

ATHLETICS AUSTRALIA
SUMMARY OF NEW IAAF RULES PASSED AT 2013 IAAF CONGRESS

A range of changes were made to the IAAF Technical Rules in 2013. Under the new arrangements technical rules unless deemed controversial or of high interest are dealt with by the Technical Committee and IAAF Council rather than Congress. Only two matters were actually voted on in Moscow. However how they were passed is of no particular importance and in general all rule changes (unless specified) came into force on 1 November internationally – and in accordance with our usual practice as from 1 October in Australia.

As in 2011, already to some degree and further as the new IAAF Handbook is finalised additional consequential and/or structural “editorial changes” have been or will be made. As in the past the following document aims to summarise those changes, which may affect national, state, local and school competitions in Australia. Some facility and equipment changes are not detailed here, nor are changes which affect only indoor competitions.

The main changes to the Technical Rules are therefore summarised as follows.

1. Rule 125 – Referees

A new sub-rule was added to provide referees with the power to adapt the rules in certain circumstances, to facilitate the participation in able-bodied competition of ambulant athletes with a physical disability. An example would be an arm amputee using a device to equalise the position of his/her arms/shoulders when in the starting position.

10. Where an athlete with a physical disability is competing in a competition under these Rules, the appropriate Referee may interpret, or allow a variation from, any relevant Rule (other than Rule 144.2) to enable the participation of the athlete provided that such variation does not provide the athlete with any advantage over another athlete competing in the same event. In the case of any doubt or if the decision is disputed, the matter shall be referred to the Jury of Appeal.

Note: This Rule is not intended to permit the participation of guide runners for visually impaired athletes, unless allowed by the regulations of a particular competition.

2. Rule 141.3 – Age and Sex Categories

This Rule has been expanded to provide more clearly for the conduct of mixed sex competitions:

3. Competition under these Rules is divided into men's and women's classifications. When a Mixed Competition is organised outside the stadium or in one of the limited cases set out in Rule 147, separate men's and women's classification results should still be declared or otherwise indicated.

3. Rule 142 – Entries

This rule was amended substantially following the issues that arose at the 2012 London Olympics when an athlete who had confirmed for two events, did not appear to compete with bona fide effort in the second after qualifying to progress in the event which began earlier.

4. At all competitions under Rules 1.1(a), (b), (c) and (f), except as provided below, an athlete shall be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:

(a) a final confirmation was given that the athlete would start in an event but then failed to participate;

Note: A fixed time for the final confirmation of participation shall be published in advance.

(b) an athlete qualified in a preliminary round of an event for further participation in that event but then failed to participate further.;

(c) an athlete failed to compete honestly, with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

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

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

4. Rule 144.2 - Assistance

A new sub rule (h) has been added to permit what has become a regular practice of athletes going to the fence-line to view material video or otherwise recorded by a coach or colleague. The intention of this new rule was relatively difficult to word but it is intended to mean that the athlete can go to the dividing point between athletes and coaches and view that material there but not take it back into the competition area.

.... For the purpose of this Rule, the following examples shall not be considered assistance, and are therefore allowed:

(h) Viewing by athletes competing in field events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area (see 144.2(b)). The viewing device or images taken from it must not be taken into the competition area.

5. **Rule 144.4 – Assistance – Drinking/Sponging in track events**

This rule has been broadened by the provision of sub-rule (b) to provide for longer distance races on the track in a similar way to races over similar distances on the road:

4. (a) In Track Events of 5000m or longer, the Organising Committee may provide water and sponges to athletes if weather conditions warrant such provision.

(b) In Track Events longer than 10.000m, refreshments, water and sponging stations shall be provided. Refreshments may be provided either by the Organising Committee or the athlete and shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives.

6. **Rule 146 – Protests**

Two further changes have been made to clarify that:

- the Start Referee should only allow an athlete making an immediate oral protest about a false start to compete under protest if he is in any doubt. This removes the option sometimes taken by Start Referees to take the line of least resistance to allow the athlete to run and then sort it out later. Such an option is not considered wise or useful practice.
- protests may also be made in situations where the starter failed to abort a start under Rule 162.5

146.4 (a) if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may, if he is in any doubt, allow the athlete to compete under protest in order to preserve the rights of all concerned. Competing under protest shall not be allowed if the false start was detected by an IAAF approved false start control apparatus, unless for any reason the Referee determines that the information provided by the apparatus is obviously inaccurate.

(b) a protest may be based on the failure of the Starter to recall a false start or under Rule 162.5 to abort a start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start or whose conduct should have led to the start being aborted, and who was subject to warning or disqualification according to Rules 162.5 or 162.7, shall be warned or disqualified. Whether or not there may be any warning or disqualification, the Referee shall have the authority to declare the event or part of the event void and that it or part of it shall be held again if in his opinion justice demands it.

Note: The right of protest and appeal in (b) shall apply whether or not a false start control apparatus is used.

7. **Rule 162.1 – The Start – 1500m start line**

A note has been added to allow for the extension of the 1500m start line to provide for a less crowded start and to avoid having to place athletes in “lane 1” when it is on the bend.

Note (i): *In the case of events starting outside the stadium, the start line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the start area.*

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

8. **Rule 162.3 – Set Command**

The requirement for the athlete to rise immediately to the final starting position after the set command is now emphasised to be mandatory. This is important for starters and start referees when applying Rule 162.5 in particular.

162.3 ...At the “Set” command, an athlete shall immediately rise to his final starting position...

9. **Rule 162.6 – False Starts**

This Rule has been amended and expanded in three ways:

- to standardise words used in other relevant rules
- by moving here the detailed references previously in Rule 161.2 about false start detection
- better describing the definition and interpretation of false starting by including as an explanatory note the material previously included in *the Referee*.

The expanded Rule now reads as follows:

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

When an IAAF approved false start control apparatus is in use, the Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus indicates a possible false start (i.e. when reaction time is less than 0.100 seconds. As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun was fired, there shall be a recall and the Starter shall immediately examine the reaction times on the false start control apparatus in order to confirm which athlete(s) is/are responsible for the false start. This system is strongly recommended for all other competitions.

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

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

Note (iii): When an IAAF approved false start control apparatus is in operation the evidence of this equipment shall normally be accepted as conclusive by the Starter.

10. **Rule 163.2 – Obstruction**

This Rule has been completely restructured and also amended to better explain the application of the jostling and obstruction rules in running and walking events. It also now provides for the possibility that the obstruction may be caused by someone (ie a photographer or official) or something (ie some falling equipment) other than another athlete. The rule now provides much clearer and broader direction to Referees:

163.2 If an athlete is jostled or obstructed during an event so as to impede his progress:

(a) if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, order that the race be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;

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

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

11. **Rule 163.6 – Leaving the Track**

This Rule has been expanded to clarify the action to be taken by the officials in the event of an athlete leaving the track.

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

12. Rule 165.14 to 165.18 – Timing and Photo Finish System

These four sub-rules have been amended and restricted so as to better reflect current technology and practice, standard terminology etc:

The System

14. To be approved by the IAAF, a System must have been tested and have a certificate of accuracy 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 as defined in Rule 1.1, this composite image must be composed of at least 1000 images per second.

(ii) For other competitions, this composite image must be composed of at least 100 images per second.

In each case, the image must be synchronised with a uniformly marked time scale graduated in 0.01 seconds.

(b) The System shall be started automatically by the Starter's signal, so that the overall delay between the report from the muzzle, or its equivalent visual indication and the start of the timing system is constant and equal to, or less than 0.001 seconds.

15. In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 2cm beyond, and not extended before, the leading edge of the finish line.

16. The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.

17. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of every athlete.

18. A System which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times. In this case, the times read from the image will not, under any circumstances, be considered as official, but the image may be used as a valid support in order to determine positions and adjust time intervals between athletes.

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

13. Rule 166.2 – New Progression Table for 3000m and steeplechases

A new specific table for 2000mSC, 3000m and 3000mSC is created systematically advancing 15 athletes to the final.

14. Rule 166.4 – Use of Lane 1

A note is included to confirm what to date has been usual practice in Australia at least that lane 1 should be left vacant in laned events when not required to be used:

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

15. **Rule 167.2 – Ties**

A new note is added to clarify that when there is a tie for a final qualifying position based on place, the number of time qualifiers will be reduced as required.

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

16. **Rule 169.3 – Placement of steeplechase barriers**

The rule has been amended to allow for safety in situations that exist at venues such as the SOPAC track in Sydney (principally on 9 lane tracks with the water jump on the outside):

169.3 ... The jumps should be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap.

Note (i): Adjustment to the hurdle spacing may be necessary to ensure that safe distances from a hurdle / start line and to the next hurdle are maintained before and after the finish line respectively as indicated in the IAAF Track and Field Facilities Manual.

Note (ii): In the 2000m event,.....

17. **Rule 170 – Relay Races**

Three changes are made to the Relay Rules:

- in 170.1 to allow for the Swedish medley to be run in a different order to the standard prescribed. Note that this opportunity has been taken immediately for all such events in Australia to that they are to be run in the order 100-300-200-400.

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

- in 170.3 to mandate that the officials are proactive in ensuring that the athletes are correctly placed in their correct lanes and are aware of the relevant track markings including the acceleration zone. The rationale for this is twofold – to ensure that events are conducted efficiently and that the officials assist the athletes rather than simply “police” them.

170.3 Each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each changeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.4 is observed.

- in 170.14 to make it optional for the medley relay to be run in lanes for the first two legs, so as to enable a changed order of legs as envisaged under the new note to 170.1

170.14 The Medley Relay race should be run in lanes for the first two legs,

18. **Rule 180.3/Rule 187.21 – Markers in Field Events**

These rules have been updated in accordance with practice and re-structured within the Handbook to provide for better contextual flow.

Rule 187.21 has been deleted. The first sentence was considered obsolete as few meets at any level observed the practice. However any meet wishing to place best performance markers beside the landing area can continue to do so.

The second sentence is moved to Rule 180 and 180.4 with other sub-rules thereafter being renumbered. [See further renumbering below].

19. **Rule 180.6 – Recording of trials**

For the first time provision is specifically made in the Rules to clearly state the symbols to be used on recording sheets. This replicates the practice that has in recent years been followed in Australia.

6. Trials shall be recorded as follows:

- (a) except in High Jump and Pole Vault, a valid trial shall be indicated by the measurement taken. In High Jump and Pole Vault, it shall be indicated by the symbol "O";
- (b) a failure shall be indicated by the symbol "X";
- (c) if the athlete forgoes a trial (a "pass") it shall be indicated by the symbol "-".

Sub-rule re-numbering is required as a result on this inclusion.

20. **Rules 182.8 and 183.10 – Crossbar Supports**

There has been some reflection in relation to crossbar supports as a result of some competition incidents. Changes are made as follows:

- a sentence is added to Rule 182.8 (high jump) to make it clear that the surface of the supports must be smooth as has previously been the case for pole vault
- Rule 183.10 (pole vault) is amended to make it clear that the top of the vertical “peg backings” must be constructed in such a way (ie round or with a flared top etc) so that the crossbar cannot rest on top of them (such as occurred during the 2013 European indoor championships)

21. **Rule 183 – Pole Vault**

Some further changes are made to the rules in relation to pole vault:

- 183.3 – clarifying that gloves may be used in pole vault
- 183.6 – clarifying that minimum runway measurements are made from the zero line
- 183.8 – deleting the reference to a wooden box
- 183.8 – making allowance for athletes who wish to do so to place padding around the top of the box during their trials. In general this will be regarded as personal equipment except at major competitions at which the organisers are required to provide it.

It is important to note that the placement of such padding must be done within the athletes time for his trial (or obviously any time that it can be done before the time begins whilst the bar is being replaced etc – but not so as to delay the start of the time for the reason of placing the padding alone:

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

- 183.8 – providing for clarity in relation to the upper edges of the box:

183.8 Box: The take-off for the Pole Vault shall be from a box. It shall be constructed of suitable material, with rounded or soft upper edges and shall be sunk level with the runway....

22. Rules 184.8 – Measurement point in horizontal jumps

The Rule is clarified in relation to the point from which the jump is to be measured, ie from the nearest mark to the take-off line made either by the body or anything attached to the body at the time it made the mark (ie clothing, hair, cap etc) but not for example a cap, hairclip etc that fell from the athlete during the trial and landed within the area.

23. Rules 185 - Long Jump

This Rule is significantly re-structured in order to provide a clearer presentation. Many notes are moved to new sub-rule 185.3 and the duplication between the previous wording of Rules 185.1(f)/185.2 has been eliminated by consolidation into a single rule in the new 185.2. The full wording and layout of the new Rule 185.1 to 185.3 is as follows:

185.1 An athlete fails if:

- (a) he while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or
 - (b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or
 - (c) he employs any form of somersaulting whilst running up or in the act of jumping; or
 - (d) after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or
 - (e) in the course of landing, he touches the border of, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand; or
 - (f) he leaves the landing area in any manner other than that described in Rule 185.2
- Note: The course of landing in Rule 185.1 (e) includes overbalancing completely inside the landing area (or walking back) closer to the take-off line than the initial break made on landing.

2. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand.

Note: This first contact is considered leaving.

3. An athlete shall not be regarded to have failed if:

- (a) he runs outside the white lines marking the runway at any point; or
- (b) under Rule 185.1(b) a part of his shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or
- (c) if in the course of landing, he touches, with any part of his body, or anything attached to it at that moment, the ground outside the landing area, unless such contact contravenes Rule 185.1(d) or (e); or
- (d) he walks back through the landing area after having left the landing area in the manner described in Rule 185.2; or
- (e) except as described in Rule 185.1(b), he takes off before reaching the board.

Take-off Line

24. **Rule 187.4 and 187.5 – Assistance in Throwing Events**

These sub-rules have been significantly re-structured in order to provide clarity as to what is and what is not assistance in throwing events. The previous Rule 187.8 is re-located within these provisions and previous Rules 187.5 to 187.7 are renumbered as 187.6 to 187.8 accordingly.

These changes are almost exclusively structural and editorial with the exception of the insertion of some words to better define the sort of substances that can be used on the implements in shot and discus.

The full wording of the new 187.4 and 187.5 is as follows:

4. The following shall be considered assistance and are therefore not allowed:
- (a) the taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
 - (b) the use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial
 - (c) the use of gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.
 - (d) the spraying or spreading by an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.
5. The following shall not be considered assistance and are therefore allowed:
- (a) the use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower on his gloves. A shot putter may use such substances on their neck.
 - (b) the placement by an athlete, in the Shot Put and Discus Throw, on the implement, chalk or a similar substance. All substances used shall be easily removable using a wet cloth and shall not leave any residue.
 - (c) the use of taping on the hands and fingers that is not in contravention of Rule 187.4(a).

25. **Rule 187.9 – Length of Javelin Runway**

The Rule is amended to revert to the previous rule of some years ago, at least in relation to major competitions:

9. The minimum length of the runway shall be 30m except in competitions held under Rules 1.1(a), (b), (c) (e) and (f), where the minimum shall be 33.50m. Where conditions permit, the minimum length should be 36.50m.

26. **Rule 191 – Hammer Throw**

One change and a clarification are made to the wording of the Rule:

- the maximum inside length of the hammer handle is deleted as it is no longer considered a relevant specification
- the weight of the implement is defined as the totality of the head, handle and wire, clarifying the existing (and past) intention

27. **Rule 193 – Javelin Throw**

Two changes and a clarification are made to the wording of the Rule:

- the concept of the “tip” of the metal head as distinct from the metal head when judging the landing is removed to reflect the reality of judging practice:

193.1(b) A throw shall be valid only if the metal head strikes the ground before any other part of the javelin.

- note (i) to Rule 193.5 is expanded to provide better guidance to technical judges and to reflect actual accepted construction practice:

Note (i): Whilst the cross section throughout should be circular, a maximum difference between the largest and smallest diameter at any cross section of 2% is permitted. The mean value of these two diameters at any nominated cross section shall meet the specifications of a circular javelin in the tables hereunder.

- it is clarified that the javelin is to be held at the grip by one hand only. Note that this does not prevent an athlete steadying the implement with the other hand prior to the actual throw.

193.1 (a) The javelin shall be held at the grip with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.

28. **Rule 200.5 – Youth Boys Combined Event - Decathlon**

The international combined event for youth boys is changed from octathlon to decathlon. No consequential change to AA rules is needed as AUS has always maintained a ten event competition domestically for this age group.

29. **Rules 230.7, 240.6 and 250.7 – Start of Out of Stadium Events**

These rules are amended to provide in a general way for who the athletes should line up at the start ie as determined by the organisers – who can variously decide as they wish in each case to do a formal draw, have a preferred start arrangement for “seeded” athletes only, first come first in basis, etc

.....On the command “On your marks”, the athletes shall assemble on the start line in the manner determined by the organisers.

The exception that departure boxes be provided in teams cross country races remains in place:

250.7Departure boxes shall be provided for teams races and the members of each team shall be lined up behind each other at the start of the race.

30. **Rules 230.9(g) and 240.8(h) – Prohibited Taking of Refreshment**

The two rules (note that there is no need for a similar rule for cross country races) are expanded to provide more clearly for the circumstances in which an athlete can take refreshment or water in a race walking or road running event and for the application of penalties for doing so outside the rules:

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.

It is not however intended that this rule should be interpreted as meaning that an athlete who simply shares a drink with another athlete(s) should be penalised.

31. **Rule 230 – Race Walking**

- Rule 230.9(f): to provide for events such as the World Race Walking Cup where teams may have more than three competing athletes in a race. This would logically flow to lower level competitions in which a similar situation presents:

Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

32. **Rule 240 – Road Running**

- Rule 240.1 Note (ii): deleted as considered not a necessary or useful provision given the worldwide nature of athletics
- Rule 240.2 Note (ii): amended to allow small sections of road events other than only the start or finish to be on non-paved surfaces.

Note (ii): It is acceptable for the start and/or, finish **and other segments** of the race to be conducted on grass or other soft ground non-paved surfaces. These segments shall be kept to a minimum.

- Rule 240.5: amended to provide flexibility to organisers of road relay events to determine the method of take-over.

240.5 For Road Relays, lines 5cm wide shall be drawn across the course to mark the distances of each stage and to denote that scratch line. Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures, which unless otherwise specified by the organisers shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

33. **Rule 240.8 – Road Running Refreshment Stations**

This Rule has been substantially re-structured to both better present the requirements and to reflect current practice. The re-structure acknowledges some differences between road walking events (typically conducted on loop courses) and road running events which are conducted on a variety of course formats. The full text of the new rule is as follows:

Drinking / Sponging and Refreshment Stations

8. (a) Water and other suitable refreshments shall be available at the start and finish of all races.

(b) For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.

Note (i): Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.

Note (ii): Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.

(c) Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organising Committee will determine which refreshments it will provide based on prevailing conditions.

(d) Refreshments will normally be provided by the Organising Committee but it may permit athletes to provide their own refreshments, in which case the athlete shall nominate at which stations they shall be made available to the athlete. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

(e) The Organising Committee shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water.

(f) In competitions held under Rules 1.1 (a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the area designated for their country at any one time.

Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

(g) An athlete may at any time carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.

Whilst most of these changes reflect recognition of existing recent practice it should be noted that (g) is a new ruling (to cover for example the wish of some athletes particularly in non-elite races to wear “bottle-belts”. It is not intended that this new rule would be applied to race walking events.

34. **Rule 250 – Cross Country**

- Rule 250.2: deleted as considered not a necessary or useful provision given the worldwide nature of athletics
- Rule 250.7: the previous reference to providing 5, 3 and 1 minute warnings is changed from applying only to “international races” to any races “which include a large number of athletes”
- New Rule 250.8: to provide for safety and medical in cross country events as for road events:

Safety and Medical

8. (a) Organising Committees of Cross-Country Races shall ensure the safety of athletes and officials.

(b) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.

(c) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

35. **Rule 251 – Mountain Running**

All references to Mountain Running which were previously under cross country in Rule 250 have now been moved into a new specific rule for Mountain Running, which covers the relevant material for those events. The new Rule is attached as Appendix A.

36. **Rule 260.26(d) – Throwing Event Records**

The procedure for checking throwing implements when records are equalled or broken is more greatly elaborated:

(d) In Throwing Events, the implement used shall have been checked prior to the competition in accordance with Rule 123. If the Referee becomes aware during an event that a record has been equalled or bettered, he shall immediately mark the implement used and undertake a check to ascertain whether it still complies with the Rules or if there has been any change in characteristics. Normally, such implement shall be checked again after the event.

37. **Rule 260.28(e) – Road Race Records**

For a world record a road course now must be verified by a different A grade measurer (previously A or B) from any of those who did the original measurement. But if the course was originally measured by two A grade or an A and a B grade measurer and at least one is present at the race to validate, no such verification shall be required.

38. **Rule 261 – World Records List**

A world record is now to be recognised for women's 4x1500m.

There are now to be two World Records for Women in Road Races: a World Record for performances achieved in mixed gender races and a World Record for performances achieved in single gender races.

39. **Other Changes**

There were other changes to the IAAF Rules but these are either not directly relevant in the Australian context (ie Indoor Competition Rules or matters applying only to major international events) or strictly editorial designed to make a rule read more correctly or to be consistent with the wording used in another rule in which the context is intended to be the same.

These changes are summarised in Appendix B.

NEW IAAF HANDBOOKS

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

AA GENERAL RULES

An updated version of AA General Rule 20, which covers competition rule dispensations and interpretations, is being undertaken. Once completed it will be distributed in the usual manner, including being updated on the AA website.

IMPLEMENTATION IN AUSTRALIA

The new IAAF rules, come into effect internationally on 1 November 2013. However, the Rules are effective immediately in Australia (ie as from 1 October 2013)

The new rules will be applied at all national events (including the 2013 Australian All Schools and SKO National Final) held after 1 October 2013.

Brian Roe
AA Hon Technical Officer

19 September 2013

RULE 251
Mountain Races

The Course

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

The four different types of mountain races:

2. (a) Classic mountain races.

For Championships, the recommended distances and total amount of ascent should be approximately:

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

- (b) Long Distance mountain races:

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

- (c) Relay Mountain Races:

- (d) Time Trial Mountain Races:

Mountain races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.

The Start

3. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)).

In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.

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

Safety and Medical

4. (a) Organising Committees of Mountain Races shall ensure the safety of athletes and officials.

(b) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.

(c) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

Drinking / Sponging and Refreshment Stations

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

Race Conduct

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

Appendix B

Rules 110, 115 and 116 – specific references to “Area” qualified officials are deleted but with an explanatory note added to indicate that at each international competition the appropriate level of qualification for the international officials will be commensurate with the level of the competition. This makes not change at all to the current system – just uses less words in the rules.

Rules 120 – “the Technical Information Centre (TIC) Manager and an adequate number of assistants” is added to the list of competition officials. This omission was an oversight in the last edition.

Rules 129.6, 137 – editorial wording changes. No change of meaning

Rules 163.3(b) and 163.4(b) – wording added to make it clear that the same principles apply to “lane” infringements on the water jump diversion as on any other part of the track, ie if the particular part of the diversion is curved the “curve rules” apply but if it is straight at the point of an infringement, the “straight rules” apply.

Rule 165.23 – the word “read” is added in three places to fully reflect the procedure which should take place. Again no change to practice – only correcting a long standing poor description.

Rule 165.24 (e) – the first sentence was superfluous and is deleted.

Rules 166.4 (a) – clarifying that draws for the preliminary rounds of events conducted at Olympics and World Champs (currently only mens and womens 100m) is by lot. The draw for the actually first round of such events is also then by lot.

Rule 182.3(e) – minimum runway measurement now applies also the Rule 1.1(e) events.

Rule 182.10 – restricted so that is reads in the same way as 183.12

Rules 187.17 – reworded to improve the presentation and tense. No change to rule or interpretation

Rules 214 and 221.6 – indoor competitions rule changes

Rule 230.8(b) simply moved to Rule 230.13