

## SUMMARY OF NEW IAAF RULES PASSED IN 2019 (March and June)

Whilst the following wordings are not yet fully finalised they should be close to the eventual version. All changes are effective from 1 October 2019 unless otherwise stated in brackets next to the rule number on in the explanatory text.

*1. Rule 100 is further expanded to allow improvised formats in all competitions, removing the restriction previously applicable to World Championships and Olympic Games. It means organisers and controlling bodies can make regulations for any particular meeting that provide for alternate formats for the conduct of the competition – but always on the condition that this does not provide the athletes with more rights than provided in the Rules.*

### RULE 100

#### General

---

All International Competitions, as defined in Rule 1.1, shall be held under the Rules of the IAAF.

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 relevant governing body having the control over the competition.

In the case of mass participation events held outside the stadium, these Rules should normally only be applied in full to those athletes, if any, who are designated as taking part in the elite or other defined section of the races such as age group categories for which there are placings for awards or prizes. Race organisers should outline in the information provided to other athletes which other rules will apply to their participation, particularly those pertaining to their safety.

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

*2. Rules 112 and 113 are elaborated to better reflect the current practice in relation to the roles and duties of the respective delegates and international officials. These are intended to make clearer the powers that technical and medical delegates (or persons delegated by them) have in relation to the conduct of competition especially in relation to unforeseen events and perhaps most importantly when athlete medical care issues arise, particularly in out stadium competitions. However all matters under the Rules which are within the responsibilities and power of the referee remain that way. These enhancements to the Rules should not be seen as changing this situation – they are to cover this situations which are not expressly provided for.*

### RULE 112

#### Technical Delegates

---

The Technical Delegate(s), in conjunction with the Organisers, 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.

Technical Delegates appointed for competitions other than one day meetings shall:

- (a) ensure the submission to the appropriate body of proposals for the timetable of events and the entry standards.
- (b) approve 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 applicable 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 Association or other relevant governing body.)
- (f) determine the qualifying standards for the Field Events, and the basis on which the rounds shall be arranged for Track Events.
- (g) cause the seeding and draws for all events to be made in accordance with the Rules and any applicable Technical Regulations and approve all start lists.
- (h) **decide upon any matters which arise prior to the competition and for which provision has not been made in these Rules (or any applicable regulations) or the arrangements for the competitions, where appropriate in**

conjunction with the organisers.

- (i) **decide (including where appropriate in conjunction when available with the relevant Referee(s) and the Competition Director) upon any matters which arise during the competition and for which provision has not been made in these Rules (or any applicable regulations) or the arrangements for the competitions or which might require a deviation from them in order for the competition to continue in whole or in part or in order to ensure fairness to those taking part.**
- (j) if requested, chair the Technical Meeting and brief the Technical Officials.
- (k) ensure the submission of written reports in advance of the competition on its preparations and after its conclusion on the execution, including recommendations for future editions.

Technical Delegates appointed for one day meetings shall provide all necessary support and advice to the organisers and ensure the submission of written reports on the execution of the competition.

Specific information is provided in the IAAF Technical Delegates Guidelines which may be downloaded from the IAAF website.

#### RULE 113 (effective from 11 March 2019)

##### Medical Delegate

---

The Medical Delegate shall:

- (a) have ultimate authority on all medical matters.
- (b) ensure that adequate facilities for medical examination, treatment and emergency care will be available at the venue(s) of the competition, training and Warm-up areas and that medical attention can be provided where athletes are accommodated **and for provision of and compliance with the requirements of Rule 144.2.**
- (c) make examinations and provide medical certificates in accordance with Rule 142.4.
- (d) have the power to order an athlete to withdraw before, or to immediately retire from an event during, competition.

*Note (i): The powers under (c) and (d) above may be passed by the Medical Delegate to (or where no Medical Delegate is appointed or available be exercised by one or more ~~a~~ medical doctors appointed and so designated by the Organisers who should normally be identified by an armband, vest or similar distinctive apparel. **Where the Medical Delegate or doctor is not immediately available to the athlete, he may provide instruction or direction to an official or other authorised person to act on his behalf.***

*3. Rule 120 is elaborated to reflect actual practice in many instances where the officials are appointed by the governing body and not always by the organisers.*

#### RULE 120

##### Officials of the Competition

---

The Organisers of a competition **and/or the relevant governing Body** 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 relevant governing body....

*4. Rules 125 and 145 have been updated in several respects and enhanced to reflect common practice. The change in wording in Rule 125.2 complements the addition of Rule 112 (i). The changes also make clear that disciplinary infringements can be made by relay teams but should be considered as an infringement by the team and not by the individual athlete(s) concerned.*

#### 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. A ~~Track~~ Referee appointed to oversee the starts is designated the Start Referee. The Video Referee(s) shall operate from a Video Control Room, should consult and shall be in communication with the other Referees.
2. Referees shall ensure that the Rules and Regulations (and other regulations for each particular competition) are observed. They shall rule on any protest or objection regarding the conduct of the competition 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 regulations), **where appropriate or necessary in conjunction with the Technical Delegates.** 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 and may overrule a decision of a Judge. *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 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. They shall have no jurisdiction over matters within the responsibilities of the Chief Judge of Race Walking events.

The relevant Track Referee has jurisdiction 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 certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.

The Combined Events Referee shall have jurisdiction over the conduct of the Combined Events competition and over the conduct of the respective individual events within it (**except in matters related to his jurisdiction when a Start Referee is appointed and available**).

4. 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 (or otherwise approved) by the appropriate Referee and conveyed to the Competition Secretary.
5. The applicable Referee shall have authority to warn or exclude from competition, any athlete **or relay team** guilty of acting in an unsporting or improper manner or under Rules 144, 162.5, 163.14, 163.15(c), 180.5, 180.19, 230.7(d), 230.10(h) or 240.8(h). 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.

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

The applicable Referee (where practicable after consulting the Competition Director) may warn or remove any other person from the competition area (or other area related to the competition including the Warm-up Area, Call Room and coaches seating) who is acting in an unsporting or improper manner or who is providing assistance to athletes that is not permitted by the Rules.

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

*Note: (ii) The Referee for events outside the stadium shall, wherever practicable (e.g. under Rules 144, 230.10 or 240.8), give a warning prior to disqualification. If the Referee's action is contested, Rule 146 will apply.*

*Note: (iii) When excluding an athlete **or relay team** 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 (iv) 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 relay team** or his/its team of his/its 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. (See also Rules 146.4 and 163.2)
8. 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 145 Disqualification

---

### ***Disqualification resulting from an infringement of a Technical Rule (other than Rules 125.5 and 162.5)***

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 valid. However, performances accomplished in a previous round of that event shall remain valid. Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition.

### ***Disqualification resulting from exclusion under Rule 125.5 (including under Rule 162.5)***

2. If an athlete is excluded from competition under Rule 125.5, 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 valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall remain valid. Such disqualification shall prevent an athlete from taking part in all further events, (including individual events of a Combined Event, other events in which he is simultaneously participating and relays) in that competition.

3. If a relay team is excluded from competition under Rule 125.5, it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. Such disqualification shall not prevent any athlete or relay from that team taking part in all further events, (including individual events of a Combined Event, other events in which he is simultaneously participating and relays) in that competition.
4. If the offence is considered serious, the Competition Director shall report it to the relevant governing body for consideration of further disciplinary action.

5. *The Rules in relation to the Starts have been revised in two ways. First of all a largely editorial but also clarifying adaption of the words in Rule 129. The changes to Rule 162.7 are in a sense also editorial because there is no intended change to current practice or interpretation. It also more appropriately moves text from the notes into the body of the Rule. It is hoped and intended that these changes in the presentation of the wording will improve understanding of the start process – particularly for those unfamiliar with the Rules or the process.*

#### RULE 129

##### Start Coordinator, Starter and Recallers

---

2. The Starter, **whose primary responsibility is to ensure a fair and equitable start for all competitors**, shall have entire control of the athletes on their marks. When a Start Information System is used to assist in races using a crouch start, Rule 162.6 shall be applied.

~~The primary responsibility of the Starter and Recallers is to ensure a fair and equitable start for all competitors.~~

#### RULE 162

##### The Start

---

7. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter (including under Rule 129.6), he does so any earlier, it shall be a false start.

**Commencement of the start is defined:**

**(a) in the case of a crouch start, as any motion by an athlete that includes or results in one or both feet losing contact with the foot plate(s) of the starting blocks or one or both hands losing contact with the ground; and**

**(b) in the case of a standing start, as any motion that results in one or both feet losing contact with the ground.**

**If the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of his start, it shall also be a false start.**

*Note (i): Any **other** 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.*

~~*However, if the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of his start, it shall be a false start.*~~

*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.*

6. *Rule 135 is amended by removing the mandatory requirement to do a set of measurements to check the accuracy of the EDM or VDM. However it is expected that whenever there is a doubt either during or after the competition that such a check should be made. This reflects common practice at the highest level of competitions and also harmonises with the practice for photofinish.*

#### RULE 135

##### Measurement Judge (Scientific)

---

One Chief Measurement Judge (Scientific) 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 and verified 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.

*7. Rule 141 (and many other rules consequentially) is amended to change the descriptors for under 18 competition from “boys” and “girls” to “men” and “women” to harmonise the IAAF terminology with that of the IOC. Secondly the Rule is updated to acknowledge that additional age groups can and are often used in competitions.*

#### RULE 141

#### Age and Sex Categories

---

##### **Age Categories**

1. Competition under these Rules may be divided into age group classifications as follows **or as additionally prescribed in the relevant competition regulations or by the relevant governing body:**

Under-18 (U18) ~~Men and Women 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.

*8. Two changes are made. First of all to remove the requirement for vests to have the same colour front and back. The previous wording was rarely enforced or sanctioned – and more importantly close to impossible to apply in the Call Room without causing affected athletes to withdraw. Secondly to acknowledge that the use of spikes in cross country races is not equivalent in all cases to High Jump or Javelin or even from one cross country event to another.*

#### 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 National Federation under Rules 1.1(d) and (h), athletes shall participate in the uniform clothing approved by their National Federation and, at all competitions under Rules 1.1(a), (b), (c), (f) and (g), Neutral Athletes shall participate in the uniform clothing approved by the IAAF. 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.~~

##### **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, ~~and Cross Country~~, 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 (i): The surface must be suitable for accepting the spikes permitted under this Rule.*

*Note (ii): For Cross Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface.*

9. *Further updates are made to the Assistance Rules to provide for clarification on recent issues and new practices and to make clear the extent to which officials may assist athletes, particularly in longer races. This change also supports the changes made to Rule 113.*

RULE 144  
**Assistance to Athletes**

---

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 competition area of each Field Event, should be reserved to the athletes' coaches.  
*Note: Coaches and other persons otherwise complying with Rules 230.10 and 240.8 may communicate with their athlete(s).*
  - (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, wrist cooler, breathing aid 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.
  - (f) Hats, gloves, shoes, items of clothing provided to athletes at official stations or when otherwise approved by the relevant Referee.
  - (g) **Receiving physical support from an official or other person designated by the organisers to recover to a standing position or to access medical assistance.**
  - (h) **Electronic lights or similar appliance indicating progressive times during a race, including of a relevant record.**

10. *Rule 146 is amended in two ways. Rule 146.4(d) is amended to standardise practice and to complement Note (ii) to Rule 127.4 - as currently there is a clear difference of approach across the World.*

*The standard practice overall should be that where an athlete/relay team does not finish a race it is generally to be denoted as DNF rather than DQ. However a rule needs to be in place to cover the situation where such an athlete or team makes a protest – so sub-rule (d) is this added.*

*Additionally the words previously in “green text” in Rule 146.6 is re-located to the body of the Rule where it more appropriately belongs.*

RULE 146  
**Protests and Appeals**

---

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 certified 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, 162.7, 162.8 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.*
  - (c) if a protest or appeal is based on an athlete being incorrectly excluded from an event due to a false start and it is upheld after the completion of the race then the athlete should be afforded the opportunity to run on his own to record

a time in the event and where applicable to be advanced to subsequent rounds. No athlete should be advanced to a subsequent round without competing in all rounds.

*Note: This Rule may also be applied by the Referee, the Jury of Appeal or the Technical Delegate(s) in other circumstances where it is deemed appropriate (see Rule 163.2).*

- (d) **when a protest is made by or on behalf of an athlete or team which did not finish a race, the Referee must first ascertain whether the athlete or team was or should have been disqualified for a breach of the Rules unrelated to the matter raised in the protest. Should that be the case the protest shall be dismissed.**

.....

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.

**In Field Events, where, as a result of an athlete competing “under protest”, another athlete is allowed to continue in the competition when he would otherwise not have done so, such athlete’s performances and eventual results will remain valid irrespective of whether the “under protest” athlete’s immediate oral protest is successful.**

11. *Rule 147 is substantially restructured to make it clearer that which is acceptable practice and that which is not.*

#### RULE 147

#### Mixed Competition

---

1. Universal competitions such as relays or other team events in which men and women compete together or events in which men and women compete for a single classification are permitted in accordance with the applicable regulations of the relevant body.
2. Other than under Rule 147.1 for all other 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~~ **the following** may be permitted in all competitions except those held under Rules 1.1(a) to ~~(b),(c) and (f)~~. In the case of competitions held under Rules 1.1~~(i)~~ ~~and (j)~~ **(d), (e) and (g) to (j)** such ~~mixed~~ competition shall **always be allowed in Field Events and in (a) below** ~~allowed in a particular competition~~ if specifically permitted by the relevant Area Association:

- (a) **mixed stadium competition in races of 5000m or longer but it is permitted only when there are insufficient athletes of one or both sexes competing to justify the conduct of separate races. The sex of each athlete shall be shown in the result. Such races 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.**
- (b) **Field Events for men and women may be conducted simultaneously at one or more event sites. Separate result cards shall be used and results declared for each sex. Each round of trials of such events may be conducted either by calling all athletes of one sex followed by the other or by alternating them. For the purposes of Rule 180.17, all athletes shall be regarded as if they were of the same sex. Where Vertical Jumps are conducted on a single event site, Rules 181 to 183 must be strictly applied including that the bar must continue to be raised in accordance with a single set of previously announced increments for the entire competition.**

*Note (i): ~~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.~~*

12. Rule 149.3 is elaborated further to clarify the status of performances in race walking events where the Penalty Zone is applied to an athlete who is not subsequently disqualified.

RULE 149 (effective from 11 March 2019)

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.) or on temporary facilities built within a stadium 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 in a competition area or facility in conformity with the Rules and in respect of which a survey has been made in accordance with Rule 148 on the day of the event.

*Note: The current standard forms required to be used for reporting on the conformity of the competition area or facility are available from the IAAF Office, or may be downloaded from the IAAF website.*
3. Performances made in accordance with these Rules in Qualification 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, 146.4(b), 163.2 or 180.20, **in Race Walking events in which Rule 230.7(c) is applied and the athlete is not disqualified** or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, will normally be regarded as valid for purposes such as statistics, records, rankings and the achievement of entry standards.

13. Rule 163 is amended in three ways. Rule 163.6 is clarified to ensure that an athlete correctly leaving the track to recover a relay baton is not thereby disqualified by the application of this Rule.

Rule 163.14 is re-worded to change the circumstances under which intermediate times may be called during (usually distance) races. This removes a regular source of conflict between delegates and organisers and reflects a common practice in particular at many one-day meetings.

Rule 163.15(c) is added to harmonise the rules applying to track and road races over the same distances.

RULE 163

The Race

---

**Leaving the Track**

6. An athlete, after voluntarily leaving the track, **except in compliance with Rule 170.6(c)**, 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.....

**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 **who may authorise or appoint no more than one person to call times at each of no more than two agreed timing points. 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 Organisers 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 Organisers 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 Organisers 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.

- (c) **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.**
- (d) 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.

*Note: An athlete may receive from or pass to another athlete refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.*

*14. Some terminology in Rule 165 is corrected to reflect the actual situation. Some renumbering is required as a consequence.*

*The changes to existing Rule 165.18 (now embodied in Rules 165.17 and .18) recognise that times taken from manually started races but with an available automatic finish image/time scale are realistically as accurate, if not more so, than fully manually taken times. These shall now be regarded as Hand Times.*

*However where a system operates automatically at the start but not at the finish, such times shall remain invalid.*

#### RULE 165 Timing and Photo Finish

---

##### **~~Fully Automatic Timing and Photo Finish System~~**

~~13. A Fully Automatic Timing and Photo Finish System complying with IAAF Rules should be used at all competitions.~~

##### **The System**

- ~~13. The system~~ **A Fully Automatic Timing and Photo Finish 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.
14. 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.
15. 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.
16. 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.
17. A system which operates automatically at ~~either the start or the finish, but not at the start both,~~ shall be considered to produce ~~neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times~~ **provided that the system was started in accordance with Rule 165.7 or with equivalent accuracy. 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.*
18. **A system which operates automatically at the start but not at the finish, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times.**

15. Rule 166.8 is amended to recommend that in races longer than 800 metres that more athletes qualify by place than by time – to ensure greater fairness across the heats and semi-finals of such events where under the alternate situation athletes in the last heat “know in advance” what time they need to run. This will of course require perhaps greater care to be taken in the allocation of the athletes to the various heats to further ensure fairness of opportunity to progress.

#### RULE 166

#### Seedings, Draws and Qualification in Track Events

---

##### *Progression*

8. In all Qualification Rounds, the tables should, where practicable, allow at least the first and second places in each heat to 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 applicable 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.

*Note: In races longer than 800 metres where rounds are conducted, it is recommended that only a small number of athletes qualify by time.*

16. The rules in relation to disqualification in hurdle races are re-structured to remove previous subjective requirements that were difficult to apply or enforce and which thereby often caused misunderstanding. It is also intended that the new wording will provide greater clarity. But in reality there is no change to the most commonly applied practice until now.

#### RULE 168

#### Hurdle Races

---

6. All races shall be run in lanes and each athlete shall ~~keep to, and go over the each hurdles in, and keep to~~ his own lane throughout, ~~except as provided in Rule 163.4. Unless there is no effect or obstruction upon any other athlete(s) in the race, and Rule 168.7(a) is not infringed an athlete shall also be disqualified if he directly or indirectly knocks down or significantly displaces a hurdle in another lane. Failure to do so will result in a disqualification, unless Rule 163.4 applies.~~

~~7. Each athlete shall go over 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.~~ **he knocks down or displaces any hurdle by hand, body or the upper side of the lead leg; or**
- (c) **he directly or indirectly knocks down or displaces a hurdle in his or in another lane in such a manner that there is effect or obstruction upon any other athlete(s) in the race and/or another rule is also infringed.**

*Note: Provided that this Rule is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.*

87. Except as provided in Rules 168.6 and 168.7, the knocking down of hurdles shall not result in disqualification nor prevent a Record being made.

17. The height of the barriers for the under 18 men’s steeplechase are changed to standardise with the height for the 400m hurdles event in the same age group and thereby to provide for ease of progression for younger males through the age groups in these events. It is not considered that for the vast majority of installations that there will be any substantial difficulty or cost in adapting existing equipment – there only being a need to bore holes half way between the existing holes at each end of the upright supporting the barrier. [This change is officially applicable internationally from 1 April 2020 to allow time for adaptation but venues and organisers may make the change earlier. **In Australia and New Zealand the change is applicable from 1 October 2019. Any results of event conducted under the new specifications before 1 April 2020 should make clear the height of the barriers used.]**

In addition the note to Rule 169.6 is amended by transferring the existing text to the body of the Rule to make it the standard practice but adding in the note a clarification that installations to the previous specifications will remain valid.

RULE 169  
**Steeplechase Races**

---

5. The hurdles shall be  $0.914\text{m} \pm 0.003\text{m}$  high for **Senior and U20 men's** ~~boys'~~ events,  **$0.838\text{m} \pm 0.003\text{m}$  high for U18 men's 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).
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~~  **$0.50\text{m} \pm 0.05\text{m}$**  for approximately ~~0.30m~~ **1.20m**. From there, the bottom shall have a uniform slope of  **$12.4^\circ \pm 1^\circ$**  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 for approximately 1.2m from 0.70m maximum down to 0.50m minimum. The uniform slope of the bottom of the pit ( $12.4^\circ \pm 1^\circ$ ) shall be maintained as shown in Figure 169b. It is recommended that all new water pits be constructed to the shallower depth. Pits to the 2018/19 specifications remain acceptable.*

*18. After the major re-write of the relays rule in 2017, there is only one change this time but in a way it is quite significant. Instead of adapting the rules to provide for new relay concepts, Rule 170.22 is added so that such provisions are now made in competition regulations for each meet or series of meets rather than in the IAAF Rules. If eventually a new concept proves widely popular then in due course the relevant provisions could be added to the IAAF Rules.*

RULE 170 (effective from 11 March 2019)  
**Relay Races**

---

22. **In the case of relay events not covered by this Rule, the relevant competition regulations should specify any particular rules that should be applied and the method by which the relay should be conducted.**

*19. Two changes are made to Rule 180. The first which is not mandatory – is to provide the option for governing bodies or organisers to include in their competition regulations an option to change the competition order again after any round after the standard change after round 3. The second change reverts the time allowed for trials in field events back to the rule prior to the change in 2017.*

RULE 180 (effective from 11 March 2019)  
**General Conditions – Field Events**

---

**Competing Order and Trials**

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.

...

*Note (iii): The regulations of the relevant governing body may specify the number of trials (provided it is no more than six) and the number of athletes which may progress to each additional round of trials after the third.*

*Note (iv): The regulations of the relevant governing body may specify that the competing order be changed again after any further round of trials after the third.*

...

**Time Allowed for Trials**

17. 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.  
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.  
If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed.

The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure:

**Individual Events**

Number of athletes left in the competition	High Jump	Pole Vault	Other
More than 3 (or for the very first trial of each athlete)	<b>1min</b>	1min	<b>1min</b>
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	<b>1min</b>	1min	<b>1min</b>
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. In the other Field Events, except for the time specified for consecutive trials, the time limit allowed will not change.*

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

*Note (iv): When only one athlete (who has won the competition) remains in High jump or Pole Vault and is attempting a World Record or other record relevant to the competition, the time limit shall be increased by one minute beyond those set out above.*

20. *The Rules pertaining to Vertical Jumps are amended to correct a previous logical requirement in Rule 181.6 so that a re-measurement of the height takes places whenever a bar is substituted for the previous one. Additionally a change in the overall downward inclination in the last 15m is made for future installations. Existing installations remain acceptable.*

RULE 181

**General Conditions – Vertical Jumps**

- 
6. Any measurement of a new height shall be made before athletes attempt such height. **A re-measurement should be made if the bar has been substituted.** 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

RULE 182

**High Jump**

- 
4. The maximum overall downward inclination in the last 15m of the runway and take-off area shall not exceed ~~1:250 (0.4%)~~ **1:167 (0.6%)** 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.

*Note: Runways and take-off areas to the 2018/19 specifications remain acceptable.*

21. *As from 1 October 2020, there will be significant change in the definition of a failure on take-off for the long and triple jumps and consequently in the method of judging and the set-up of the take-off area. The basic rule will now be that it will be a failure on take-off if any part of the shoe or foot breaks the vertical plane of the take-off line.*

*It is envisaged that for all major competitions technology will be available to assist the judges in any close or disputed cases. Whilst inexpensive forms of technology are already available which may also assist at lower level competitions, Rule 184 is amended to provide for an altered form of plasticine board which s, Rule 184 is amended to provide for an altered form of plasticine board which may be used.*

RULE 185 (effective from 1 October 2020)

**Long Jump**

---

1. An athlete fails if:
  - (a) he while taking off, touches the ground (including any part of the plasticine board) beyond **breaks the vertical plane of the take-off line** with any part of his **body foot/shoe**, whether running up without jumping or in the act of jumping; or

RULE 184 (effective from 1 October 2020)

**General Conditions – Horizontal Jumps**

---

**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~~ **may** be placed a plasticine indicator board for the assistance of the Judges.

*Note: Where in the construction of the runway and/or take-off board there was previously provision for the placement of a plasticine indicator board and such board is not used, this recess should be filled by a blanking board flush with the take-off board.*

- 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 1.22m ± 0.01m long, 0.20m ± 0.002m wide and not more than 0.10m deep. It shall be white. **In order to ensure that the take-off line is clearly distinguishable and in contrast to the take-off board, the ground immediately beyond the take-off line shall be in a colour other than white.**
5. **The use of video or other technology, to assist the Judges in deciding the application of Rule 185.1, is strongly recommended at all levels of competition. However, if no technology is available, a plasticine indicator board may still be used.**

The plasticine indicator board shall consist of a rigid board, 0.10m ± 0.002m wide and 1.22m ± 0.01m long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of 7mm ± 1mm. The edges shall ~~either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall~~ be cut away such that the recess, when filled with plasticine, **the surface of the plasticine nearer to the take-off line shall slant be at an angle of 45° 90°** (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.*

22. *There is a further change to Rule 187.2 to place a limit on the number of personal implements an individual athlete may submit.*

RULE 187

**General Conditions – Throwing Events**

---

**Official Implements**

2. Except as provided below, all such implements shall be provided by the Organisers. The Technical Delegate(s) may, based on the applicable regulations of each competition, allow athletes to use their own personal implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organisers 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 Organisers. **Unless the Technical Manager decides otherwise, not more than two implements may be submitted by any athlete for any throwing event in which he is competing.**

23. *Some practical changes are made to Rule 190 to increase safety when the discus cage is in use.*

RULE 190  
**Discus Cage**

---

1. All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the Field of Play with other events taking place at the same time or when the event takes place outside the Field of Play 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 Members or from the IAAF Office.

*Note (i): 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.*

*Note (ii): The hammer cage movable panels may be used when the cage is being used for discus throw to limit the danger zones.*

...

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 and it should be at least 6m for the 3m nearest the front of the cage on each side. [from 1 January 2020]

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 or better 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 provided with (a) movable panel(s) and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition.*

24. *The Combined Events Rules are amended to provide for the situation where competition on any day may run past midnight. It is in effect an editorial change only and does not affect the operation of the event or the interpretation of the Rules.*

RULE 200 (effective from 11 March 2019)  
**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~~ **24-hour periods** 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~~ **24-hour periods** 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~~ **24-hour periods** in the order of Rule 200.2 or 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~~ Women's (Heptathlon only)**

5. The U18 ~~Girls~~ Women's Heptathlon consists of seven events, which shall be held on two consecutive ~~days~~ **24-hour periods** in the following order:

First day: 100m Hurdles; High Jump; Shot Put; 200m.

Second day: Long Jump; Javelin Throw; 800m.

25. Rule 230.7 is changed in three ways. First of all a change only in nomenclature to change “pit lane” to “penalty zone” (**change effective from 11 March 2019**). Secondly to add a provision to cover the situation where an athlete receives a fourth red card but it is no longer practical or possible for them to enter the penalty zone (**change effective from 5 March 2018**). Thirdly to change the Rule so that it is the Referee rather than the Chief Judge who disqualifies an athlete guilty of a penalty zone infraction (**change effective from 1 October 2019**).

**RULE 230**  
**Race Walking**

---

**Disqualification**

7.

....

- (c) A **Pit Lane Penalty Zone** 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 Organisers. In such cases, an athlete will be required to enter the **Pit Lane Penalty Zone** and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him.

The applicable period in the **Pit Lane Penalty Zone** shall be as follows:

Races up to and including	Time
5000m/5km	0.5min
10,000m/10km	1min
20,000m/20km	2min
30,000m/30km	3min
40,000m/40km	4min
50,000m/50km	5min

~~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 Penalty Zone** when required to do so, or remain there for the applicable period, shall be disqualified by the **Chief Judge Referee**.

- (d) **Under Rule 230.7(c) an athlete receives a third Red Card and it is no longer practicable to direct him to enter the Penalty Zone before the end of the race, the Referee shall add the time he would have been required to spend in the Penalty Zone to his finishing time and adjust the finishing order as may be necessary.**
- (e) **If, at any time when Rule 230.7(c) applies, an 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.**
- (f) 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 Penalty Zone** may be liable to further disciplinary action in accordance with Rules 125.5 and 145.2.
- (g) 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.
- (h) 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, **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.

26. *There are some changes to the cross country rules – to “correct” in Rule 250.3(a) the length of the “unhampered” run at the start of races from 1500m to 300m (effective from 1 October 2019); to harmonise the method by which races are started with road races and finally to make departure boxes optional (effective from 11 March 2019).*

RULE 250  
Cross-Country Races

---

*Course*

3. 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 15300m.
- (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.

*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 should be given. Departure boxes ~~shall~~ **may** be provided for teams races and the members of each team ~~shall~~ **may** 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.

27. *Section IX of the Rules is substantially further amended by the complete deletion of the previous Rules 251 and 252 and their replacement by a single Rule 251 which now covers both Mountain and Trail Races.*

SECTION IX – CROSS COUNTRY, MOUNTAIN AND TRAIL RACES  
(effective from 1 January 2019)

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 251  
Mountain and Trail Races

---

*Part one: General Rules*

*Course*

1. (a) The discipline of Mountain and Trail Running takes place on various types of natural terrain (sand, dirt roads, forest paths, single track footpaths, snow trails etc), and in various kinds of environment (mountains, forests, plains, deserts etc). Races take place mostly on off-road surfaces, however sections of paved surfaces (e.g. asphalt, concrete, macadam etc.) are acceptable as a way to reach or link the trails of the course but should be kept to a minimum. Preferably existing roads and trails should be used.
- (b) For Mountain races only, some special exceptions do exist where races are held on a paved surface but are only acceptable when there are large elevation changes on the course.
- (c) The course must be marked in such a way that no navigation skills will be required from the athletes.

(d) Trail races have no limits to distance or altitude gain or loss and the course must represent the logical discovery of a region.

(e) Mountain races are traditionally divided into “uphill” and “up & down” races. The average altitude gain or loss can vary from approx. 50 – 250 metres per kilometre, and the distances up to 42.2km.

#### **Start**

2. Mountain and Trail races typically have mass starts. Runners can also start separated by gender or age-related categories.

#### **Safety, Environment**

3. Organising Committees shall ensure the safety of athletes and officials. Specific conditions, such as high altitude, changing weather conditions and available infrastructure should be respected. The event organiser is responsible for taking care for the environment when planning the course, during and after the competition.

#### **Equipment**

4. Mountain and Trail races do not imply the use of a particular technique, alpine or other, nor the use of specific equipment, such as mountaineering equipment. The use of hiking poles could be permitted at the discretion of the Race organisation. The Race Organizer may recommend or impose mandatory equipment due to the conditions expected to be encountered during the race, which will 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.

#### **Race organisation**

5. The Organizer shall, prior to the race, publish specific regulations of the race including at minimum:

- Details of the organiser responsible (name, contact details)
- Program of the event
- Detailed information about the technical characteristics of the race: total distance, total ascent / descent, description of the main difficulties of the track
- A detailed map of the course
- A detailed profile of the course
- Course marking criteria
- Location of the control posts and medical/aid stations (if applicable)
- Allowed, recommended or mandatory equipment (if applicable)
- Safety rules to be followed
- Penalties and disqualification rules
- Time limit and cut-off barriers (if applicable)

### **Part two: International Technical Rules for Mountain and Trail Races**

#### **Scope of application**

6. While strongly recommended for all international championships, the application of the following technical rules is mandatory only in World Championships. For all Mountain and Trail Running events other than World Championships, the specific event rules and/or the national rules shall have precedence. If a Mountain and Trail Running competition is held under “International Technical Rules”, it must be specified in the event regulations. In all other cases, if a referee is appointed by a Member, an Area Association or the authority that oversees the competition, this person must ensure compliance with the general rules of Athletics but shall not enforce the following International Technical Rules.

#### **Start**

7. 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. A 10s countdown to the start can also be given.

#### **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;
- receives any form of assistance such as pacing, or refreshments outside of the official aid stations,
- does not comply to any of the specific race regulations;

he shall be disqualified or get the penalty stated by the specific race regulations.

#### **Specific provisions for Trail Races**

9. (a) Sections of paved surfaces shall not exceed 25% of the total course  
(b) Races are classified by “km-effort”; the km-effort measure is the sum of the distance expressed in kilometres and a hundredth of the vertical gain expressed in meters, rounded to the nearest whole number (for example, the km-effort of a race of 65 km and 3500 m ascent is:  $65 + 3500/100 = 100$ ); accordingly races will be classified as follows:

category	km-effort
XXS	0 – 24
XS	25 – 44
S	45 – 74
M	75 – 114
L	115 – 154
XL	155 – 209
XXL	210 +

(c) World Championships races shall be based on the Short (S) and the Long (L) categories.:

- in the Short race the distance must be between 35 and 45 km and the minimum vertical gain 1,500 metres or more;
- in the Long race the distance must be between 75 and 85 km.

(d) Competitions shall be based on the concept of self-sufficiency, meaning that the athletes will have to be autonomous between aid stations in terms of gear, communications, food and drink.

(e) A survival blanket (140x200cm minimum size), a whistle and a mobile phone are the minimum items the athletes have to carry at all times. However the LOC may impose additional mandatory items due to the conditions expected to be encountered during the race.

(f) Aid stations at official competitions shall be sufficiently spaced out so as to respect the “principle of self-sufficiency”. The maximum total number of aid stations, excluding start and finish line, including water points, shall be no more than the km-effort points of the race divided by 15, rounded to the lower integer (example of a race with a km-effort of 58:  $58/15=3.86$ , which means no more than 3 aid stations, excluding start and finish, are allowed).

Notes:

(i): In a maximum of half of the above aid stations, rounded to the lower integer, food, drinks and personal assistance may be given (e.g. maximum total number of aid stations 3,  $3/2=1.5$ , maximum number of aid stations where food and personal assistance may be given is 1); at the remaining aid stations only drinks, but no food nor personal assistance, may be given.

(ii): aid stations layout, where personal assistance is allowed, shall be organized in a way that allows each country to have an individual table or allocated space, identified with the flag of the Country (or Territory) and where their official staff will give assistance to the athletes. Tables shall be organized by alphabetical order, and each team is allowed to have a maximum of 2 officials per table.

(iii): Assistance to the athletes may only be given at complete (food and drinks) aid stations as defined above.

(g) A finishing position resulting in a tie is permissible when clearly evident by the athletes’ intention.

#### **Specific provisions for Mountain Races**

**10.** Mountain races are classified as follows:

- “Classic Uphill”
- “Classic Up & Down”
- “Vertical”,
- “Long Distance”
- Relays

**11.** In all categories other than Vertical, the average incline should be between 5% (or 50m per km) and 25% (or 250m per km). The most preferable average incline is approximately 10%-15% provided that the course remains runnable. These limits do not apply to the Vertical category, where the incline shall be not less than 25%.

**12.** World Championships races shall be based on the following categories and distances:

- “Classic Uphill”: 5 to 6 km for Juniors (men and women); 10 to 12 km for Seniors (men and women)
- “Classic Up & Down”: 5 to 6 km for Juniors (men and women); 10 to 12 km for Seniors (men and women)
- “Vertical”: it should have at least 1,000m of positive vertical elevation and be measured in a certified manner to an accuracy of +/- 10m.
- “Long Distance”: the race distance should not exceed 42.2 km and the nature of the course maybe mainly uphill or up and down. The total amount of ascent in the race should exceed 2,000m. The men’s winning time should be between two and four hours and less than 20% of the distance should be paved surfaces.
- “Relays”: Any course or team combinations, included mixed gender/age group, are possible as long as they are defined and communicated in advance. Distance and elevation gain of each individual leg should respect the parameters of the “Classic” categories.

*Note (i): Classic Uphill and Classic Up & Down events traditionally alternate at each edition of the World Championships.*

**13.** Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations should be provided at suitable places along the course.

**28.** Track running world records for 20,000m, 25,000m and 30,000m are deleted. Rule 265 is amended to make the default assumption for meet records is that they should be “wind-

*compliant” unless otherwise provide in the regulations for the competition.*

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: 5km; 10km; Half Marathon; 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: 5km; 10km; Half Marathon; 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.

*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.*

RULE 265

**Other Records**

---

1. Games, championships, meeting and other similar records may be established by the relevant body having control over the competition or by the organisers.
2. The record should recognise the best performance achieved at any edition of the applicable competition in accordance with the Rules, with the exception that wind velocity readings may be ignored, ~~unless it is if specifically~~ so stated ~~provided otherwise~~ in the applicable regulations for the competition.

The IAAF is in the process of finalising the new Handbook.

Brian Roe  
For IAAF Technical Committee  
1 August 2019