

## Athletics Canada Rules

This document summarizes Athletics Canada Rules for competitions and records, based on the rules available on April 2, 2009. Rules which are identical to the IAAF Rules are left out. Masters Rules are different in some cases (Rules 092 and 177). This summary is provided for the convenience of officials. The complete AC Rules may be found on the AC Web site under Governance:  
[http://www.athletics.ca/main.asp?page\\_url=/page.asp?id=126](http://www.athletics.ca/main.asp?page_url=/page.asp?id=126)

084

**Fully automatic photo timing** shall be used at all National (Track and) Field Championships and at all International Track and Field competitions in Canada

091

Running and Walking events "**timed sections**" should be based on the latest known performances of the competitors, with each section composed of athletes with approximately equal ability. The section containing the fastest competitors shall be run last. All heats and qualifying rounds must have at least three competitors.

092 a

Where **starting blocks** are required in track events up to 400m, an athlete may only use his/her own personal equipment if they have been approved by the Technical Manager prior to the event

092 b

The use of **starting blocks** is optional for age classes competition below the Junior age class level.

094

Where a **protest** is filed in any Canadian competition, it must be accompanied by an appeal deposit of fifty dollars (\$50) in Canadian funds.

176

An athlete may claim a **record** in his own age class and in all higher age classes irrespective of the age class of the event in which the performance was made.

177

In all competitions held completely in a stadium, performances established in events which permit or schedule male and female athletes to compete together or to be on the track at the same time, shall not be eligible for Canadian records or selections purposes

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**Notes:** AC Rules specify that records for road events must comply with this rule. IAAF Rule 165 includes specifications for use of transponder based timing systems.

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Running and walking records must either be timed by three official timekeepers, or by an approved fully automatic electrical timing device as defined in IAAF Rule 165. For races up to and including 400m, only performances timed by an approved f.a.t. device shall be accepted. Times measured by f.a.t. apparatus shall be recorded as outlined in IAAF Rule 165.

181

Except as provided for in Rule 184, wherever a **Canadian record** is claimed, the meet director and/or the athlete or his representative shall be responsible for ensuring that the official Athletics Canada Record form... is completed and forwarded to the AC Competition Manager.....

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No field event record-breaking performance will be accepted unless the implement was immediately impounded and certified after the event.

**Records in field events** must be measured either by three field judges with a steel or **fiberglass tape** or bar, graduated in centimeters, or by an approved scientific measuring device.....

216

This Rule includes specifications and competition rules for the Weight Throw. For record purposes, the weights are:

Senior and Junior Men	35lb (15.88kg)
Senior and Junior Women	20lb (9.08kg)

JNC

April 2, 2009