

EDITORIAL CHANGES IN CHAPTER 5 COMPETITION RULES 2009

RULE 110

International Officials

The travelling 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 not later than fourteen days prior to his departure to the venue. **Where the appointment is made by the IAAF**, in cases involving flights over 1500 miles, business class return air travel shall be provided. Accommodation expenses shall also be paid by the organisers not later than the final day of the Championships or athletics section of the Games or on the day of the Meeting itself if the competition is a one-day meeting.

RULE 130

Starter's Assistants

5. In case of a ~~first~~ false start, **the Starter's Assistants shall proceed in accordance with Rule 162.7.** ~~the athlete(s) responsible for the false start shall be warned with a yellow card placed on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with a yellow 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. This last mentioned 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.~~
- ~~— In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and a red card shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s).~~
- ~~— In Combined Events, the athlete(s) responsible for a false start shall be warned with a yellow card placed on the respective lane marker(s) or raised in front of the respective athlete(s). Any athlete who is responsible for two false starts shall be disqualified and a red card shall be placed on the respective lane marker or raised in front of the respective athlete.~~

RULE 137

Measurement Judge (Scientific)

A Measurement Judge shall be appointed when Electronic Distance Measurement **or other scientific measurement device** is to be used.

RULE 140

The Athletics Facility

Any firm, uniform surface, which conforms to the specifications in the IAAF Track and Field Facilities Manual, may be used for Athletics. Track and Field competitions under Rule 1.1(a) may be held only on synthetic surfaced facilities conforming to the **specifications in the IAAF Performance Specifications for Synthetic Surfaces Track Facilities Testing Protocols** and which hold a current valid IAAF Class 1 Athletics Facility Certificate.

RULE 142

Entries

1. Competitions under IAAF Rules are restricted to eligible athletes (See Chapter 2).
2. ~~No athlete shall be allowed to compete outside his own Country unless his eligibility is guaranteed by his Member Federation from whom he has permission to compete. In all International Competitions, such guarantee of eligibility of an athlete shall be accepted unless an objection as to his status is made to the Technical Delegate(s).~~ **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).

RULE 145
Disqualification

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, 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 qualifying round of that event, other previous events or previous individual events of a Combined Event shall be considered valid. Disqualification from an event for unsporting or improper behaviour shall render the athlete liable to disqualification by the Referee from participation in all further events, **including individual events of a Combined Event**, in that competition. If the offence is considered serious, the Competition Director shall report it to the appropriate governing body for consideration of further disciplinary action according to Rule ~~22.4(f)~~ 60.4(f).

RULE 146
Protests and Appeals

3. Any protest shall, in the first instance, be made orally to the Referee by the athlete himself or by someone acting on his behalf. 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 ~~tape~~ recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury.
4. (a) In a **Track Event**, if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may allow the athlete to compete under protest in order to preserve the rights of all concerned. Such a protest cannot be accepted if the false start was detected by an IAAF approved false start control apparatus, unless for any reason the Referee determines that the information provided by the apparatus is obviously inaccurate.
~~Where an IAAF approved false start control apparatus is used,~~ A protest may be based on the failure of the Starter to recall a false start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start, and who was subject to disqualification according to Rule 162.7, shall be disqualified. Where there is no disqualification of any athlete according to Rule 162.7, the Referee shall have the authority to declare the event void and that it shall be held again if in his opinion justice demands it.
Note: The right of protest and appeal shall apply whether or not a false start control apparatus is used.

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 or national~~ governing body.

RULE 160
Track Measurements

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 5cm in width. All lanes shall be the same width. The inner lane shall be measured as stated in Rule 160.2, but the remaining lanes shall be measured 20cm from the outer edges of the lines.

RULE 162
The Start

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 set position.
When an athlete, after the command "On your marks" or "Set", and before the report of the gun or approved starting apparatus, causes the start to be aborted, for instance by raising a hand and/or standing in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee), the Referee will warn him for improper conduct.
Note: In this case, as well as when an extraneous reason was considered to be the cause for aborting the start, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

False start

7. Any athlete making a false start shall be warned. Except in Combined Events, only one false start per race shall be allowed without the disqualification of the athlete(s) making the false start. Any athlete(s) making further false starts in the race shall be disqualified from the race.
In Combined Events, if an athlete is responsible for two false starts, he shall be disqualified.
In case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow card placed on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with a yellow 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. This last mentioned 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.
In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and a red card shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s).
In Combined Events, the athlete(s) responsible for a false start shall be warned with a yellow card placed on the respective lane marker(s) or raised in front of the respective athlete(s). Any athlete who is responsible for two false starts shall be disqualified and a red card shall be placed on the respective lane marker or raised in front of the respective athlete.

RULE 163
The Race

Running in Lanes

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. ~~and~~
(b) In ~~a~~ all races (or any part of ~~the~~ races) not run in lanes, ~~when~~ an athlete ~~runs~~ running on a bend, ~~on or inside the line (or kerb) marking the inside of the track on the outer half of the track as per Rule 162.9, or (including on the diversion from the track for the steeplechase water jump), shall not run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track, or the diversion from the track for the steeplechase water jump).~~
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 ~~run outside his lane~~ violated this Rule, he shall be disqualified.
4. (a) If an athlete is pushed or forced by another person to run outside his lane ~~or on or inside the kerb or line marking the applicable border~~, and if no material advantage is gained, the athlete shall not be disqualified.
(b) ~~If an athlete either:~~ Likewise, an athlete shall not be disqualified if he
(i) runs outside his lane in the straight, and no material advantage is gained or
(ii) runs outside the outer line of his lane on the bend, with no material advantage thereby being gained, and no other athlete is obstructed. ~~then he shall likewise not be disqualified.~~

RULE 165
Timing and Photo Finish

The system

14. The System shall be approved by the IAAF, based upon a test of accuracy made within 4 years prior to the competition. It shall be started automatically by the Starter's gun, or approved starting apparatus, 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 less than 1/1000th of a second.

RULE 166

Seedings, Draws and Qualification in Track Events

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

Declared Entries	Qualifying R1		Qualifying R2			Semi-Finals		P	T
	Heats	P	T	Heats	P	T	Heats		
9-16	2	3	2						
17-24	3	2	2						
25-32	4	3	4	2	3	2			
33-40	5	4	4	3	2	2			
41-48	6	3	6	3	2	2			
49-56	7	3	3	3	2	2			
57-64	8	3	8	4	3	4	2	4	
65-72	9	3	5	4	3	4	2	4	
73-80	10	3	2	4	3	4	2	4	
81-88	11	3	7	5	3	1	2	4	
89-96	12	3	4	5	3	1	2	4	
97-104	13	3	9	6	3	6	3	2	2
105-112	14	3	6	6	3	6	3	2	2

800m, 4x100m, 4x400m

Declared Entries	Qualifying R1		Qualifying R2			Semi-Finals		P	
	Heats	P	T	Heats	P	T	Heats		
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	2
73-80	10	3	2	4	3	4	2	4	2
81-88	11	3	7	5	3	1	2	4	2
89-96	12	3	4	5	3	1	2	4	2
97-104	13	3	9	6	3	6	3	2	2
105-112	14	3	6	6	3	6	3	2	2

RULE 168

Hurdle Races

2. Construction. The hurdles shall be made of metal or some other suitable material with the top bar of wood or other 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 ~~overturn~~ 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 ~~overturn~~ tilt it.

4. The height of the top bar shall be 7cm \pm 5mm. The thickness of this bar should be between 1cm and 2.5cm, and the top edges should be rounded. The bar should be firmly fixed at the extremities.

RULE 169
Steeplechase Races

5. The hurdles shall be 0.914m high for men's / boys' events and 0.762m for women's / girls' events (\pm 3mm both) 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 12.7cm square.

RULE 180
General Conditions

Qualifying Competition

8. A qualifying 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 qualifying round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a qualifying round shall not be considered as part of the competition proper.
9. The athletes shall normally be divided into two or more groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its warm-up immediately after the previous group has finished.

RULE 183
Pole Vault

2. An athlete fails if:
 - (a) after the vault, the bar does not remain on ~~the~~ both pegs because of the action of an athlete whilst vaulting; or

RULE 187
General Conditions

Javelin Throw Runway

9. In the Javelin Throw the minimum length of the runway shall be 30m. Where conditions permit, the minimum length shall be 33.5m. It shall be marked by two parallel white lines 5cm 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 a 7cm wide strip painted or made of wood or a suitable non-corrodible material like plastic 7cm wide. 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, 75cm long and 7cm wide. The maximum lateral inclination of the runway shall be 1:100 and in the last 20m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000.

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) improperly releases the shot or the javelin,
 - (b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top of the rim or the ground outside the circle,
 - (c) in the Shot Put, touches with any part of his body ~~the top of the~~ any part of the stop board, **other than its inner side,**
 - (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 ~~paragraph 17~~ **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 180.17.

RULE 188
Shot Put

The Stop Board

2. Construction. The board shall be white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the rim of the circle. It shall be placed **so that its centre coincides with the centre line of the landing sector (see Rule 187.6, Figure 12)** ~~mid-way between the sector lines,~~ and shall be ~~so made that it can be~~ firmly fixed to the ground **or to the concrete surrounding the circle.**

The Shot

4. Construction. 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 material. It shall be spherical in shape and its surface ~~shall have no roughness and the~~ 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.

RULE 214
Start and Finish on the Oval Track

Qualification from Preliminary Heats

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

Declared Entries	Qualifying R1			Qualifying R2		Semi-Finals	
	Heats	P	T	Heats	P	T	Heats P
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

RULE 221
Shot Put

Construction of the Shot

4. Depending on the type of landing area (see Rule 221.1), the shot shall be either solid metal or metal cased or alternatively soft plastic or rubber ~~eased~~ casing with a suitable filling. Both types of shot may not be used in the same competition.

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 ~~shall have no roughness and the~~ 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.**

RULE 260
World Records

Specific Conditions

22. For World Records in Running and Race Walking Events, the following conditions for the timing must be respected:
- (a) The Records shall be timed by official Timekeepers, by an approved Fully Automatic Photo Finish System or Transponder System (see Rule 165).
 - (b) For races up to and including 400m, only performances timed by an approved Fully Automatic Photo Finish System conforming to the relevant sections of Rule 165 shall be accepted.
 - (c) In the case of a Track Record where Fully Automatic Timing was in operation, the photo finish image and the zero control test must be included in the documentation sent to the IAAF.
 - (d) For all records up to and including 200m, information concerning wind speed, measured as indicated in Rule 163.8, 163.9 and 163.10, shall be submitted. If the wind velocity, measured in the direction of running, behind the athlete averages more than 2 metres per second, the Record will not be accepted.
 - (e) In a race run in lanes, no Record will be accepted where the athlete has run on or inside the inner curved border of his lane.
 - (f) ~~The reaction times, where available, shall be provided in all races where a crouch start and the use of starting blocks are compulsory.~~
[From 1 January 2009:]
For all Records up to and including 400 metres under Rule 261 and 263, starting blocks linked to an IAAF approved false start control apparatus under Rule 161.2 must have been used and have functioned correctly so that reaction times were obtained.