall be a fresh drawing of lot for the final (see also Rule 180.6).
6. Except for the High Jump and Pole Vault, no athlete shall have more than one trial recorded in any one round of trials of the competition.

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

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

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

In both cases:

- (a) the competing order for the last three rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials;
- (b) when the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw.

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

Note (ii): If one or more athlete(s) is permitted by the Referee to continue in a competition "under protest" in accordance with Rule 146.5, such athletes shall compete in all subsequent rounds of trials

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

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

Recording of Trials

7. Except in High Jump and Pole Vault, a valid trial shall be indicated by the measurement taken.
For the standard abbreviations and symbols to be used in all other cases see Rule 132.4.

Completion of Trials

8. The judge shall not raise a white flag to indicate a valid trial until a trial is completed.
The completion of a valid trial shall be determined as follows:
 - (a) in the case of vertical jumps, once the judge has determined that there is no failure according to Rules 182.2, 183.2 or 183.4;
 - (b) in the case of horizontal jumps, once the athlete leaves the landing area in accordance with Rule 185.2;
 - (c) in the case of throwing events, once the athlete leaves the circle or runway in accordance with Rule 187.17.

Qualifying Competition (Preliminary Round)

9. A preliminary round shall be held in Field Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). When a preliminary round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a preliminary round shall not be considered as part of the final.
10. The athletes shall normally be divided into two or more groups at random, but whenever possible so that representatives of each nation or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its practice trials immediately after the previous group has finished.
11. It is recommended that, in competitions of more than three days, a rest day be provided between qualifying competitions and the finals in the vertical jumping events.
12. The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Technical

Delegate(s). If no Technical Delegate(s) have been appointed, the conditions shall be decided by the Organising Committee. For competitions conducted under Rules 1.1(a), (b), (c) and (f), there should be at least 12 athletes in the final unless otherwise provided in the Regulations for the competition.

13. In a qualifying competition, apart from the High Jump and the Pole Vault, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, he shall not continue in the qualifying competition.
14. In the qualifying competition for the High Jump and the Pole Vault, the athletes, not eliminated after three consecutive failures, shall continue to compete according to Rule 181.2 (including passing a trial) until the end of the last trial at the height set as the qualifying standard, unless the number of athletes for the final has been reached as defined in Rule 180.12. Once it is determined that an athlete will be in the final, he shall not continue in the qualifying competition.
15. If no athletes, or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to that number by adding athletes according to their performances in the qualifying competition. In the case of the last qualifying place, if two or more athletes have the same best performances in the overall results of the competition, Rule 180.22 or 181.8 as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.
16. When a qualifying competition for the High Jump and Pole Vault is held in two simultaneous groups, it is recommended that the bar be raised to each height at the same time in each group. It is also recommended that the two groups be of approximately equal strength.

Substitute Trials

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

Time Allowed for Trials

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

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

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

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

The following times should not normally be exceeded:

Individual Events

Number of athletes left in the competition

	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1	3min	5min	-
Consecutive trials	2min	3min	2min

Combined Events

Number of athletes left in the competition

	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1 or consecutive trials	2min	3min	2min

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

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

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

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

Absence during Competition

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

Change of Competition Area or Time

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

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

Result

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

Ties

22. Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this Rule 180.22, it shall be determined to be a tie. Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

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

A. VERTICAL JUMPS

RULE 181

General Conditions – Vertical Jumps

1. Before the competition begins, the Chief Judge shall announce to the athletes the starting height and the subsequent heights to which the bar will be raised at the end of each round of trials, until there is only one athlete remaining having won the competition, or there is a tie for first place. (For Combined Events, see Rule 200.8(d)).

Trials

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

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

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

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

3. Even after all the other athletes have failed, an athlete is entitled to continue jumping until he has forfeited his right to compete further.
4. Unless there is only one athlete remaining and he has won the competition:
 - (a) the bar shall never be raised by less than 2cm in the High Jump and 5cm in the Pole Vault after each round of trials; and
 - (b) the increment of the raising of the bar shall never increase.

These Rules 181.4(a) and (b) shall not apply once the athletes still competing agree to raise it to a World Record height directly.

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

|| *Note: This Rule does not apply for a Combined Events Competition.*

Measurements

- All measurements shall be made, in whole centimetres, perpendicularly from the ground to the lowest part of the upper side of the bar.
- Any measurement of a new height shall be made before athletes attempt such height. In all cases of Records, the Judges shall also re-check the measurement before each subsequent Record attempt if the bar has been touched since last measured.

Crossbar

- The crossbar shall be made of fibre-glass, or other suitable material but not metal, circular in cross-section except for the end pieces. The overall length of the crossbar shall be $4.00\text{m} \pm 0.02\text{m}$ in the High Jump and $4.50\text{m} \pm 0.02\text{m}$ in Pole Vault. The maximum weight of the crossbar shall be 2kg in the High Jump and 2.25kg in Pole Vault. The diameter of the circular part of the crossbar shall be $30\text{mm} \pm 1\text{mm}$.

The crossbar shall consist of three parts - the circular bar and two end pieces, each 30mm-35mm wide and 0.15m-0.20m long for the purpose of resting on the supports of the uprights.

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

The crossbar shall have no bias and, when in place, shall sag a maximum of 20mm in the High Jump and 30mm in Pole Vault.

Control of elasticity: Hang a 3kg weight in the middle of the crossbar when in position. It may sag a maximum of 70mm in the High Jump and 0.11m in Pole Vault.

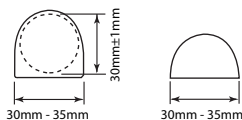


Figure 181 - Alternative ends for crossbar

Placings

8. If two or more athletes clear the same final height, the procedure to decide the places will be the following:
- (a) The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.
 - (b) If the athletes are equal following the application of Rule 181.8(a), the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.
 - (c) If the athletes are still equal following the application of Rule 181.8(b), the athletes concerned shall be awarded the same place unless it concerns the first place.
 - (d) If it concerns the first place, a jump-off between these athletes shall be conducted in accordance with Rule 181.9, unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition but before the start of the event by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

Note: This Rule 181.8(d) does not apply for a Combined Events Competition.

Jump-off

9. (a) Athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decide not to jump further.
- (b) Each athlete shall have one jump at each height.
 - (c) The jump-off shall start at the next height determined in accordance with Rule 181.1 after the height last cleared by the athletes concerned.
 - (d) If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm for the High Jump and 5cm for the Pole Vault.
 - (e) If an athlete is not jumping at a height he automatically forfeits any claim to a higher place. If only one other athlete then remains he is declared the winner regardless of whether he attempts that height.

High Jump - Example

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

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

O = Cleared

X = Failed

- = Did not Jump

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

Rules 181.8 and 181.9 now come into operation; the Judges add up the total number of failures, up to and including the height last cleared, i.e. 1.88m.

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

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

Extraneous Forces

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

RULE 182
High Jump

Competition

1. An athlete shall take off from one foot.
2. An athlete fails if:

- (a) After the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or
- (b) He touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar. However, if when he jumps, an athlete touches the landing area with his foot and in the opinion of the Judge, no advantage is gained, the jump for that reason should not be considered a failure.

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

- (c) He touches the crossbar or the vertical section of the uprights when running up without jumping.

Runway and Take-off Area

- 3. The minimum width of the runway shall be 16m and the minimum length of the runway shall be 15m except in competitions held under Rules 1.1(a), (b), (c), (e) and (f), where the minimum length shall be 25m.
- 4. The maximum overall downward inclination in the last 15m of the runway and take-off area shall not exceed 1:250 (0.4%) along any radius of the semi-circular area centred midway between the uprights and having the minimum radius specified in Rule 182.3. The landing area should be placed so that the athlete's approach is up the inclination.
- 5. The take-off area shall be level or any inclination shall be in accordance with the requirements of Rule 182.4 and the IAAF Track and Field Facilities Manual.

Apparatus

- 6. Any style of uprights or posts may be used, provided they are rigid. They shall have supports for the crossbar firmly fixed to them. They shall be sufficiently tall as to exceed the actual height to which the crossbar is raised by at least 0.10m. The distance between the uprights shall be not less than 4.00m nor more than 4.04m.
- 7. The uprights or posts shall not be moved during the competition unless the Referee considers that either the take-off or landing area has become unsuitable.

In such a case, the change shall be made only after a round of trials has been completed.

8. The crossbar supports shall be flat and rectangular, 40mm wide and 60mm long. They shall be firmly fixed to the uprights and immovable during the jump and shall each face the opposite upright. The ends of the crossbar shall rest on them in such a manner that, if the crossbar is touched by an athlete, it will easily fall to the ground, either forwards or backwards. The surface of the supports shall be smooth.

The supports shall not be of, or covered with, rubber or with any other material which has the effect of increasing the friction between them and the surface of the crossbar, nor may they have any kind of springs.

The supports shall be the same height above the take-off area immediately below each end of the crossbar.

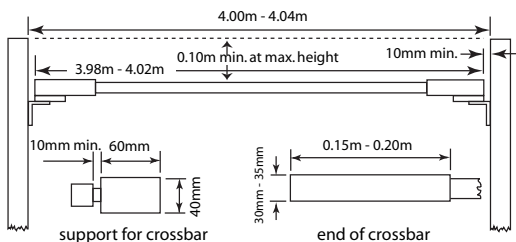


Figure 182 - High Jump uprights and crossbar

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

Landing Area

10. For competitions under Rules 1.1(a), (b), (c), (e) and (f), the landing area shall be not smaller than 6m long x 4m wide x 0.7m high behind the vertical plane of the crossbar. For other competitions, the landing area should measure not less than 5m long x 3m wide x 0.7m high.

Note: The uprights and landing area should also be designed so that there is a clearance of at least 0.1m between them when in use,

to avoid displacement of the crossbar through a movement of the landing area causing contact with the uprights.

RULE 183 Pole Vault

Competition

1. Athletes may have the crossbar moved only in the direction of the landing area so that the edge of the crossbar nearest the athlete can be positioned at any point from that directly above the back end of the box to a point 80cm in the direction of the landing area.

An athlete shall, before the competition starts, inform the appropriate official of the position of the crossbar he requires for his first trial and this position shall be recorded.

If subsequently an athlete wants to make any changes, he should immediately inform the appropriate official before the crossbar has been set in accordance with his initial wishes. Failure to do this shall lead to the start of his time limit.

Note: A line, 10mm wide and of distinguishable colour, shall be drawn at right angles to the axis of the runway, in line with the back end of the box ("zero" line). A similar line, up to 50mm wide, shall appear on the surface of the landing area and be prolonged as far as the outside edge of the uprights. The edge of the line nearer to the approaching athlete coincides with the back end of the box.

2. An athlete fails if:
 - (a) after the vault, the bar does not remain on both pegs because of the action of an athlete whilst vaulting; or
 - (b) he touches the ground, including the landing area, beyond the vertical plane through the back end of the box with any part of his body or with the pole, without first clearing the bar; or
 - (c) after leaving the ground, he places his lower hand above the upper one or moves the upper hand higher on the pole; or
 - (d) during the vault, he steadies or replaces the bar with his hand(s).

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

Note (ii) It is not a failure if the pole touches the landing mats, in the course of a trial, after properly being planted in the box.

3. Athletes may, during the competition, place a substance on their hands or on the pole, in order to obtain a better grip. The use of gloves is permitted.

4. After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the Referee is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be recorded as a failure.
5. If, in making a trial, an athlete's pole is broken, it shall not be counted as a failure and he shall be awarded a new trial.

Runway

6. The minimum length of the runway, measured from the "zero" line, shall be 40m and where conditions permit, 45m. It shall have a width of $1.22\text{m} \pm 0.01\text{m}$ and shall be marked by white lines 50mm in width.

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

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

Apparatus

8. The take-off for the Pole Vault shall be from a box. It shall be constructed of suitable material, with rounded upper or soft edges and shall be sunk level with the runway. It shall be 1.00m in length, measured along the inside of the bottom of the box, 0.60m in width at the front end and tapering to 0.15m in width at the bottom of the stop board. The length of the box at runway level and the depth of the stop board are determined by the angle of 105° formed between the base and the stop board. (Tolerances on dimensions and angles: $\pm 0.01\text{m}$ and $- 0^\circ / + 1^\circ$)

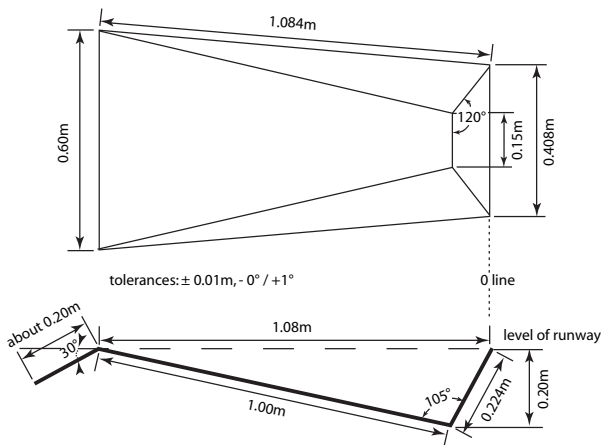


Figure 183a - Pole Vault box (top and side view)

The base of the box shall slope from runway level at the front end to a vertical distance below ground level of 0.20m at the point where it meets the stop board. The box should be constructed in such a manner that the sides slope outwards and end next to the stop board at an angle of approximately 120° to the base.

Note: An athlete may place padding around the box for additional protection during any of his trials. The placement of such equipment shall be done within the time allowed for the athlete's trial and shall be removed by the athlete immediately after his trial is completed. At competitions under Rules 1.1 (a), (b), (c), (e) and (f) this shall be provided by the organisers.

9. Any style of uprights or posts may be used, provided they are rigid. The metallic structure of the base and the lower part of the uprights above the landing area must be covered with padding of appropriate material in order to provide protection to the athletes and the poles.
10. The crossbar shall rest on horizontal pegs so that if it is touched by an athlete or his pole, it will fall easily to the ground in the direction of the landing area. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13mm in diameter.

They shall not extend more than 55mm from the supporting members, which shall be smooth. The vertical peg backings, which shall also be smooth and be constructed in a way that the crossbar cannot rest on the top of them, shall extend 35mm-40mm above the pegs.

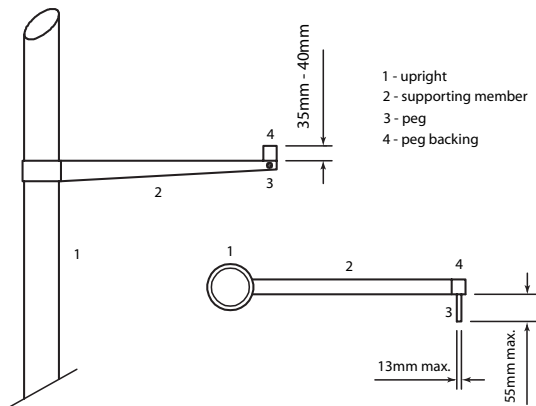


Figure 183b - Pole Vault crossbar support (view from landing area and top view)

The distance between the pegs shall be 4.30m-4.37m. The pegs shall not be of, or covered with, rubber or with any other material which has the effect of increasing the friction between them and the surface of the bar, nor may they have any kind of springs.

Note: To lessen the chance of injury to an athlete by his falling on the feet of the uprights, the pegs supporting the crossbar may be placed upon extension arms permanently attached to the uprights, thus allowing the uprights to be placed wider apart, without increasing the length of the crossbar (see Figure 183b).

Vaulting Poles

11. Athletes may use their own poles. No athlete shall use any other athlete's pole except with the consent of the owner.

The pole may be of any material or combination of materials and of any length or diameter, but the basic surface must be smooth.

The pole may have layers of tape at the grip end (to protect the hand) and of tape and/or any other suitable material at the bottom end (to protect the pole). Any tape at the grip end must be uniform except for incidental overlapping and must not result in any sudden change in diameter, such as the creation of any “ring” on the pole.

Landing Area

12. For competitions under Rules 1.1(a), (b), (c), (e) and (f), the landing area shall be not smaller than 6m long (behind the zero line and excluding the front pieces) x 6m wide x 0.8m high. For other competitions, the landing area should measure not less than 5m long (excluding the front pieces) x 5m wide. The front pieces, in all cases, must be at least 2m long.

The sides of the landing area nearest to the box shall be placed 0.10m to 0.15m from the box and shall slope away from the box at an angle of approximately 45° (see Figure 183c).

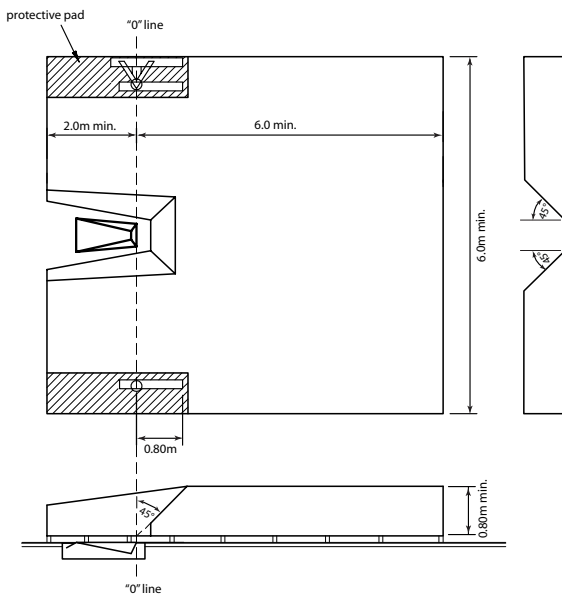


Figure 183c - Pole Vault landing area (top and side views)

B. HORIZONTAL JUMPS

RULE 184

General Conditions – Horizontal Jumps

Runway

1. The minimum length of the runway, measured from the relevant take-off line shall be 40m and, where conditions permit, 45m. It shall have a width of $1.22\text{m} \pm 0.01\text{m}$ and shall be marked by white lines 50mm in width.

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

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

Take-off Board

3. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.
4. The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure $1.22\text{m} \pm 0.01\text{m}$ long, $0.20\text{m} \pm 0.002\text{m}$ wide and not more than 0.10m deep. It shall be white.
5. The plasticine indicator board shall consist of a rigid board, $0.10\text{m} \pm 0.002\text{m}$ wide and $1.22\text{m} \pm 0.01\text{m}$ long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of $7\text{mm} \pm 1\text{mm}$. The edges shall either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45° (see Figure 184a).

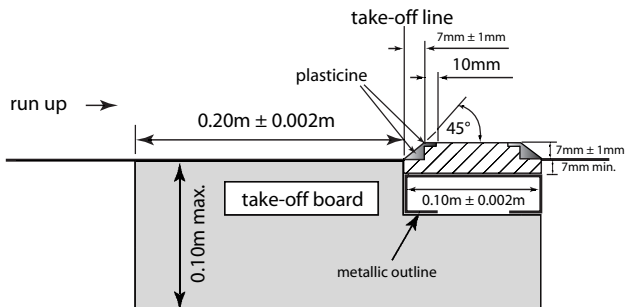


Figure 184a- Take-off board and plasticine indicator board

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

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

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

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

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

Landing Area

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

Note: When the axis of the runway is not in line with the centre line of the landing area, a tape, or if necessary, two tapes, should be placed along the landing area so that the above is achieved (see Figure 184b).

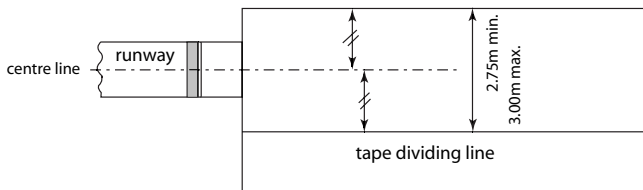


Figure 184b - Centralised Long Jump / Triple Jump landing area

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

Distance Measurement

- The measurement of each jump shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 146.5). All jumps shall be measured from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark, to the take-off line, or take-off line extended. The measurement shall be taken perpendicular to the take-off line or its extension.
- In all horizontal jumping events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

Wind Measurement

- The wind gauge shall be the same as described in Rules 163.8 and 163.9. It shall be operated as described in Rules 163.11 and 184.12 and read as per Rule 163.13.
- The relevant Field Events Referee shall ensure that the wind gauge is placed 20m from the take-off line. It shall be positioned 1.22m high and not more than 2m away from the runway.
- The wind velocity shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m. If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time he commences his run.

RULE 185
Long Jump

Competition

1. An athlete fails if:
 - (a) he while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or
 - (b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or
 - (c) he employs any form of somersaulting whilst running up or in the act of jumping; or
 - (d) after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or
 - (e) in the course of landing, he touches the border of, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand; or
 - (f) he leaves the landing area in any manner other than that described in Rule 185.2.
2. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand (which may be any mark made on overbalancing completely inside the landing area or when walking back closer to the take-off line than the initial break on landing).

Note: This first contact is considered leaving.
3. An athlete shall not be regarded to have failed if:
 - (a) he runs outside the white lines marking the runway at any point; or
 - (b) except as described in Rule 185.1(b), he takes off before reaching the board; or
 - (c) under Rule 185.1(b) a part of his shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or
 - (d) if in the course of landing, he touches, with any part of his body, or anything attached to it at that moment, the border of, or the ground outside the landing area, unless such contact contravenes Rule 185.1(d) or (e); or
 - (e) he walks back through the landing area after having left the landing area in the manner described in Rule 185.2.

Take-off Line

4. The distance between the take-off line and the far end of the landing area shall be at least 10m.
5. The take-off line shall be placed between 1m and 3m from the nearer end of the landing area.

RULE 186
Triple Jump

Rules 184 and 185 apply to Triple Jump with the following variations:

Competition

1. The Triple Jump shall consist of a hop, a step and a jump in that order.
2. The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed.
It shall not be considered a failure if an athlete, while jumping, touches the ground with the “sleeping” leg.
Note: Rule 185.1(d) does not apply to the normal landings from the hop and step phases.

Take-off Line

3. The distance between the take-off line for men and the far end of the landing area shall be at least 21m.
4. For International Competitions, there should be a separate take-off board for men and women. The take-off line shall not be less than 13m for men and 11m for women from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.
5. Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of $1.22\text{m} \pm 0.01\text{m}$ wide providing firm and uniform footing.
Note: For all tracks constructed before 1 January 2004, this take-off area may have a width of maximum 1.25m.

C. THROWING EVENTS

RULE 187

General Conditions – Throwing Events**Official Implements**

1. In all International Competitions, the implements used shall comply with IAAF specifications. Only implements which hold a current valid IAAF Product Certificate may be used. The following table shows the implement to be used by each age group:

Implement	Girls	Women	Boys	Men	Men
	U18	U20/Senior	U18	U20	Senior
Shot	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Discus	1.000kg	1.000kg	1.500kg	1.750kg	2.000kg
Hammer	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Javelin	500g	600g	700g	800g	800g

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

2. Except as provided below, all such implements shall be provided by the Organising Committee. The Technical Delegate(s) may, based on the relevant Technical Regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organising Committee before the competition and made available to all athletes. Such implements will not be accepted if the same model is already on the list of those provided by the Organising Committee.
3. No modification shall be made to any implements during the competition.

Assistance

4. The following shall be considered assistance and are therefore not allowed:
- (a) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way

that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.

- (b) The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.
 - (c) The use of gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.
 - (d) The spraying or spreading by an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.
5. The following shall not be considered assistance and are therefore allowed:
- (a) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower on his gloves. A shot putter may use such substances on his neck.
 - (b) The placement by an athlete, in the Shot Put and Discus Throw, on the implement, chalk or a similar substance.
- All substances used on the hands and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue.
- (c) The use of taping on the hands and fingers that is not in contravention of Rule 187.4(a).

Throwing Circle

6. The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material. The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and $20\text{mm} \pm 6\text{mm}$ lower than the upper edge of the rim of the circle. In the Shot Put, a portable circle meeting these specifications is permissible.
7. The inside diameter of the circle shall be $2.135\text{m} \pm 0.005\text{m}$ in the Shot Put and the Hammer Throw and $2.50\text{m} \pm 0.005\text{m}$ in the Discus Throw. The rim of the circle shall be at least 6mm thick and shall be white. The hammer may be thrown from the discus circle provided the diameter of this circle is reduced from 2.50m to 2.135m by placing a circular ring inside.

Note: The circular ring should preferably be coloured other than white so that the white lines required by Rule 187.8 be clearly visible.

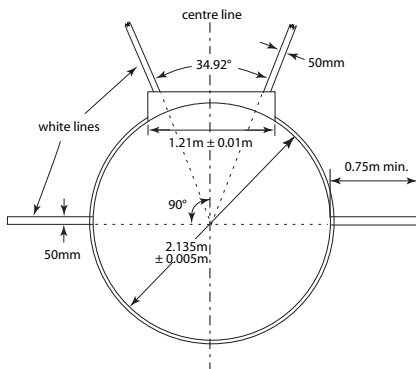


Figure 187a - Layout of Shot Put circle

8. A white line 50mm wide shall be drawn from the top of the rim extending for at least 0.75m on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

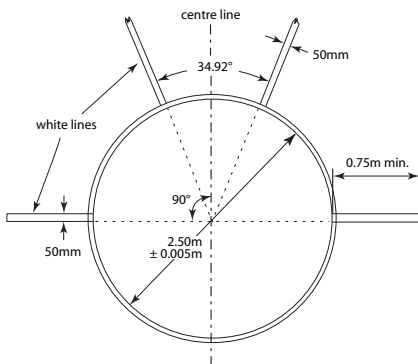


Figure 187b - Layout of Discus Throw circle

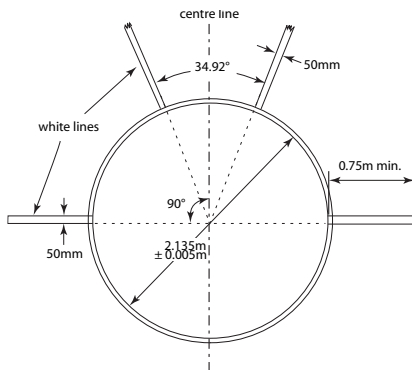


Figure 187c - Layout of Hammer Throw circle

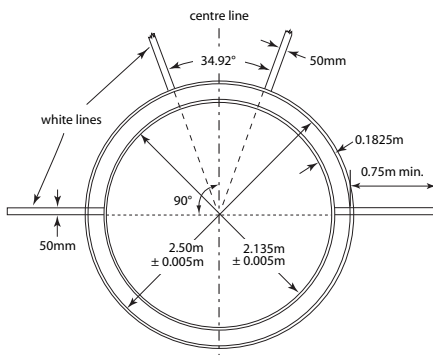


Figure 187d - Layout of concentric circles for Discus and Hammer Throw circle

Javelin Throw Runway

9. The minimum length of the runway shall be 30m except in competitions held under Rules 1.1(a), (b), (c) (e) and (f), where the minimum shall be 33.50m. Where conditions permit, the minimum length should be 36.50m.

It shall be marked by two parallel white lines 50mm wide and 4m apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8m. The arc shall consist of at least a 70mm wide

strip painted or made of wood or a suitable non-corrodible material like plastic. It shall be white and be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, at least 0.75m long and at least 70mm wide. The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify the IAAF providing an exemption and, in the last 20m of the runway, the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

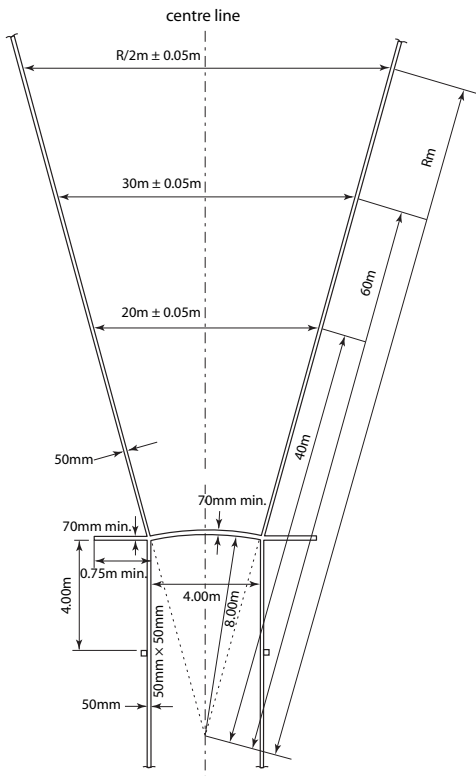


Figure 187e - Javelin Throw runway and landing sector (not to scale)

Landing Sector

10. The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.
11. The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 (0.1%).
12. (a) Except for the Javelin Throw, the landing sector shall be marked with white lines 50mm wide at an angle of 34.92° such that the inner edge of lines, if extended, would pass through the centre of the circle.
Note: The 34.92° sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle $12m \pm 0.05m$ ($20m \times 0.60m$) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 0.60m.
- (b) In the Javelin Throw, the landing sector shall be marked with white lines 50mm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part (see Figure 187e). The sector angle is thus 28.96° .

Trials

13. In the Shot Put, Discus Throw and Hammer Throw, implements shall be thrown from a circle, and in the Javelin Throw, from a runway. In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot Put, he is also allowed to touch the inside of the stop board described in Rule 188.2.
14. It shall be a failure if an athlete in the course of a trial:
 - (a) releases the shot or the javelin other than as permitted under Rules 188.1 and 193.1,
 - (b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle,
 - (c) in the Shot Put, touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top),
 - (d) in the Javelin Throw, touches with any part of his body the lines which mark the runway or the ground outside.

Note: It will not be considered a failure if the discus or any part of the hammer strikes the cage after release provided that no other Rule is infringed.

15. Provided that, in the course of a trial, the Rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave it.

When leaving the circle or runway he shall step out as required in Rule 187.17 before returning to the circle or runway to begin a fresh trial.

Note: All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule 180.18.

16. It shall be a failure if the shot, the discus, the hammer head or the head of the javelin in contacting the ground when it first lands touches the sector line or the ground or any object (other than the cage as provided in the Note to Rule 187.14) outside the sector line.
17. It shall be a failure if the athlete leaves the circle or runway before the implement has touched the ground, or

- (a) for throws made from a circle, if when leaving the circle, the athlete's first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle;

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

- (b) in the case of the Javelin Throw, if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.

18. After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

Measurements

19. In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.
20. The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 146.5):
 - (a) from the nearest mark made by the fall of the shot, discus and hammer head, to the inside of the circumference of the circle along a line to the centre of the circle;
 - (b) in Javelin Throw, from where the head of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

RULE 188

Shot Put

Competition

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

Note: Cartwheeling techniques are not permitted.

Stop Board

2. The stop board shall be white and made of wood or other suitable material in the shape of an arc so that the inner surface aligns with the inner edge of the rim of the circle and is perpendicular to the surface of the circle. It shall be placed so that its centre coincides with the centre line of the landing sector (see Figure 188), and shall be firmly fixed to the ground or to the concrete surrounding the circle.

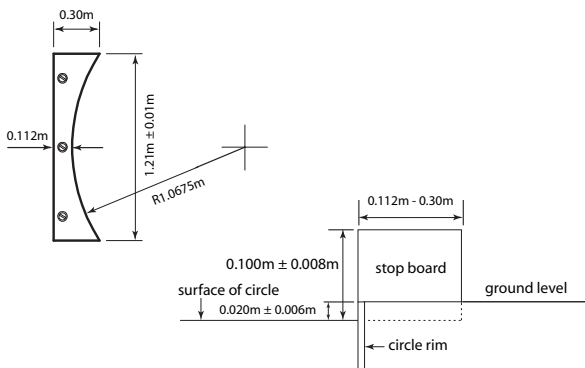


Figure 188 - Shot Put stop board (top and side view)

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

- The stop board shall measure 0.112m to 0.30m wide, with a chord of $1.21\text{m} \pm 0.01\text{m}$ for an arc of the same radius as the circle and $0.10\text{m} \pm 0.008\text{m}$ high in relation to the level of the inside of the circle adjacent to the stop board.

Shot

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

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

RULE 189

Discus Throw

Discus

1. The body of the discus may be solid or hollow and shall be made of wood, or other suitable material, with a metal rim, the edge of which shall be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the centre of the sides. Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications.

Each side of the discus shall be identical and shall be made without indentations, projections or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius of 25mm to 28.5mm from the centre of the discus.

The profile of the discus shall be designed as follows. From the beginning of the curve of the rim the thickness of the discus increases regularly up to the maximum thickness D . This maximum value is achieved at a distance of 25 mm to 28.5mm from the axis of the discus Y . From this point up to the axis Y the thickness of the discus is constant. Upper and lower side of the discus must be identical, also the discus has to be symmetrical concerning rotation around the axis Y .

The discus, including the surface of the rim shall have no roughness and the finish shall be smooth (see Rule 188.4) and uniform throughout.

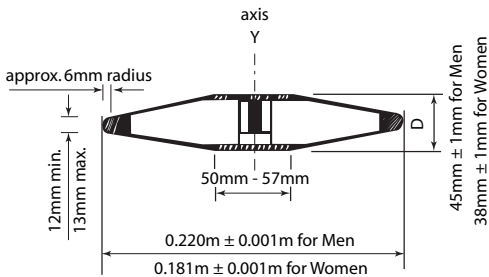


Figure 189 – Discus

2. The discus shall conform to the following specifications:

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

RULE 190

Discus Cage

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

Note: The hammer cage specified in Rule 192 may also be used for Discus Throw, either by installing 2.135/2.50m concentric circles, or by using the extension of the gates of that cage with a separate discus circle installed in front of the hammer circle.

2. The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25 metres per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.

3. The cage should be U-shaped in plan as shown in Figure 190. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m. Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.

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

Note (ii): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be IAAF certified.

Note (iii) The cage side, particularly alongside the track, may be lengthened and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition.

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

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

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

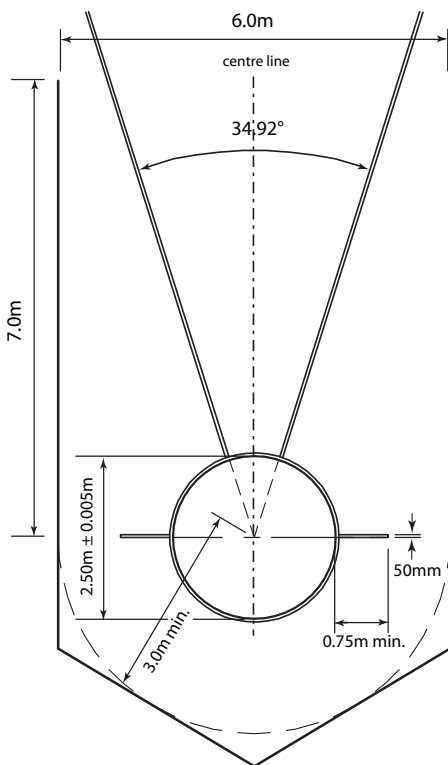


Figure 190 - Cage for Discus Throw only

RULE 191
Hammer Throw

Competition

1. An athlete, in his starting position prior to the preliminary swings or turns, is allowed to put the head of the hammer on the ground inside or outside the circle.

2. It shall not be considered a failure if the head of the hammer touches the ground inside or outside the circle, or the top of the rim. The athlete may stop and begin the throw again, provided no other Rule has been breached.
3. If the hammer breaks during a throw or while in the air, it shall not count as a failure, provided the trial was otherwise made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a new trial.

Hammer

4. The hammer shall consist of three main parts: a metal head, a wire and a handle.
5. The head shall be of solid iron, brass or other metal not softer than brass or a shell of such metal filled with lead or other solid material. The centre of gravity of the head shall be not more than 6mm from the centre of the sphere, i.e. - it must be possible to balance the head, less handle and wire, on a horizontal sharp-edged circular orifice 12mm in diameter (see Figure 191a). If a filling is used, this shall be inserted in such manner that it is immovable and complies with the requirement for the centre of gravity.

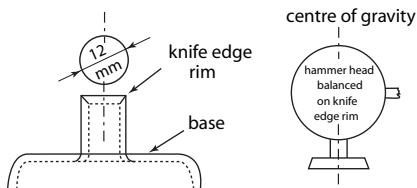


Figure 191a - Suggested apparatus for testing centre of gravity of hammer head

6. The wire shall be a single unbroken and straight length of spring steel wire not less than 3mm in diameter and shall be such that it cannot stretch appreciably while the hammer is being thrown. The wire may be looped at one or both ends as a means of attachment. The wire shall be connected to the head by means of a swivel, which may be either plain or ball bearing.
7. The handle shall be rigid and without hinging joints of any kind. The total deformation of the handle under a tension load of 3.8kN shall not exceed 3mm. It shall be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the

overall length of the hammer. The handle shall be connected to the wire by means of a loop. A swivel may not be used.

The handle shall have a symmetric design and may have a curved or straight grip and/or brace. The minimum handle breaking strength shall be 8kN.

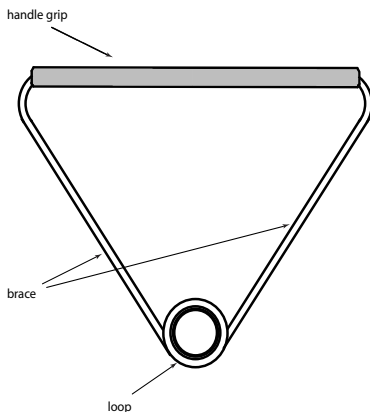


Figure 191b - Generic hammer handle

Note: Other designs complying with the specifications are acceptable.

8. The hammer shall conform to the following specifications:

Minimum weight for admission to competition and acceptance of a Record:					
	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Information for manufacturers: Range for supply of implement for competition					
	3.005kg	4.005kg	5.005kg	6.005kg	7.265kg
	3.025kg	4.025kg	5.025kg	6.025kg	7.285kg
Length of hammer measured from inside of handle:					
Maximum	1195mm	1195mm	1200mm	1215mm	1215mm
(No further tolerance applies to the maximum length.)					
Diameter of head:					
Minimum	85mm	95mm	100mm	105mm	110mm
Maximum	100mm	110mm	120mm	125mm	130mm

Note: The weight of the implement includes the totality of the hammer head, wire and handle.

RULE 192

Hammer Cage

1. All hammer throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the arena with other events taking place at the same time or when the event takes place outside the arena with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available on request from national organisations or from the IAAF Office.
2. The cage should be designed, manufactured and maintained so as to be capable of stopping a 7.260kg hammer head moving at a speed of up to 32 metres per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.
3. The cage should be U-shaped in plan as shown in Figure 192a. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the pivoted netting. The height of the netting panels or draped netting at their lowest point shall be at least 7m for the panels/netting at the rear of the cage and at least 10m for the last 2.80m panels to the gate pivot points. Provisions should be made in the design and construction of the cage to prevent a hammer forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.

Note: The arrangement of the rear panels / netting is not important provided the netting is a minimum of 3.50m away from the centre of the circle.

4. Two movable netting panels 2m wide shall be provided at the front of the cage, only one of which will be operative at a time. The minimum height of the panels shall be 10m.

Note (i): The left hand panel is used for throwers turning anti clockwise, and the right hand panel for throwers turning clockwise. In view of the possible need to change over from one panel to the other during the competition, when both left and right-handed

throwers are present, it is essential that this changeover should require little labour and be carried out in the minimum of time.

Note (ii): The end position of both panels is shown in the plan even though only one panel will be closed at any one time during competition.

Note (iii): When in operation, the movable panel shall be exactly in the position shown. Provision shall therefore, be made in the design of the movable panels to lock them in the operative position. It is recommended to mark (either temporarily or permanently) the operative positions of the panels on the ground.

Note (iv): The construction of these panels and their operation depends on the overall design of the cage and can be sliding, hinging on a vertical or horizontal axis or dismounting. The only firm requirements are that the panel in operation shall be fully able to stop any hammer striking it and there shall be no danger of a hammer being able to force its way between the fixed and movable panels.

Note (v): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be IAAF certified.

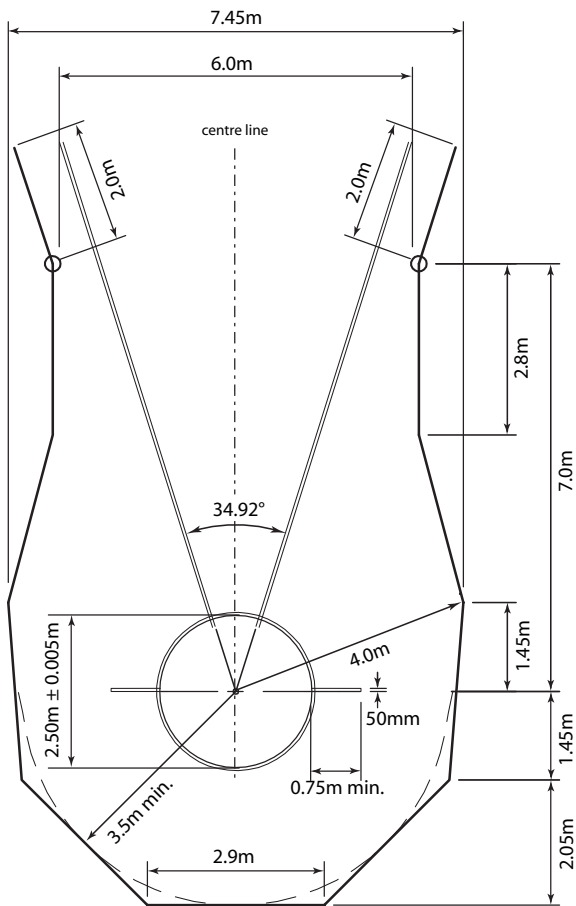
5. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 44mm for cord netting and 50mm for steel wire.

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

6. Where it is desired to use the same cage for Discus Throw, the installation can be adapted in two alternative ways. Most simply, a 2.135m/2.50m concentric circle may be fitted, but this involves using the same surface in the circle for Hammer Throw and Discus Throw. The hammer cage shall be used for Discus Throw by fixing the movable netting panels clear of the cage opening.

For separate circles for Hammer Throw and Discus Throw in the same cage, the two circles shall be placed one behind the other with the centres 2.37m apart on the centre line of the landing sector and with the discus circle at the front. In that case, the movable netting panels shall be used for Discus Throw in order to lengthen the cage sides.

Note: The arrangement of the rear panels/draped netting is not important provided the netting is a minimum of 3.50m away from the centre of concentric circles or the hammer circle in case of separate circles (or 3.00m for cages with separate circles built under the Rule in force before 2004 with the discus circle at the back) (see also Rule 192.4).



**Figure 192b - Cage for Hammer and Discus Throw with concentric circles
(Discus Throw configuration)**

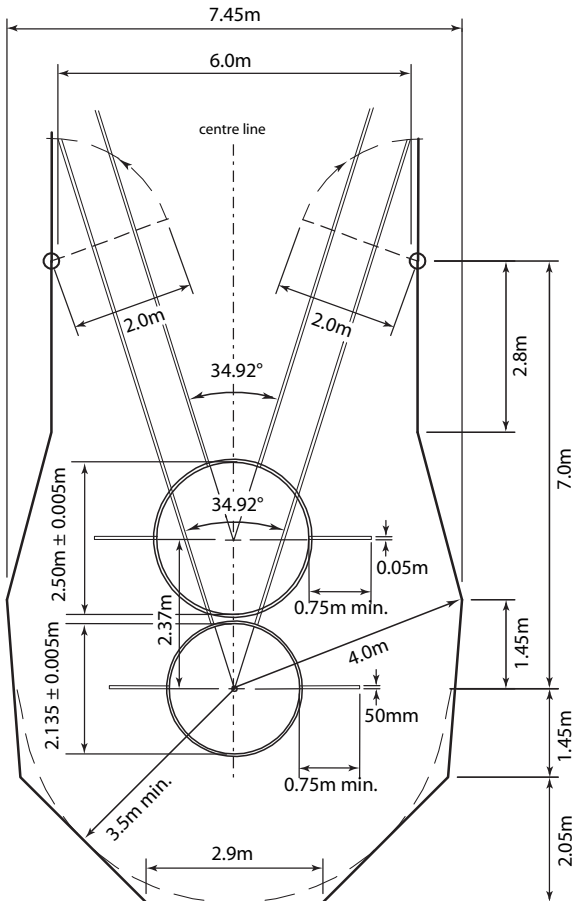


Figure 192c - Cage for Hammer and Discus Throw with separate circles

7. The maximum danger sector for hammer throws from this cage is approximately 53° , when used by both right and left-handed throwers in the same competition. The position and alignment of the cage in the arena is, therefore, critical for its safe use.

RULE 193
Javelin Throw

Competition

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

Javelin

3. The javelin shall consist of three main parts: a shaft, a head and a cord grip.
4. The shaft may be solid or hollow and shall be constructed of metal or other suitable material so as to constitute a fixed and integrated whole. The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth (see Rule 188.4) and uniform throughout.
5. The shaft shall have fixed to it a metal head terminating in a sharp point. The head shall be constructed completely of metal. It may contain a reinforced tip of other metal alloy fixed to the front end of the head provided that the completed head is smooth (see Rule 188.4) and uniform along the whole of its surface. The angle of tip shall not exceed 40 degrees.
6. The cord grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular non-slip pattern surface but without thongs, notches or indentations of any kind. The grip shall be of uniform thickness.

7. The cross-section shall be regularly circular throughout (see Note (i)). The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the part under the grip, may be cylindrical or slightly tapered towards the rear but in no case may the reduction in diameter, from immediately in front of the grip to immediately behind, exceed 0.25mm. From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and to the tail shall be straight or slightly convex (see Note (ii)), and there shall be no abrupt alteration in the overall diameter, except immediately behind the head and at the front and rear of the grip, throughout the length of the javelin. At the rear of the head, the reduction in the diameter may not exceed 2.5mm and this departure from the longitudinal profile requirement may not extend more than 0.3m behind the head.

Note (i): Whilst the cross section throughout should be circular, a maximum difference between the largest and the smallest diameter at any cross section of 2% is permitted. The mean value of these two diameters, at any nominated cross section, shall meet the specifications of a circular javelin in the tables hereunder.

Note (ii): The shape of the longitudinal profile may be quickly and easily checked using a metal straight edge at least 500mm long and two feeler gauges 0.20mm and 1.25mm thick. For slightly convex sections of the profile, the straight edge will rock while being in firm contact with a short section of the javelin. For straight sections of the profile, with the straight edge held firmly against it, it must be impossible to insert the 0.20mm gauge between the javelin and the straight edge anywhere over the length of contact. This shall not apply immediately behind the joint between the head and the shaft. At this point it must be impossible to insert the 1.25mm gauge.

8. The javelin shall conform to the following specifications:

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

9. The javelin shall have no mobile parts or other apparatus, which during the throw could change its centre of gravity or throwing characteristics.
10. The tapering of the javelin to the tip of the metal head shall be such that the angle of the point shall be not more than 40°. The diameter, at a point 0.15m from the tip, shall not exceed 80% of the maximum

diameter of the shaft. At the midpoint between the centre of gravity and the tip of the metal head, the diameter shall not exceed 90% of the maximum diameter of the shaft.

11. The tapering of the shaft to the tail at the rear shall be such that the diameter, at the midpoint between the centre of gravity and the tail, shall not be less than 90% of the maximum diameter of the shaft. At a point 0.15m from the tail, the diameter shall be not less than 40% of the maximum diameter of the shaft. The diameter of the shaft at the end of the tail shall not be less than 3.5mm.

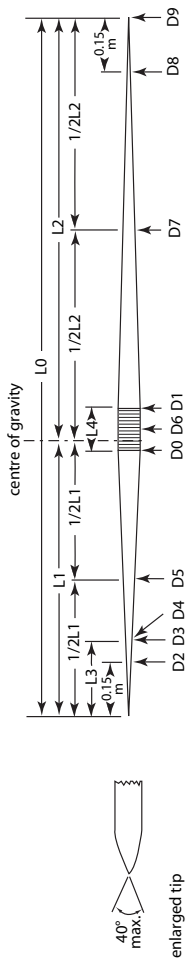


Figure 193 - International Javelin

Lengths		Diameters		Maximum	Minimum
L0	Overall	D0	In front of grip	-	-
L1	Tip to C of G	D1	At rear of grip	D0	D0-0.25mm
1/2L1	Half L1	D2	150mm from tip	0.8 D0	-
L2	Tail to C of G	D3	At rear of head	-	-
1/2L2	Half L2	D4	Immediately behind head	-	D3-2.5mm
L3	Head	D5	Half way tip to C of G	0.9 D0	-
L4	Grip	D6	Over grip	D0+8mm	-
		D7	Half way tail to C of G	-	0.9 D0
		D8	150mm from tail	-	0.4 D0
C of G	Centre of Gravity	D9	At tail	-	3.5mm

Note: All measurements of diameters must be to at least 0.1 mm.

SECTION V - COMBINED EVENTS COMPETITIONS

RULE 200

Combined Events Competitions

U18 Boys, U20 and Senior Men (Pentathlon and Decathlon)

1. The Pentathlon consists of five events which shall be held on one day in the following order: Long Jump; Javelin Throw; 200m; Discus Throw; and 1500m.
2. The U18 Boys' and the Men's Decathlon consists of ten events which shall be held on two consecutive days in the following order:

First day: 100m; Long Jump; Shot Put; High Jump; 400m.

Second day: 110m Hurdles; Discus Throw; Pole Vault; Javelin Throw; 1500m.

U20 and Senior Women (Heptathlon and Decathlon)

3. The Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:

First day: 100m Hurdles; High Jump; Shot Put; 200m.

Second day: Long Jump; Javelin Throw; 800m.

4. The Women's Decathlon consists of ten events which shall be held on two consecutive days in the following order:

First day: 100m; Discus Throw; Pole Vault; Javelin Throw; 400m.

Second day: 100m Hurdles; Long Jump; Shot Put; High Jump; 1500m.

U18 Girls (Heptathlon only)

5. The U18 Girls' Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:

First day: 100m Hurdles; High Jump; Shot Put;
200m.

Second day: Long Jump; Javelin Throw; 800m.

General

6. At the discretion of the Combined Events Referee, there shall, whenever possible, be an interval of at least 30 minutes between the time one event ends and the next event begins, for any individual athlete. If possible, the time between the finish of the last event on the first day and the start of the first event on the second day should be at least 10 hours.
7. In each separate event, except the last, of a Combined Events competition, the heats and groups shall be arranged by the Technical Delegate(s) or Combined Events Referee, as applicable, so that the athletes with similar performances in each individual event during a predetermined period, shall be placed in the same heat or group. Preferably five or more, and never less than three, athletes shall be placed in each heat or group. When this cannot be achieved because of the timetable of events, the heats or groups for the next event should be arranged as and when athletes become available from the previous event.
- In the last event of a Combined Events competition, the heats should be arranged so that the last one contains the leading athletes after the penultimate event.
- The Technical Delegate(s) or the Combined Events Referee shall have the authority to rearrange any group if, in his opinion, it is desirable.
8. The Rules for each event constituting the competition will apply with the following exceptions:
- (a) in the Long Jump and each of the throwing events, each athlete shall be allowed three trials only.
 - (b) in case a Fully Automatic Timing and Photo Finish System is not available, each athlete's time shall be taken by three Timekeepers independently.
 - (c) in the Track Events, only one false start per race shall be allowed without the disqualification of the athlete(s)

- responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified by the Starter (see also Rule 162.7).
- (d) in the Vertical Jumps, each increase of the bar shall be uniform throughout the competition: 3cm in the High Jump and 10cm in the Pole Vault.
9. Only one system of timing may be applied throughout each individual event. However, for Record purposes, times obtained from a Fully Automatic Timing and Photo Finish system shall be applied regardless of whether such times are available for other athletes in the event.
10. Any athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
Any athlete deciding to withdraw from a Combined Events competition shall immediately inform the Combined Events Referee of his decision.
11. The scores, according to the current IAAF Combined Events Scoring Tables, shall be announced, separate for each event and as a cumulative total, to all athletes after the completion of each event. The athletes shall be placed in order according to the total number of points obtained.

Ties

12. If two or more athletes achieve an equal number of points for any place in the competition, the procedure to determine whether there has been a tie is the following:
- (a) The athlete who, in the greater number of events, has received more points than the other athlete(s) concerned shall be awarded the higher place.
- (b) If the athletes are equal following the application of Rule 200.12(a), the athlete who has the highest number of points in any one event shall be awarded the higher place.
- (c) If the athletes are still equal following the application of Rule 200.12(b), the athlete who has the highest number of points in a second event, etc. shall be awarded the higher place.
- (d) If the athletes are still equal following the application of Rule 200.12(c), it shall be determined to be a tie.

Note: Rule 200.12(a) shall not be applied when more than two athletes are tied.

SECTION VI - INDOOR COMPETITIONS

RULE 210

Applicability of Outdoor Rules to Indoor Competitions

With the exceptions stated in the following Rules of this Section VI and the requirement for wind measurement set out in Rules 163 and 184, the Rules of Sections I to V for outdoor competitions shall apply to Indoor Competitions.

RULE 211

The Indoor Stadium

1. The stadium shall be completely enclosed and covered. Lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.
2. The arena should include an oval track; a straight track for sprints and hurdles; runways and landing areas for jumping events. In addition, a circle and landing sector for the Shot Put should be provided, whether permanently or temporarily. All the facilities should conform to the specifications in the IAAF Track and Field Facilities Manual.
3. All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6mm spikes in running shoes.
Alternative thicknesses may be provided by the stadium management, who will notify athletes of the permissible length of spikes. (See Rule 143.4).
Indoor Track and Field competitions under Rules 1.1(a), (b), (c), and (f) should be held only on facilities that hold an IAAF Indoor Athletics Facility Certificate. It is recommended that, when such facilities are available, competitions under Rules 1.1(d), (e), (g), (h), (i) and (j) should also be held on these facilities.
4. The foundation on which the synthetic surface of the tracks, runways and take-off areas is laid shall be either solid e.g. concrete or, if of suspended construction (such as wooden boards or plywood sheets mounted on joists), without any special sprung sections and, as far as technically possible, each runway shall have a uniform resilience throughout. This shall be checked, for the take-off area for the jumps, before each competition.

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

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

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

RULE 212

The Straight Track

1. The lateral inclination of the track should not exceed 1:100 (1%) unless special circumstances exist which justify the IAAF providing an exemption, and the inclination in the running direction shall not exceed 1:250 (0.4%) at any point and 1:1000 (0.1%) overall.

Lanes

2. The track should have a minimum of 6 and a maximum of 8 lanes separated and bounded on both sides by white lines 50mm wide. The lanes shall all be 1.22m ± 0.01m wide including the lane line on the right.

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

Start and Finish

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

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

RULE 213

The Oval Track and Lanes

1. The nominal length should preferably be 200m. It shall consist of two parallel straights and two bends, which may be banked, whose radii should be equal.
The inside of the track shall be bordered either with a kerb of suitable material, approximately 50mm in height and width, or with

a white line 50mm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the kerb or line shall be horizontal throughout the length of the track with a maximum slope of 1:1000 (0.1%). The kerb on the two straights may be omitted, and a white line 50mm wide substituted.

Lanes

2. The track should have a minimum of four and a maximum of six lanes. The nominal width of the lanes shall be between 0.90m and 1.10m including the lane line on the right. All lanes shall be of the same nominal width with a tolerance of $\pm 0.01\text{m}$ to the selected width. The lanes shall be separated by white lines 50mm wide.

Banking

3. The angle of banking in all the lanes in the bend and, separately, in the straight, should be the same at any cross section of the track. The straight may be flat or have a maximum lateral inclination of 1:100 (1%) towards the inside lane.
In order to ease the change from the straight to the banked bend, the change may be made with a smooth gradual horizontal transition which may be extended into the straight. In addition, there should be a vertical transition.

Marking of the Inside Edge

4. Where the inside edge of the track is bordered with a white line, it shall be marked additionally with cones or flags on the bends and, optionally, on the straights. The cones shall be at least 0.20m high. The flags shall be approximately $0.25\text{m} \times 0.20\text{m}$ in size, at least 0.45m high and set at an angle of 60° with the ground away from the track. The cones or flags shall be placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track. The cones or flags shall be placed at intervals not exceeding 1.5m on the bends and 10m on the straights.

Note: For all indoor competitions directly under the IAAF, the use of an inside kerb is strongly recommended.

RULE 214

Start and Finish on the Oval Track

1. Technical information on the construction and marking of a 200m banked indoor track are given in detail in the IAAF Track and Field

Facilities Manual. The basic principles to be adopted are given hereunder.

Basic Requirements

2. The start and finish of a race shall be denoted by white lines 50mm wide, at right angles to the lane lines for straight parts of the track and along a radius line for curved parts of the track.
3. The requirements for the finish line are that, if at all possible, there should be only one for all the different lengths of race, it shall be on a straight part of the track and as much of that straight as possible should be before the finish.
4. The essential requirement for all start lines, straight, staggered or curved, is that the distance for every athlete, when taking the shortest permitted route, shall be the same.
5. As far as possible, start lines (and takeover zone lines for Relay Races) should not be on the steepest part of the banking.

Conduct of the Races

6. (a) Races of up to, and including, 300m shall be run entirely in lanes.
- (b) Races over 300m, and less than 800m shall start and continue in lanes until the breakline marked at the end of the second bend.
- (c) For the start of races of 800m, each athlete may be assigned a separate lane, or up to two athletes may be assigned per lane, or a group start, preferably commencing in lanes 1 and 4, may be used. In these cases, athletes may leave their lane, or those running in the outer group may join the inner group, only after the breakline marked at the end of the first bend, or if the race is run with two bends in lanes, at the end of the second bend.
- (d) Races longer than 800m shall be run without lanes using an arced start line or group starts. If a group start is used, the breakline shall be at the end of either the first or second bend.

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

The breakline shall be an arced line marked after each bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 50mm × 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

Note (i): In competitions other than those held under Rules 1.1(a), (b), (c) and (f), the Members concerned may agree not to use lanes for the 800m event.

Note (ii): On tracks with less than six lanes, a group start as in Rule 162.10 may be used to allow six athletes to compete.

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

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

RULE 215

Seedings, Draws and Qualification in Track Events

Rounds and Heats

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

60m, 60m H

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

200m, 400m, 800m, 4 × 200m, 4 × 400m

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

1500m

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

3000m

Declared Entries	First Round		
	Heats	P	T
16-24	2	4	4
25-36	3	3	3
37-48	4	2	4

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

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

Draw for Lanes

2. For all events, other than 800m, run wholly or partly in lanes around a bend, where there are successive rounds of a race, three draws for lanes will be made:
 - (a) one for the two highest ranked athletes or teams to determine placings in the outer two lanes;
 - (b) another for the third and fourth ranked athletes or teams to determine placings in the next two lanes;

(c) another for the other athletes or teams to determine placings in any remaining inner lanes.

The ranking referred to shall be determined as follows:

- (d) for the first round, from the relevant list of valid performances achieved during the predetermined period.;
- (e) after the first round, in accordance with the procedures identified in Rule 166.3(b)(i).
3. For all other races, the lane order shall be drawn in accordance with Rules 166.4 and 166.5.

RULE 216

Clothing, Shoes and Athlete Bibs

That part of each spike which projects from the sole or the heel shall not exceed 6mm (or as required by the Organising Committee) subject always to the maxima provided in Rule 143.4.

RULE 217

Hurdle Races

- The standard distances shall be: 50m or 60m on the straight track.
- Layout of the hurdles for races:

	U18 Boys	U20 Men	Men	U18 Girls	U20 Women/ Women
Height of hurdle	0.914m	0.991m	1.067m	0.762m	0.838m
Distance	50m/60m				
Number of hurdles	4/5				
Start line to first hurdle	13.72m			13.00m	
Between hurdles	9.14m			8.50m	
Last hurdle to finish line	8.86m/9.72m			11.50m/13.00m	

RULE 218

Relay Races

Conduct of the Races

- In the 4 × 200m race, all the first leg and the first bend of the second leg up to the nearer edge of the breakline described in Rule 214.6, shall be run in lanes. Rule 170.18 shall not apply, therefore the

second, third and fourth athletes are not permitted to begin running outside their takeover zones, and shall start within this zone.

2. The 4 × 400m race shall be run according to Rule 214.6(b).
3. The 4 × 800m race shall be run according to Rule 214.6(c).
4. The waiting athletes in the third and fourth legs of the 4 × 200m race, in the second, third and fourth legs of the 4 × 400m and the 4 × 800m race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team shall be disqualified.

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

RULE 219

High Jump

Runway and Take-Off Area

1. If portable mats are used, all references in the Rules to the level of the take-off area must be construed as referring to the level of the top surface of the mat.
2. An athlete may start his approach on the banking of the oval track provided that the last 15m of his run up is on a runway complying with Rules 182.3, 182.4 and 182.5.

RULE 220

Pole Vault

Runway

An athlete may start his approach on the banking of the oval track provided that the last 40m of his run up is on a runway complying with Rules 183.6 and 183.7.

RULE 221
Horizontal Jumps

Runway

An athlete may start his approach on the banking of the oval track provided that the last 40m of his run up is on a runway complying with Rules 184.1 and 184.2.

RULE 222
Shot Put

Landing Sector

1. The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimise any bounce.
2. Where necessary to ensure the safety of spectators, officials and athletes, the landing sector shall be enclosed at the far end and on the two sides by a stop barrier and/or protective netting, placed as close to the circle as required. The recommended minimum height of the netting should be 4m and sufficient to stop a shot, whether in flight or bouncing from the landing surface.
3. In view of the limited space inside an indoor arena, the area enclosed by the stop barrier may not be large enough to include a full 34.92° sector. The following conditions shall apply to any such restriction.
 - (a) The stop barrier at the far end shall be at least 0.50m beyond the current World Record in Shot Put for men or women.
 - (b) The sector lines on either side shall be symmetrical about the centre line of the 34.92° sector.
 - (c) The sector lines may either run radially from the centre of the Shot Put circle including a full 34.92° sector, or may be parallel to each other and the centre line of the 34.92° sector. Where the sector lines are parallel, the minimum separation of the two sector lines shall be 9m.

Construction of the Shot

4. Depending on the type of landing area (see Rule 222.1), the shot shall be either solid metal or metal cased or, alternatively, soft plastic or rubber casing with a suitable filling. Both types of shot may not be used in the same competition.

Solid Metal or Metal Cased Shot

5. These shall comply with Rule 188.4 and 188.5, for the Shot Put outdoors.

Plastic or Rubber Cased Shot

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

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

RULE 223

Combined Events Competitions**U18 Boys, U20 and Senior Men (Pentathlon)**

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

U18 Boys, U20 and Senior Men (Heptathlon)

2. The Heptathlon consists of seven events which shall be held over two consecutive days in the following order:
First day: 60m; Long Jump; Shot Put; High Jump.
Second day: 60m Hurdles; Pole Vault; 1000m.

U18 Girls, U20 and Senior Women (Pentathlon)

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

Heats and Groups

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

SECTION VII - RACE WALKING EVENTS

RULE 230
Race Walking***Distances***

1. The standard distances shall be: indoor: 3000m, 5000m; outdoor: 5000m, 10km, 10,000m, 20km, 20,000m, 50km, 50,000m.

Definition of Race Walking

2. Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Judging

3.
 - (a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.
 - (b) All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.
 - (c) In competitions held under Rule 1.1(a), all Judges shall be International Race Walking Judges. In competitions held under Rules 1.1(b), (c), (e), (f), (g) and (j), all Judges shall be either Area or International Race Walking Judges.
 - (d) For Road Races, there should normally be a minimum of six to a maximum of nine Judges including the Chief Judge.
 - (e) For Track Races, there should normally be six Judges including the Chief Judge.
 - (f) In competitions held under Rule 1.1(a) not more than one Judge (excluding the Chief Judge) from any Country can officiate.

Chief Judge

4.
 - (a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete in the last 100m, when his mode of progression obviously fails to comply with the Rule 230.2 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge

under these circumstances shall be allowed to finish the race. He shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

- (b) The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 230.4(a). In competitions held under Rules 1.1(a), (b), (c) and (f), two or more Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.
- (c) For all competitions held under Rules 1.1(a), (b), (c) and (f), an official in charge of the Posting Board(s) and a Chief Judge's Recorder shall be appointed.

Yellow Paddle

- 5. When a judge is not completely satisfied that an athlete is fully complying with Rule 230.2, he should, where possible, show the athlete a yellow paddle with the symbol of the offence on each side. An athlete cannot be shown a second yellow paddle by the same Judge for the same offence. Having shown a yellow paddle to an athlete, the Judge shall inform the Chief Judge of his action after the competition.

Red Cards

- 6. When a Judge observes an athlete failing to comply with Rule 230.2 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.

Disqualification

- || 7. (a) Except as provided in Rule 230.7(c), when three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.
- (b) In competitions under Rules 1.1(a), (b), (c) or (e), in no circumstances shall the Red Cards of two Judges of the same nationality have the power to disqualify.

- (c) A Pit Lane shall be used for any race where the applicable Regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organising Committee. In such cases, an athlete will be required to enter the Pit Lane and remain there for the applicable period (as set out in the Regulations or Organising Committee decision) once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him. If, at any time, the athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified. An athlete who fails to enter the Pit Lane when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge.
- (d) In Track Races, an athlete who is disqualified shall immediately leave the track and, in Road Races, shall, immediately after being disqualified, remove the distinguishing bibs and leave the course. Any disqualified athlete who fails to leave the course or track or comply with directions given under Rule 230.7(c) to enter and remain for the required period in the Pit Lane may be liable to further disciplinary action in accordance with Rule 145.2.
- (e) One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. The symbol of each offence should also be indicated on the Posting Board.
- (f) For all Rule 1.1(a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rules 230.4(a), 230.7(a) or 230.7(c) by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.

Start

8. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute

and one-minute warnings before the start of the race should be given. On the command “On your marks”, the athletes shall assemble on the start line in the manner determined by the organisers. The Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Safety

9. The Organising Committee of Race Walking events shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.

Drinking / Sponging and Refreshment Stations in Road Events

10. (a) Water and other suitable refreshments shall be available at the start and finish of all races.
- (b) For all events of 5km or longer up to and including 10km, water only drinking / sponging stations shall be provided at suitable intervals if weather conditions warrant such provision. *Note: Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.*
- (c) For all events longer than 10km, refreshment stations shall be provided every lap. In addition, water only drinking / sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.
- (d) Refreshments, which may be provided by either the Organising Committee or the athlete, shall be placed at the stations so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes.
- (e) Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre to the side, but not in front, of the table.
- (f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the table at any one time. No official or authorised person shall, under any circumstances, move beside an athlete while he is taking refreshment or water.

Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

- (g) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.
- (h) An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

Road Courses

- 11. (a) The circuit shall be no shorter than 1 km and no longer than 2km. For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.
- (b) Road courses shall be measured in accordance with Rule 240.3.

Race Conduct

- 12. In events of 20km or more, an athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten the distance to be covered.
- 13. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

SECTION VIII - ROAD RACES

RULE 240
Road Races

Distances

1. The standard distances shall be: 10km, 15km, 20km, Half-Marathon, 25km, 30km, Marathon (42.195km), 100km and Road Relay.

Note: It is recommended that the Road Relay race be run over the Marathon distance, ideally over a 5km loop course, with stages of 5km, 10km, 5km, 10km, 5km, 7.195km. For an U20 Road Relay, the recommended distance is a Half-Marathon with stages of 5km, 5km, 5km, 6.098km.

Course

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

Note (i): It is recommended that, for Road Races staged over standard distances, the start and finish points, measured along a theoretical straight line between them should not be further apart than 50% of the race distance. For approval of Records, see Rule 260.21(b).

Note (ii): It is acceptable for the start, finish and other segments of the race to be conducted on grass or other non-paved surfaces. These segments shall be kept to a minimum.

3. The course shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race.

In all competitions under Rules 1.1(a) and, where possible, (b), (c) and (f), the measurement line should be marked along the course in a distinctive colour that cannot be mistaken for other markings.

The length of the course shall not be less than the official distance for the event. In competitions under Rules 1.1(a), (b), (c) and (f), the uncertainty in the measurement shall not exceed 0.1% (i.e. 42m for the Marathon) and the length of the course should have been certified in advance by an IAAF approved course measurer.

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

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

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

Note (iv): It is recommended that for Road Races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000, i.e. 1m per km (0.1%). For approval of Records, see Rule 260.21(c).

Note (v): A course measurement certificate is valid for 5 years, after which the course shall be re-measured even when there are no obvious changes to it.

4. The distance in kilometres on the route shall be displayed to all athletes.
5. For Road Relays, lines 50mm wide shall be drawn across the course to mark the distances of each stage and to denote that scratch line. Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

Start

6. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command “On your marks”, the athletes shall assemble on the start line in the manner determined by the organisers. The Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Safety

7. Organising Committees of Road Races shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.

Drinking / Sponging and Refreshment Stations

8. (a) Water and other suitable refreshments shall be available at the start and finish of all races.
- (b) For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.
- Note (i): Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.*
- Note (ii): Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.*
- (c) Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organising Committee will determine which refreshments it will provide based on prevailing conditions.
- (d) Refreshments will normally be provided by the Organising Committee but it may permit athletes to provide their own, in which case the athlete shall nominate at which stations they shall be made available to him. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.
- (e) The Organising Committee shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official or authorised person shall,

under any circumstances, move beside an athlete while he is taking refreshment or water.

- (f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the area designated for their Country at any one time.

Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

- (g) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.
- (h) An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

Race Conduct

9. In Road Races, an athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten the distance to be covered.
10. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

SECTION IX - CROSS-COUNTRY, MOUNTAIN AND TRAIL RACES

There are extreme variations in conditions in which Cross-Country Running, Mountain Running and Trail Running are practised throughout the world and it is difficult to legislate international standardisation of these events. It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer. The following Rules are intended as a guide and incentive to assist Members to develop Cross-Country Running, Mountain Running and Trail Running.

RULE 250

Cross-Country Races

Course

1. (a) The course must be designed on an open or woodland area, covered as far as possible by grass, with natural obstacles, which can be used by the course designer to build a challenging and interesting race course.
- (b) The area must be wide enough to accommodate not only the course but also all the necessary facilities.
2. For Championships and international events and, wherever possible, for other competitions:
 - (a) A loop course must be designed, with the loop measuring between 1500m and 2000m. If necessary, a small loop can be added in order to adjust the distances to the required overall distances of the various events, in which case the small loop must be run in the early stages of the event. It is recommended that each long loop should have a total ascent of at least 10m.
 - (b) Existing natural obstacles shall be used if possible. However, very high obstacles should be avoided, as should deep ditches, dangerous ascents / descents, thick undergrowth and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition. It is preferable that artificial obstacles should not be used but if such use is unavoidable, they should be made to simulate natural obstacles met within open country. In races where there are large numbers of

- athletes, narrow gaps or other hindrances which would deny the athletes an unhampered run shall be avoided for the first 1500m.
- (c) The crossing of roads or any kind of macadamised surfaces shall be avoided or at least kept to a minimum. When it is impossible to avoid such conditions in one or two areas of the course, the areas must be covered by grass, earth or mats.
 - (d) Apart from the start and finish areas, the course must not contain any other long straight. A “natural”, undulating course with smooth curves and short straights, is the most suitable.
3. (a) The course shall be clearly marked with tape on both sides. It is recommended that all along one side of the course a 1m wide corridor, heavily fenced from the outside of the course, shall be installed for the use of organisation officials and media only (obligatory for Championship events). Crucial areas must be heavily fenced; in particular the start area (including the Warm-up Area and the Call Room) and finish area (including any mixed zone). Only accredited people will be allowed access to these areas.
- (b) The general public should only be allowed to cross the course in the early stages of a race at well organised cross-over points, marshalled by stewards.
 - (c) It is recommended that, apart from the start and finish areas, the course be a width of 5 metres, including the obstacle areas.

Distances

4. Distances at IAAF World Cross-Country Championships should be approximately:

Men	10km	Women	10km	
U20 Men	8km	U20 Women	6km	

The distances recommended for U18 competitions should be approximately:

U18 Boys	6km	U18 Girls	4km
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It is recommended that similar distances be used for other International and National competitions.

Start

5. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)).

In races which include a large number of athletes, five-minute, three-minute and one-minute warnings should be given.

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

Safety

6. Organising Committees of Cross-Country Races shall ensure the safety of athletes and officials.

Drinking / Sponging and Refreshment Stations

7. Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking / sponging station shall be provided every lap, if weather conditions warrant such provision.

Race Conduct

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

RULE 251

Mountain Races

Course

1. (a) Mountain Races take place on terrain that is mainly off-road, unless there is significant elevation gain on the route in which case a macadamised surface is acceptable.
(b) The course should not include dangerous sections.
(c) Athletes shall not use supplementary aid(s) to assist their progress on course.
(d) The profile of the course involves either considerable amounts of ascent (for mainly uphill races), or ascent / descent (for up and down races with start and finish at the same level).
(e) The average incline should include a minimum of 5% (or 50 metres per kilometre) and not exceed 20% (or 200 metres per kilometre).

- (f) The highest point on the course should not exceed 3000 metres altitude.
- (g) The entire course shall be clearly marked and include kilometre marks.
- (h) Natural obstacles or challenging points along the course should be additionally marked.
- (i) A detailed course map must be provided along with a profile using the following scales:
 Altitude: 1/10,000 (10mm = 100m)
 Distance: 1/50,000 (10mm = 500m)

Types of Mountain Races

2. (a) Classic Mountain Races

For Championships, the recommended distances and total amount of ascent should be approximately:

	Mainly Uphill		Up and down races	
	Distance	Ascent	Distance	Ascent
Senior Men	12km	1200m	12km	600m/750m
Senior Women	8km	800m	8km	400m/500m
U20 Men	8km	800m	8km	400m/500m
U20 Women	4km	400m	4km	200m/250m
U18 Boys	5km	500m	5km	250m/300m
U18 Girls	3km	300m	3km	150m/200m

(b) Long Distance Mountain Races

Long Distance Mountain Race courses include distances of approximately 20km to 42.195km, with a maximum elevation of 4000m. Participants under the age of 18 years should not compete at distances exceeding 25km.

(c) Relay Mountain Races

(d) Time Trial Mountain Races

Mountain Races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.

Start

- 3. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)).

In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.

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

Safety

4. Organising Committees of Mountain Races shall ensure the safety of athletes and officials.

Drinking / Sponging and Refreshment Stations

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

Race Conduct

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

RULE 252

Trail Races

Course

1. (a) Trail Races take place on a variety of terrain (including dirt roads, forest paths and single track footpaths) within a natural environment in open country (such as mountains, desert, forests or plains) that is mainly off-road.
(b) Sections of macadamised surfaces or concrete are acceptable but should be the minimum possible for the desired course and must not exceed 20% of the total distance of the race. There shall be no set limit on distance or altitude gain or loss.
(c) The Organisers shall, prior to the race, announce the distance and total ascent / descent of the course which must have been measured and provide a map and detailed profile of the course

together with a description of the technical difficulties to be confronted during the race.

- (d) The course must represent the logical discovery of a region.
- (e) The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.

Equipment

2. (a) Trail Running does not specify the use of a particular technique or specific equipment in its progression.
- (b) The Organiser may, however, impose or recommend obligatory security equipment applicable to the conditions expected or possibly to be encountered during the race which would allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.
- (c) A survival blanket, whistle, supply of water and a food reserve are the minimum elements which each athlete should possess.
- (d) If specifically permitted by the Organisers, athletes may use poles such as hiking poles.

Start

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

Safety

4. The Organisers shall ensure the safety of athletes and officials and must have a race specific plan for health, safety and rescue, including the means to provide assistance to athletes and other participants in distress.

Aid Stations

5. Since Trail Running is based on self-sufficiency, each athlete shall be autonomous between aid stations in relation to clothing, communications, food and drink. Accordingly, aid stations shall be sufficiently spaced out according to the organisers' plan so as to respect the autonomy of athletes but taking in account health and safety.

Race Conduct

6. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.
7. Assistance may only be provided at aid stations.
8. The Organisers of each trail race shall publish specific Regulations setting out the circumstances that may result in the penalisation or disqualification of an athlete.

SECTION X - WORLD RECORDS

RULE 260
World Records***Submission and Ratification***

1. A World Record shall be made in a bona fide competition which has been duly arranged, advertised and authorised before the day of the event by the Member in whose Country or Territory the event takes place and which has been conducted under the Rules. For individual events, at least three athletes and for relay events, at least two teams must be bona fide competitors in the event. Except for Field Events conducted as provided in Rule 147, no performance set by an athlete will be ratified if it has been accomplished during a mixed competition.
2. The following categories of World Records are accepted by the IAAF:
 - (a) World Records;
 - (b) World U20 Records;
 - (c) World Indoor Records;
 - (d) World U20 Indoor Records.

Note (i): For the purposes of these Rules, unless the context dictates otherwise, World Records refers to all categories of records under this Rule.

Note (ii): World Records under Rule 260.2(a) shall recognise the best ratified performances achieved at any facility complying with Rule 260.12 or 260.13.

3. An athlete (or athletes in the case of a relay event) who sets a World Record must:
 - (a) have been eligible to compete under the Rules;
 - (b) have been under the jurisdiction of a Member of the IAAF;
 - (c) in the case of a performance submitted under Rule 260.2(b) or (d), unless the athlete's date of birth has been previously confirmed by IAAF, must have his date of birth confirmed by his passport, birth certificate or similar official documentation, a copy of which, if not available to be attached to the application form, must be provided by the athlete or athletes' own Member to the IAAF without delay;

- (d) in the case of relay events, must all be eligible to represent a single Member Country in accordance with Rule 5.1. A colony which is not a separate Member of the IAAF shall be deemed, for the purpose of this Rule, to be part of its Mother Country.
- (e) 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. The sample(s) collected shall be sent for analysis to a WADA-accredited laboratory and the result(s) sent to the IAAF to be added to the other information required by the IAAF for ratification. If such testing results in a doping violation, or if such a testing is not conducted, the performance will not be ratified.

Note (i): In the case of a Relay World Record, all members of the team must be tested;

Note (ii): If an athlete has admitted that, at some time prior to achieving a World Record, he had used or taken advantage of a substance or technique prohibited at that time, then, subject to the advice of the Medical and Anti-Doping Commission, such record will not continue to be regarded as a World Record by the IAAF.

- 4. When a performance equals or betters an existing World Record, the Member of the Country where the performance was set shall collect together, without delay, all the information required for ratification of the Record by the IAAF. No performance shall be regarded as a World Record until it has been ratified by the IAAF. The Member should immediately inform the IAAF of its intention to submit the performance.
- 5. The submitted performance shall be better than or equal to the existing World Record for that event, as accepted by the IAAF. If a World Record is equalled it shall have the same status as the existing World Record.
- 6. The official application form of the IAAF shall be completed and dispatched to the IAAF Office within 30 days. If the application concerns a foreign athlete (or a foreign team), a duplicate of the form shall be sent within the same period to the Member of the athlete (or team).
Note: Forms are available, on request, from the IAAF Office, or may be downloaded from the IAAF website.
- 7. The Member of the Country where the performance was set shall send, with the official application form:

- (a) The printed programme of the competition (or electronic equivalent);
 - (b) The complete results of the event, including all information required under this Rule;
 - (c) In the case of a Track World Record where Fully Automatic Timing was in operation, the photo finish and zero control test images;
 - (d) Any other information required to be submitted by this Rule, where such information is or should be in its possession.
8. Performances made in preliminary rounds, in deciding ties in High Jump and Pole Vault, in any event or part of an event which is subsequently decreed void under the provisions of Rules 125.7 or 146.4(b), or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, may be submitted for ratification.
9. The President and the General Secretary of the IAAF together are authorised to recognise World Records. If they are in any doubt whether or not the performance should be accepted, the case shall be referred to the Council for decision.
10. When a World Record has been ratified, the IAAF will:
- (a) so inform the athlete's Member, the Member applying for the World Record and the relevant Area Association;
 - (b) supply the official World Record Plaques, for presentation to World Record holders.
 - (c) update the official List of World Records each time a new World Record has been ratified. This list shall represent the performances regarded by the IAAF as being, from the date of the list, the best ratified performances yet set by an athlete or team of athletes in each of the recognised events listed in Rules 261, 262, 263 and 264.
 - (d) formally publish (by Circular letter to Members) the status of this list as at 1 January of each year.
11. If the performance is not ratified, the IAAF will give the reasons.

Specific Conditions

12. Except in Road Events:

- (a) The performance shall be made in an IAAF certified athletics facility or at an event site which conforms to Rule 140 or, where applicable, Rule 149.2.
- (b) For any performance at any distance of 200m or more to be ratified, the track on which it was made shall not exceed 402.3m (440 yards) and the race shall have started on some

part of the perimeter. This limitation does not apply to the Steeplechase events where the Water Jump is placed outside a normal 400m track.

- (c) A performance in an oval Track Event shall be made in a lane where the running line radius does not exceed 50m, except where the bend is formed with two different radii, in which case the longer of the two arcs should not account for more than 60° of the 180° turn.
- (d) A performance made in a Track Event outdoors may be made only on a track which conforms to Rule 160.

13. For World Indoor Records:

- (a) The performance shall have been made in an IAAF certified athletics facility or at an event site, which complies with Rule 211 to 213 as applicable.
- (b) For races of 200m and over, the oval track may not have a nominal length of more than 201.2m (220 yards).
- (c) The performance may be made on an oval track with a nominal length less than 200m provided that the distance run is within permitted tolerance for the distance.
- (d) Any straight track shall comply with Rule 212.

14. For World Records in Running and Race Walking Events:

- (a) The performance shall be timed by official Timekeepers, by an approved Fully Automatic Timing and Photo Finish System (for which a zero control test has been undertaken in accordance with Rule 165.19) or Transponder System (see Rule 165.24).
- (b) For races up to and including 800m (including 4 × 200m and 4 × 400m), only performances timed by an approved Fully Automatic Timing and Photo Finish System conforming to the relevant sections of Rule 165 shall be ratified.
- (c) For performances made outdoors up to and including 200m, information concerning wind velocity, measured as indicated in Rules 163.8 to 163.13 inclusive, shall be submitted. If the wind velocity, measured in the direction of running, averages more than 2 metres per second, the performance will not be ratified.
- (d) No performance will be accepted where the athlete has infringed Rule 163.3.
- (e) For performances up to and including 400m (including 4 × 200m and 4 × 400m) under Rules 261 and 263, starting blocks linked to an IAAF approved Start Information System under Rule 161.2 must have been used and have functioned

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

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

- (a) A race shall be stated to be over one distance only.
- (b) A race based on the distance covered over a given time may be combined with a race over a fixed distance (for example, 1 Hour and 20,000m - see Rule 164.3).
- (c) It is permissible for the same athlete to submit multiple performances for ratification in the same race.
- (d) It is permissible for several athletes to submit performances for ratification in the same race.
- (e) A performance will not be ratified at a shorter distance if the athlete did not finish the full distance of that race.

16. For World Records in Relay Events:

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

17. For World Records in Field Events:

- (a) The performances shall be measured either by three Field Judges using a calibrated and certified steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed in accordance with Rule 148.
- (b) In the Long Jump and Triple Jump conducted outdoors, information concerning wind velocity, measured as indicated in Rules 184.10-12 shall be submitted. If the wind velocity, measured in the direction of jumping, averages more than 2 metres per second, the performance will not be ratified.
- (c) World Records may be credited for more than one performance in a competition, provided that each World Record so ratified shall have been equal or superior to the best previous performance at that moment.
- (d) In Throwing Events, the implement used shall have been checked prior to the competition in accordance with Rule 123. If the Referee becomes aware during an event that a World Record has been equalled or bettered, he shall immediately mark the implement used and undertake a check to ascertain whether it still complies with the Rules or if there has been any change in characteristics. Normally, such implement shall be checked again after the event in accordance with Rule 123.

18. For World Records in Combined Events:

The conditions shall have been complied with in each of the individual events, except that, in events where wind velocity is

measured, the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 metres per second.

19. For World Records in Race Walking Events:

At least three Judges who are either IAAF Level or Area Level International Race Walking Judges shall be officiating during the competition and shall sign the application form.

20. For World Records in Road Race Walking Events:

(a) The course must be measured by an “A” or “B” grade IAAF/AIMS approved measurer who shall ensure that the relevant measurement report and any other information required by this Rule is available to the IAAF upon request.

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

(c) Any course measurer who originally measured the course or other suitably qualified official designated by the measurer with a copy of the documentation detailing the officially measured course must validate that the course covered by the athletes conforms to the course measured and documented by the official course measurer.

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

Note: If the course was originally measured by at least two “A” or one “A” and one “B” grade measurers, no verification (re-measurement) under this Rule 260.20(d) will be required.

(e) World Records in Road Race Walking Events set at intermediate distances within a race must comply with the conditions set under Rule 260. The intermediate distances must have been measured, recorded and subsequently marked as part of the course measurement and must have been verified in accordance with Rule 260.20(d).

21. For World Records in Road Running Events:

(a) The course must be measured by an “A” or “B” grade IAAF/AIMS approved measurer who shall ensure that the relevant measurement report and any other information required by this Rule is available to the IAAF upon request.

- (b) The start and finish points of a course, measured along a theoretical straight line between them, shall not be further apart than 50% of the race distance.
- (c) The overall decrease in elevation between the start and finish shall not exceed 1:1000, i.e. 1m per km (0.1%).
- (d) Any course measurer who originally measured the course or other suitably qualified official designated by the measurer with a copy of the documentation detailing the officially measured course shall ride in the lead vehicle during the competition to validate that the course run by the athletes conforms to the course measured and documented by the official course measurer.

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

Note: If the course was originally measured by at least two "A" grade or one "A" and one "B" grade measurers, no verification (re-measurement) under this Rule 260.21(e) will be required.

- (f) World Records in Road Running Events set at intermediate distances within a race must comply with the conditions set under Rule 260. The intermediate distances must have been measured, recorded and subsequently marked as part of the course measurement and must have been verified in accordance with Rule 260.21(e).
- (g) For the Road Relay, the race shall be run in stages of 5km, 10km, 5km, 10km, 5km, 7.195km. The stages must have been measured, recorded and subsequently marked as part of the course measurement with a tolerance of $\pm 1\%$ of the stage distance and must have been verified in accordance with Rule 260.21(e).

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

RULE 261

Events for which World Records are Recognised

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

Men

Running, Combined and Race Walking Events:

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

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m;
5000m; 10,000m; 20,000m; 1 Hour; 25,000m;
30,000m; 3000m Steeplechase;
4 × 800m Relay; Distance Medley Relay;
4 × 1500m Relay;
Race Walking (Track): 20,000m; 30,000m,
50,000m.

F.A.T. or H.T.
or T.T.:

Road Races: 10km; 15km; 20km; Half Marathon;
25km; 30km; Marathon; 100km; Road Relay
(Marathon distance only);
Race Walking (Road): 20km; 50km.

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

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

Women

Running, Combined and Race Walking Events:

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

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m;
5000m; 10,000m; 20,000m; 1 Hour; 25,000m;
30,000m; 3000m Steeplechase;
4 × 800m Relay; Distance Medley Relay;
4 × 1500m Relay;
Race Walking (Track): 10,000m; 20,000m;
50,000m*.

F.A.T. or H.T.
or T.T.:

Road Races: 10km; 15km; 20km; Half Marathon;
25km; 30km; Marathon; 100km; Road Relay
(Marathon distance only);
Race Walking (Road): 20km; 50km*.

Note (i): Except Race Walking competitions, IAAF shall keep two World Records for women in Road Races: a World Record for performance achieved in mixed gender (“Mixed”) races and a World Record for performance achieved in single gender (“Women only”) races.

Note (ii): A women only road race can be staged by having separate women’s and men’s start times. The time differential should be chosen to prevent any possibility of assistance, pacing or interference, especially on courses involving more than one lap of the same section of the course.

*Initial record to be recognised on 31 December 2015.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.
 Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.

RULE 262

Events for which World U20 Records are Recognised

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

Hand Timed performances (H.T.)

Transponder Timed performances (T.T.)

U20 Men

Running, Combined and Race Walking Events:

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

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m;
 5000m; 10,000m; 3000m Steeplechase;
 Race Walking (Track): 10,000m.

F.A.T. or H.T.
 or T.T.: Race Walking (Road): 10km.

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

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

U20 Women

Running, Combined and Race Walking Events:

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

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m;
5000m; 10,000m; 3000m Steeplechase;
Race Walking (Track): 10,000m.

F.A.T. or H.T.
or T.T.: Race Walking (Road): 10km.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.
Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin
Throw.

*Only ratified if over 7300 points.

RULE 263

Events for which World Indoor Records are Recognised

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

Men

Running, Combined and Race Walking Events:

F.A.T. only: 50m; 60m; 200m; 400m; 800m;
50m Hurdles; 60m Hurdles;
4 × 200m Relay; 4 × 400m Relay;
Heptathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m;
4 × 800m Relay;
Race Walking: 5000m.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.
Throwing Event: Shot Put.

Women

Running, Combined and Race Walking Events:

F.A.T. only: 50m; 60m; 200m; 400m; 800m;
50m Hurdles; 60m Hurdles;
4 × 200m Relay; 4 × 400m Relay;
Pentathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m;
4 × 800m Relay;
Race Walking: 3000m.

Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.
Throwing Event: Shot Put.

RULE 264

Events for which World U20 Indoor Records are Recognised

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

Hand Timed performances (H.T.)

Men

Running and Combined Events:

F.A.T. only: 60m; 200m; 400m; 800m;

60m Hurdles;

Heptathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m.

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

Throwing Event: Shot Put.

Women

Running and Combined Events:

F.A.T. only: 60m; 200m; 400m; 800m;

60m Hurdles;

Pentathlon.

F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 3000m; 5000m.

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

Throwing Event: Shot Put.

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PARAGUAY (PAR)	
PERU (PER)	TAJIKISTAN (TJK)
PHILIPPINES (PHI)	TANZANIA (TAN)
POLAND (POL)	THAILAND (THA)
PORTUGAL (POR)	TIMOR LESTE (TLS)
PUERTO RICO (PUR)	TOGO (TOG)
	TONGA (TGA)
QATAR (QAT)	TRINIDAD AND TOBAGO (TTO)
	TUNISIA (TUN)
ROMANIA (ROU)	TURKEY (TUR)
RUSSIA (RUS)	TURKMENISTAN (TKM)
RWANDA (RWA)	TURKS AND CAICOS ISLANDS (TKS)
	TUVALU (TUV)
SAINT KITTS AND NEVIS (SKN)	
SAINT LUCIA (LCA)	UGANDA (UGA)
SAINT VINCENT AND THE GRENADINES (VIN)	UKRAINE (UKR)
SAMOA (SAM)	UNITED ARAB EMIRATES (UAE)
SAN MARINO (SMR)	UNITED STATES OF AMERICA (USA)
SAO TOME E PRINCIPE (STP)	URUGUAY (URU)
SAUDI ARABIA (KSA)	US VIRGIN ISLANDS (ISV)

UZBEKISTAN (**UZB**)

VANUATU (**VAN**)

VENEZUELA (**VEN**)

VIETNAM (**VIE**)

YEMEN (**YEM**)

ZAMBIA (**ZAM**)

ZIMBABWE (**ZIM**)

INDEX OF TECHNICAL RULES

INDEX OF TECHNICAL RULES

A

Abbreviations (start lists, results).....	132.4
Absence during competition.....	180.19
Adhesive tape	170.11; 180.3
Advertising	
Advertising Commissioner.....	139
Athlete's bags.....	138
Check in Call Room.....	138
IAAF Advertising Rules and Regulations...	139
Age Categories	
Master.....	141.1
Minimum ages.....	141.1 (Note ii)
U18	141.1
U20	141.1
Announcer	
Duties	134
Languages to be used	134
Area Technical Officials (ATOs)	
Appointment.....	110
Duties	115
Assistance	
Cross-Country	250.7
Field Events	
Bandage at the wrist	144.4(c)
Belt for support	144.4(c)
Elbow protection.....	144.4(c)
Gloves	187.4(c)
Knee support	144.4(c)
Taping of fingers and hand	187.4(a); 187.5(c)
Throwing Events.....	187.4-5
Use of substances.....	187.4(d); 187.5(a)
Wind sock	180.4(b)
General	
Advice	144.3(e)
Appliance	144.3(c)
Communication.....	144.4(a)
Mechanical aid.....	144.3(d)
Medical	144.1; 144.4(b)
Mobile phones.....	144.3(b)
Personal electronic equipment	144.4(d)
Personal safeguards.....	144.4(c)
Shoes	143.2; 143.6

Technical device	144.3(a)
Race Walking.....	230.10
Track Events	
Drinking and sponging.....	163.15
Intermediate times.....	163.14
Pacing.....	144.3(a)
Athlete bibs.....	143.7-9
Perforations	143.8
Worn as issued	143.8

B

Bandage	144.4(c)
Banking	
Angle	213.3
Finish line in relation to banking	214.7
High Jump approach from banking.....	219.2
Horizontal Jumps approach from banking ..	221
Pole Vault approach from banking	220
Start position in relation to banking.....	214.7
Baton	
Dimensions.....	170.5
Dropping the baton.....	170.6
Position in relation to takeover zone.....	170.7
Starter's Assistant's responsibility.....	130.3
Bell	131.2
Bibs – see Athlete bibs	
Blocks – see Starting blocks	
Bona fide effort – see also Disqualification	163.2; 260.1
Breakline	
Dimensions.....	163.5
For 800m and appropriate relays.....	163.5; 170.13-16
For starts split into two groups.....	162.10
Indoor provision	214.6
Use of cones to indicate line	163.5

C

Cages	
Discus.....	190
Hammer.....	192
Joint hammer and discus	192.6
Calibrated bicycle	
Method intended for measuring road courses	240.3 (Note (i), (ii))
Call Room Judges – duties	138

Call Room Referee – duties.....	125.2; 125.4-5; 138, 139
Cartwheeling technique – see Shot Put	
Certification	
Implements.....	187.1-3
Road Race Courses.....	240.3
Tracks.....	140
Change of competition area or time.....	180.20
Check marks	
Relay.....	170.4
Clothing	
Call Room check.....	138
General regulations (including Indoors).....	143.1
Combined Events.....	200
Competing order.....	200.7
Conditions for Records.....	260.8; 260.18
Decathlon	
Event order	
Boys.....	200.2
Men.....	200.2
Women.....	200.4
Delay a trial.....	180.18
Failure to attempt to start.....	200.10
False start.....	130.5; 162.7; 200.8(c)
Height progression.....	200.8(d)
Heptathlon	
Event order indoors.....	223.3
Event order outdoors.....	200.3; 200.5
Indoors.....	223
Number of trials.....	200.8(a)
Pentathlon	
Event order indoors.....	223.1; 223.3
Event order outdoors.....	200.1
Referee.....	200.6-7; 200.10
Rest interval between events.....	200.6
Scoring.....	200.11
Ties in final classification.....	200.12
Timing.....	200.8(b); 200.9
Competing order – Field Events	
Initial order.....	180.5
Order for the last three rounds of trials.....	180.6
Qualifying round.....	180.5
Competition Director – duties.....	121; 145.2
Competition Secretary – duties.....	125.3; 132; 136
Crossbars.....	181.7
Cross-Country.....	250
Course design.....	250.1-3

Distances	250.4
Drinking / sponging and refreshment stations.....	250.7
Safety.....	250.6
Transponder timing	165.24
Venue	250.1

D

Decathlon.....	200.2; 200.4; 200.2
Discus Throw	
Assistance.....	187.4-5
Cage.....	190
Circle	187.6-8; 187.13
Leaving	187.17(a)
Danger sector	190.5
Failure	187.14(b); 187.15-17
General conditions	187
Implement details	189.1-2
Landing sector	187.10-12
Measurement of trial	187.19-20
Disqualification from competition	
Assistance.....	144.2
Combined Events	200.8(c); 200.10
Cross-Country	250.8
Identification of infringement in results	142.4 c); 145
Unsporting or improper manner / conduct	125.5; 145.2; 162.5
Race Walking	230.7; 230.10(h); 230.13
Road Running.....	240.8(h); 240.10
Track Events	
Aborted start	129.6
Bona fide effort.....	142.4(c)
False start	130.5; 162.7
Hurdles.....	168.7
Lane infringement.....	163.3
Obstruction.....	163.2
Relay	170.6-11; 170.18-21
Steeplechase	169.7
Doping Control Delegate – duties	110; 114
Draw	
Combined Events	200.7
Field Events.....	180.5-6
Track Events	
Indoors	215.2-3
Outdoors.....	166.2-6; 166.5
Drinking / sponging and refreshment stations	

Cross-Country	250.7
Race Walking	230.10
Road Races.....	240.8
Track Events.....	163.15

E

Entries

Eligibility.....	142
Simultaneous entries	142.3
Event Presentation Manager – duties	124

F

Failure

Jumps.....	180.18
High Jump	181.2; 182.1; 182.2
Long Jump	185.1
Pole Vault	181.2; 183.2; 183.4
Triple Jump.....	185.1; 186.2
Throws.....	180.18
Discus.....	187.14(b); 187.16-17
Hammer	187.14(b); 187.16-17
Javelin	187.14(a)(d);
.....	187.16-17; 193.1-2
Shot	187.14(a)(b)(c);
.....	187.16-17
To participate	142.4
False Start – see Start	
Finish line	164.1-2
Finish of race	164.2
Fixed time races.....	164.3

G

Gloves	187.4(c)
Green card	162.5, 162.8(Note)

H

Hammer Throw

Assistance.....	187.4-5
Cage.....	192
Circle	187.6-8
Leaving	187.17(a)

Danger sector	192.7
Failure	187.14(b); 187.16-17; 191.2-3
General conditions	187
Gloves	187.4(c)
Implement details	191.4-9
Landing sector	187.10-12
Measurement of trial	187.19-20
Hand Timing.....	165.1-12
Heats – see also Draw.....	166.1-8
Time interval between rounds	166.9
Heptathlon	200.3; 200.5; 223.2
High Jump	
Crossbar specifications.....	181.7; 182.9
Crossbar support.....	182.8
Elasticity of crossbar control.....	181.7
End pieces	181.7
Extraneous forces	181.10
Failure	182.2
Height progression	181.4
Combined Events.....	181.4
Indoors.....	219
Landing area.....	182.10
Measurement of height.....	181.5-6
Number of trials	181.2-4
Runway	
Inclination	182.4
Indoors	219
Length	182.3
Take off	182.5
Ties	181.8
Uprights.....	182.6; 182.7
Horizontal Jumps.....	184; 185; 186
Hurdles	
Construction	168.2; 168.5
Counterweights	168.2
Dimensions.....	168.3
Disqualification	168.7
Distances and specifications	168.1
Indoors.....	217
Lane running	168.6-7
Positioning on track.....	168.1
World Record	168.8-9

I

Implements – see Official implements	
Indoor Stadium	211
International Cross-Country, Road Running, Mountain Running and Trail Running Officials (ICROs)	
Duties	115
Selection	110
International Photo Finish Judge	
Duties	118; 165.20(Note)
Selection	110
International Race Walking Judges	
Duties	116
Selection	110
International Road Race Measurer	
Duties	117
Selection	110
International Starter	
Duties	118
Selection	110
International Technical Officials (ITOs)	
Duties	115
Selection	110

J

Javelin Throw	
Assistance	187.4-5
Failure	187.14(a)(d); 187.16-17; 193.1-2
Implement details	193.3-11
Landing sector	187.10-12
Measurement	187.19-20
Runway	187.9
Leaving	187.17(b)
Unorthodox technique	193.1(a)
Valid throw	193.1
Judges – duties	126
Jury of Appeal	
Duties	110; 146.1; 146.7-10
Number of members	119
Secretary to the Jury	119
Selection	110

K**Kerb**

Indoors.....	213.1; 213.4(Note)
Measuring track length.....	160.1-3
Replaced by cones.....	160.1

L**Lanes**

Infringement.....	163.3-5
Number of lanes.....	160.5
Width	
Indoors.....	212.2; 213.2
Outdoors.....	160.4

Lap Indicator

Lap change.....	131.2
Ring of bell.....	131.2

Lap Scorer – duties.....

Leaving the track or course.....163.6; 240.9

Location change in Field Events.....180.20

Long Jump

Failures.....	185.1
Indoors.....	221
Landing area.....	184.6-7
Leaving.....	185.1(f); 185.2
Measurement of jump.....	184.8-9
Plasticine indicator board.....	184.5
Runway.....	184.1-2
Take-off board.....	184.3-4
Take-off line.....	185.3-4
Wind measurement.....	184.10-12

M**Manager**

Event Presentation – duties.....	124
Meeting – duties.....	122
Technical – duties.....	123

Markers

Performance.....	180.4
Field Events.....	180.3
Lane.....	162.8

Marshal – duties.....133

Masters – definition.....141.1

Measurements	148; 181.5-6; 184.8-9; 187.19-20
Measurement Judge – duties	137
Medical Delegate	110; 113; 144.1(b)
Medical examination	144.1; 144.4(b)
Medical staff – see Official medical staff	
Meeting Manager – duties	122
Mixed Competition	147; 260.1
Mountain Races	251
Course	251.1
Drink and refreshment stations	251.5
Race conduct	251.6
Safety	251.4
Start	251.3
Types of races	251.2

O

Obstruction	
Relay	170.10; 170.15
Track Events	163.2
Official implements	187.1-3
Official medical staff	144.1; 144.4(b)
Official time	
Cross-Country	165.24
Road Races	165.24
Track Races	165.1; 165.8-9; 165.11-12; 165.22-23
Officials of the competition	120
Oral protest	146.4
Organisational Delegate - duties	110; 111

P

Participation “under protest”	146.1; 146.4(a); 146.5
Pentathlon	200.1; 223.1; 223.3
Photo Finish	
Alignment of the camera	165.15
Accuracy and certification	165.14-18
Chief Photo Finish Judge	
Duties	128.3; 165.19; 165.21; 167
Liaison with other officials	165.19
Role in resolving ties	167
International Photo Finish Judge	110; 118; 165.20(Note)

Numbers on shorts.....	143.9
Number of cameras	165.20
Official times.....	165.22
Photo Finish Judges - duties.....	128; 165.21-23
Reading and recording times	
Races up to 10,000m.....	165.23(a)
Races over 10,000m.....	165.23(b)
Races out of stadium.....	165.23(c)
Requirements of the System.....	165.14-18; 165.20; 165.22
Zero control operation.....	165.19
Zero control test for Records.....	260.7(c); 260.14(a)
Place of competition - change	180.20
Plasticine indicator board - specifications.....	185.8
Pole Vault	183
Box	183.8
Crossbar	
Movement	183.1
Specification	181.7
Support.....	183.10
Distance markers	180.3(c)
Failure	183.2
Height progression	181.4
Combined Events	181.4
Indoors.....	220
Landing area.....	183.12
Measurement of height.....	181.5-6
Number of trials	181.2-4
Pole	
Break during vault	183.5
Construction.....	183.11
Falling towards bar	183.4
Taping	183.11
Protection against injury	144.4(c); 183.10(Note)
Runway	
Inclination	183.7
Length	183.6
Uprights.....	183.9
Use of substances	183.3
Posting Board	230.4(c); 230.7(e)(f)
Practice trials at competition area.....	180.1-2
Protests and appeals	
Competing “under protest”	146.1, 146.4(a) 146.5
Cost of an appeal (deposit).....	146.7
Eligibility to compete.....	146.1
Jury of Appeal	110; 146.1; 146.7-10

Procedures	146.2-6
Right of appeal	146.4; 146.10
Time limits	146.2; 146.7

Q

Qualifying competition - Field Events	180.9-16
Qualifying standards.....	180.12-15

R

Race Walking	230
Chief Judge.....	230.4
Definition of Walking	230.2
Disqualification.....	230.7
Drinking / sponging and refreshment stations	230.10
Judging	230.3
Pit Lane	230.7(c)
Red Cards	230.4(a); 230.6; 230.7
Road courses	230.11
Safety.....	230.8
Transponder Timing.....	165.24
Yellow paddle	230.5
For Records	260.14(e)
Reaction Time	161.2
Recaller – duties	129.2; 129.4-6
Records	
World Records	260; 261
Combined Events.....	260.18
Field Events	260.17
Indoors	260.13; 263, 264
Race Walking.....	260.14; 260.19; 260.20
Relay	260.3(d); 260.16
Road	260.21
Track	260.12; 260.14
U20.....	260.2(b)(d); 260.3(c); 262, 264
Recorder	230.4(c); 230.7(ef)
Red card – Referee	125.5
Red card – Race Walking	230.4(a); 230.6-7
Red flag	126.3
Red paddle – Race Walking	230.4(a); 230.7(a)
Referee	
Call Room	125.2; 125.4-5; 138; 139

Combined Events	125.1; 125.8
Field – duties	125.3-7
Outside stadium.....	125.1
Protests – duties.....	146.3
Race Walking	125.1
Track – duties	125.1-7; 163.2;
Refreshments	
Cross-Country	250.7
Race Walking	230.10
Road Races.....	240.8
Relay Races	
Acceleration zone.....	170.18
Baton	170.5-7
Check marks.....	170.4
Indoor events.....	218
Infringements	170.6-11; 170.18-21
Relay Records	260.3(d); 260.16
Takeover zone	127.4; 170.3; 170.7; 170.18-20; 214.5; 218.1; 218.4; 240.5
Team membership.....	170.10-11
Results	
Announcing.....	134
Field Events.....	180.21
Result card	
Signing.....	115; 125.3
System	132; 165.21
Track Events.....	165.12; 165.21
Road Races	240
Course measurement.....	240.3
Drinks and refreshment stations.....	240.8
Records.....	260.21
Safety.....	240.7
Standard distances	240.1; 240.2(Note(i))
Start	240.6
Transponder Timing.....	165.24
Road Relay	
Distances, stages	240.1(Note(i)); 260.21(g)
Records.....	260.21

S

Scoring of matches	151
Seeding of Track Events	
Indoors.....	215.1

Outdoors	166.3
Sex Categories	141.3-6
Shoes	
Construction	143.2; 143.5-6
Dimension of spikes	
Indoors	215
Outdoors.....	143.4
Number of spikes	143.3
Shoe strap	143.2
Shot Put	
Assistance.....	187.4-5
Cartwheeling technique.....	188.1(Note)
Circle	187.6-8
Leaving.....	187.17(a)
Failure	187.14(a)(b)(c); 187.16-17
General conditions	187
Indoors.....	222
Implement details	188.4-5
Landing sector	187.10-12
Measurement of trial	187.19-20
Stop board	188.2-3
Valid put.....	188.1
Spikes - see Shoes	
Sponging.....	163.15; 230.10; 240.8; 250.7
Start	
Aborting	129.6; 162.5
Commands.....	162.2
Cross-Country	250.5
Delay in responding to commands	162.5(b)
False start	129.2; 130.5; 162.6-9
Language of commands	162.2
Protests	146.4
Race Walk	230.8
Reaction time	161.2
Road Races.....	240.6
Split start	162.10
Start line	162.1
Start Coordinator – duties.....	129.1
Starter and Recallers – duties	129.2-3; 129.5; 129.6-7; 162.3-5; 164.3
Starter’s Assistants – duties.....	130; 162.5; 162.8
Starting Blocks	
Construction	161.1
Foot contact with blocks	162.3

Positioning within lane.....	161.1
Reaction time	161.2
Restriction of use.....	161.1
Start Information System	161.2; 162.6(Note)
Steeplechase	
Distances	169.1; 169.4
Infringements	169.7
Specifications	
Hurdles.....	169.2-3; 169.5; 169.5(Note)
Placing on track	169.5
Water Jump	169.2-3; 169.5-7
Stop board.....	188.2-3
Surveyor – duties.....	135

T

Take-off board	184.3-4
Takeover zones	127.4; 170.3; 170.7; 170.18-20; 214.5; 218.1; 218.4; 240.5
Technical Delegate – duties.....	112; 146.1; 165.20(Note); 166.2; 180. 12; 180. 20; 181.8(d); 200.7
Technical Information Centre (TIC)	132.5
Technical Manager – duties.....	123
Throwing Events – general conditions	187
Ties	
Combined Events	200.12
Horizontal Jumps	180.22
Throwing Events	180.22
Track Events.....	167
Vertical Jumps.....	181.8-9
Time clock.....	180.18 (Note (i))
Timekeepers – duties.....	128; 165.4-12; 165.22
Chief Timekeeper	
Appointment	128.1
Duties	128.1; 165.8-9; 165.12
Combined Events	200.8(b)
Liaison with Starter	129.1(c)
Reading and recording times.....	165.10; 165.11
World Records	260.14(a)
Time of competition - change.....	180.20
Track Measurement	160
Certification.....	140

Inclination	160.6
Trail Races.....	252
Aid Stations.....	252.5
Course	252.1
Equipment	252.2
Race conduct	252.6-8
Safety.....	252.4
Start	252.3
Types of races.....	251.2
Transponder Timing System	165.24
For Records	260.14(a)
Judge	128; 165.25
Trials recorded (Field Events).....	180.6-7
Completion of trials.....	180.8
Substitute trials.....	180.17
Time allowed for trials	180.18
Triple Jump	
Indoors.....	221
Landing area.....	184.6-7
Leaving.....	185.1(f); 185.2
Measurement of jump	184.8-9
Plasticine indicator board.....	184.5
Runway	184.1-2
Sequence of jumps	186.1-2
Sleeping leg	186.2
Take-off board.....	184.3-4
Take-off line.....	186.3-4
Wind measurement.....	184.10-12

U

Umpires – duties.....	127
Uprights	
High Jump	182.6-7; 182.9; 182.10(Note)
Pole Vault.....	183.1(Note); 183.9; 183.10(Note)

V

Victory Ceremony	143.1
Video recording	146.3; 150

W

Warning and disqualification	
Assistance	144.2
Race Walking – see Red paddle	
Referee	125.5
Start	162.7-8
Watches - Definition.....	165.5
Water and sponges	163.15; 230.10; 240.8; 250.7
Water Jump	
Clearance	169.7
Dimensions.....	169.6
Disqualification.....	169.7
White flag – Judges	126.3
Wind Gauge	
Certification	163.10
Horizontal Jumps	
Duration of recording.....	184.12
Positioning	184.11
Reading values	163.13
Mechanical gauge.....	163.9
Track Events	
Duration of recording.....	163.12
Positioning	163.10
Recording values.....	163.13
Ultrasonic gauge.....	163.9
Wind Gauge Operator – duties	136
World Indoor Record.....	260.13; 263; 264
World U20 Record	260.2(b)(d); 260.3(c);262; 264
World Records.....	260; 261
Written reports	
Technical Delegate.....	112
Track Umpire	127.2

Y

Yellow card	125.5
Yellow flag	
Field - Time allowed for trial	180.18 (Note(i))
Track Umpire	127.3
Yellow paddle – Race Walking.....	230.5

Z

Zero control operation	165.19
Zero control test for Records	260.7(c); 260.14(a)
Zigzag distribution - Track heats.....	166.3

IAAF PARTNER ORGANISATIONS

AIMS - Association of International Marathons and Distance Races

<http://www.aimsworldrunning.org>

IAU - International Association of Ultrarunners

<http://www.iau-ultramarathon.org>

IPC Athletics - International Paralympic Committee

<http://www.paralympic.org/athletics>

ITRA - International Trail Running Association

<http://www.i-tra.org/>

WMA - World Masters Athletics

<http://www.world-masters-athletics.org>

WMRA - World Mountain Running Association

<http://www.wmra.info>

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International Association of Athletics Federations

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HQ Tel: +377 93 10 88 88 Fax: +377 93 15 95 15 **IAAF.ORG**