



PROPOSALS TO AMEND THE IAAF COMPETITION RULES

CHAPTER 5 – TECHNICAL RULES

APPROVED BY THE COUNCIL
(IAAF Constitution Article 13.4)

-All amendments shall be in force as from 1st November 2011 except when stated otherwise.

No	Rule	Page	Action	Current	New	Reason / Comments	By
	110			International Officials	International Officials		
1	110	109	Revise	<p>At competitions organised under Rules 1.1(a), (b), (c) and (f), the following officials should be appointed internationally:</p> <p>(a) Organisational Delegate(s) (b) Technical Delegate(s) (c) Medical Delegate (d) Doping Control Delegate (e) International Technical Officials / International Cross Country, Road Running and Mountain Running Officials / Area Technical Officials (f) International Race Walking Judges / Area Race Walking Judges (g) International Road Course Measurer (h) International Starter(s) (i) International Photo Finish Judge (j) Jury of Appeal</p> <p>The number of officials appointed in each category shall be indicated in the current IAAF (or Area Association) Technical Regulations.</p> <p>At competitions organised under Rule 1.1(a): The selection of persons under (a), (b), (c), (d), and (j) is made by the IAAF Council. The selection of persons under (e) is made by the Council from members of the IAAF Panels of International Technical Officials or the International Cross-Country, Road Running and Mountain Running Officials respectively. The selection of persons under (f) is made by the IAAF Council from members of the IAAF Panel of International Race Walking Judges. The selection of the person under (g) is</p>	<p>At competitions organised under Rules 1.1(a), (b), (c) and (f), the following officials should be appointed internationally:</p> <p>(a) Organisational Delegate(s) (b) Technical Delegate(s) (c) Medical Delegate (d) Doping Control Delegate (e) International Technical Officials / International Cross Country, Road Running and Mountain Running Officials / Area Technical Officials (f) International Race Walking Judges / Area Race Walking Judges (g) International Road Course Measurer (h) International Starter(s) (i) International Photo Finish Judge (j) Jury of Appeal</p> <p>The number of officials appointed in each category, how, when and by whom they shall be appointed, shall be indicated in the current IAAF (or Area Association) Technical Regulations.</p> <p>At competitions organised under Rule 1.1(a): The selection of persons under (a), (b), (c), (d), and (j) is made by the IAAF Council. The selection of persons under (e) is made by the Council from members of the IAAF Panels of International Technical Officials or the International Cross-Country, Road Running and Mountain Running Officials respectively. The selection of persons under (f) is made by the IAAF Council from members of the IAAF Panel of International Race Walking Judges. The selection of the person under (g) is</p>	<p>The TC determined that the majority of the text in this Rule can be deleted and moved to the relevant WAS Technical Regulations where the appointment of International Officials could be dealt with on a case by case basis.</p>	Technical Cttee.

			<p>made by the Technical Delegates from members of the IAAF/AIMS Panel of International Road Course Measurers. The selection of persons under (h) is made by the Technical Delegates from members of the IAAF Panel of International Starters. The selection of the person under (i) is made by the Technical Delegates from members of the IAAF Panel of International Photo Finish Judges.</p> <p>The IAAF Council shall approve criteria of selection, qualification and duties of the above-mentioned officials. IAAF Members may suggest suitably qualified persons for selection.</p> <p>At competitions organised under Rules 1.1(c) and (f) these persons will be selected by the relevant Area Associations. In the case of the Area Technical Officials and Area Race Walking Judges, the selection is made by the relevant Area Association from their own list of Area Technical Officials and Area Race Walking Judges.</p> <p>For competitions organised under Rules 1.1(a), and (e), IAAF may appoint an Advertising Commissioner. For competitions under Rules 1.1(c), (f) and (j), any such appointments will be made by the relevant Area Association, for competitions under Rule 1.1(b) by the relevant body, and for competition under Rules 1.1(d), (h) and (i), by the relevant IAAF Member.</p> <p><i>Note: The International Officials should wear distinctive attire or insignia.</i></p> <p>The travelling expenses of each individual appointed by the IAAF or an</p>	<p>made by the Technical Delegates from members of the IAAF/AIMS Panel of International Road Course Measurers. The selection of persons under (h) is made by the Technical Delegates from members of the IAAF Panel of International Starters. The selection of the person under (i) is made by the Technical Delegates from members of the IAAF Panel of International Photo Finish Judges.</p> <p>The IAAF Council shall approve criteria of selection, qualification and duties of the above-mentioned officials. IAAF Members may suggest suitably qualified persons for selection.</p> <p>At competitions organised under Rules 1.1(c) and (f) these persons will be selected by the relevant Area Associations. In the case of the Area Technical Officials and Area Race Walking Judges, the selection is made by the relevant Area Association from their own list of Area Technical Officials and Area Race Walking Judges.</p> <p>For competitions organised under Rules 1.1(a), and (e), IAAF may appoint an Advertising Commissioner. For competitions under Rules 1.1(c), (f) and (j), any such appointments will be made by the relevant Area Association, for competitions under Rule 1.1(b) by the relevant body, and for competition under Rules 1.1(d), (h) and (i), by the relevant IAAF Member.</p> <p><i>Note: The International Officials should wear distinctive attire or insignia.</i></p> <p>The travelling and accommodation expenses of each individual appointed by the IAAF or an Area Association under this Rule or under Rule 3.2 shall be paid to the individual by the organisers of the</p>	
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				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.	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. according to the relevant Regulations.		
	112			Technical Delegates	Technical Delegates		
2	112	111	Amend and editorial	<p>The Technical Delegates, in conjunction with the Organising Committee, which shall afford them all necessary help, are responsible for ensuring that all technical arrangements are in complete conformity with IAAF Technical Rules and the IAAF Track and Field Facilities Manual.</p> <p>The Technical Delegates shall submit to the appropriate body proposals for the timetable of events, the entry standards, and implements to be used and shall determine the qualifying standards for the field events, and the basis on which preliminary rounds shall be arranged for track events.</p> <p>They shall ensure that the Technical Regulations are issued to all competing Members in good time before the competition.</p> <p>The Technical Delegates are responsible for all other technical preparations necessary for the holding of the athletics events.</p>	<p>The Technical Delegates, in conjunction with the Organising Committee, which shall afford them all necessary help, are responsible for ensuring that all technical arrangements are in complete conformity with IAAF Technical Rules and the IAAF Track and Field Facilities Manual.</p> <p>The Technical Delegates shall submit to the appropriate body proposals for the timetable of events, the entry standards, and implements to be used and shall determine the qualifying standards for the field events, and the basis on which preliminary rounds shall be arranged for track events written reports as appropriate on the preparations for the competition and shall cooperate with the Organisational Delegate(s). In addition, the Technical Delegates shall:</p> <p>(a) Submit to the appropriate body proposals for the timetable of events and the entry standards.</p> <p>(b) Determine the list of implements to</p>	Provide that the Technical Delegates to decide on implement lists and to better present the wording of this rule.	Comp. Comm.

				<p>They shall control the entries and have the right to reject them for technical reasons or in accordance with the Rule 146.1. (Rejection for reasons other than technical must result from a ruling of the IAAF or appropriate Area Council.)</p> <p>They shall arrange preliminary rounds and the groups for the Combined Events competitions.</p> <p>The Technical Delegates shall submit written reports as appropriate on the preparations for the competition.</p> <p>They shall cooperate with the Organisational Delegate(s).</p> <p>In competitions under Rules 1.1(a), (b), (c) and (f), the Technical Delegates shall chair the Technical Meeting and shall brief the Technical Officials.</p>	<p>be used and whether athletes may use their own implements or those provided by a supplier.</p> <p>(c) Ensure that the Technical Regulations are issued to all competing Members in good time before the competition.</p> <p>(d) Be responsible for all other technical preparations necessary for the holding of the athletics events.</p> <p>(e) Control the entries and have the right to reject them for technical reasons or in accordance with the Rule 146.1. (Rejection for reasons other than technical must result from a ruling of the IAAF or appropriate Area Council.)</p> <p>(f) Determine the qualifying standards for the field events, and the basis on which preliminary rounds shall be arranged for track events.</p> <p>(g) Arrange preliminary rounds and the groups for the Combined Events competitions.</p> <p>(h) In competitions under Rules 1.1(a), (b), (c) and (f), chair the Technical Meeting and brief the Technical Officials.</p>		
	113			Medical Delegate	Medical Delegate		
3	113	111	Delete	<p>The Medical Delegate shall have ultimate authority on all medical matters. He shall ensure that adequate facilities for medical examination, treatment and emergency care will be available at the site of the competition and that medical attention can be provided where athletes are accommodated. The Medical Delegate shall also have authority to arrange for the determination of the gender of an athlete should he judge that to be desirable.</p>	<p>The Medical Delegate shall have ultimate authority on all medical matters. He shall ensure that adequate facilities for medical examination, treatment and emergency care will be available at the site of the competition and that medical attention can be provided where athletes are accommodated. The Medical Delegate shall also have authority to arrange for the determination of the gender of an athlete should he judge that to be desirable.</p>	<p>The Council has approved this amendment as an urgent matter to give effect to the new the HA and Sex Reassignment Regulations published by Council under Rule 141 which shall also come into force as from 1st May 2011.</p> <p>[IN FORCE AS FROM 1 MAY 2011]</p>	Council

	120			Officials of the Competition	Officials of the Competition		
4	120	114	Add / Amend	... - One Chief and an adequate number of Marshals - One (or more) Wind Gauge Operator(s) - One Chief Photo Finish Judge and an adequate number of Assistant Photo Finish Judges - One (or more) Measurement Judge(s) (Scientific) - One Chief and an adequate number of Marshals - One (or more) Wind Gauge Operator(s) - One Chief Photo Finish Judge and an adequate number of Assistants Photo Finish Judges - One Chief Transponder System Timing Judge and an adequate number of assistants - One (or more) Measurement Judge(s) (Scientific) ...	The appearance of this new official needs the inclusion in the list of Judges of a Competition.	Technical Cttee. ESP
	123			Technical Manager	Technical Manager		
5	123	116	Replace	The Technical Manager shall be responsible for ensuring that the track, runways, circles, arcs, sectors, landing areas for Field Events and all equipment and implements are in accordance with the Rules.	The Technical Manager shall be responsible for: 1. Ensuring that the track, runways, circles, arcs, sectors, landing areas for Field Events and all equipment and implements are in accordance with the Rules. 2. The placement and removal of equipment and implements according to the technical organisational plan for the competition as approved by the Technical Delegates. 3. Ensuring the technical presentation of the competition areas is in accordance with such plan. 4. Checking and marking any personal implements permitted for the competition according to Rule 187.2. 5. Ensuring that he has received the necessary certification under Rule 135 before the competition.	Being more specific about the duties of the Technical Manager according to practice.	Technical Cttee.
	125			Referees	Referees		
6	125.2	117	Amend	... The Referee shall not act as a judge or umpire.	... The Referee shall not act as a judge or umpire but may take any action or	This sentence is regularly misunderstood so as to mean that the Referee cannot act of his own	AUS

					decision according to the Rules based on his own observations.	volition if he sees an infringement of the rules.	
7	125.2	117	Amend	2. Referees shall ensure that the Rules (and applicable Technical Regulations) are observed and shall decide upon any matters which arise during the competition (including in the Call Room) and for which provision has not been made in these Rules (or any applicable Technical Regulations). In case of a disciplinary case, the Call Room Referee has authority starting from the first Call Room up to the competition site.	2. Referees shall ensure that the Rules (and applicable Technical Regulations) are observed and shall decide upon any matters which arise during the competition (including in the Call Room, Warm-Up Area, Call Room and, after the competition, up to and including the Victory Ceremony) and for which provision has not been made in these Rules (or any applicable Technical Regulations). In case of a disciplinary case matter , the Call Room Referee has authority starting from the first Call Room Warm-Up Area up to the competition site. In all other instances, the Referee applicable to the event in which the athlete is or was competing, shall have authority. ...	To clarify which official has authority to deal with disciplinary matters before and after the competition.	Technical Cttee.
8	125	118	Add new 6 and renumber		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 only be undertaken prior to the Victory Ceremony for the relevant event or any applicable decision by the Jury of Appeal.	To make it clear, as per the practice, that the Referee can reconsider his initial decision like the Jury of Appeal.	Technical Cttee.
9	128			Timekeepers and Photo Finish Judges	Timekeepers, and Photo Finish and Transponder Timing Judges		Technical Cttee. AUS ESP
10	128	119	Amend and add new 4	1. In the case of hand timing, a sufficient number of timekeepers for the number of athletes entered shall be appointed. One of them shall be designated the	1. In the case of hand timing, a sufficient number of timekeepers for the number of athletes entered shall be appointed. One of them shall be	To properly provide in the Rules for officials for transponder timing systems.	Technical Cttee. AUS ESP

				<p>Chief Timekeeper. He shall allocate duties to the Timekeepers. These Timekeepers shall act as back-up Timekeepers when Fully Automatic Photo Finish System is in use.</p> <p>2. Timekeepers shall act in accordance with Rule 165.</p> <p>3. When Fully Automatic Photo Finish System is used, a Chief Photo Finish Judge and at least two Assistant Photo Finish Judges shall be appointed.</p>	<p>designated the Chief Timekeeper. He shall allocate duties to the Timekeepers. These Timekeepers shall act as back-up Timekeepers when Fully Automatic Photo Finish or Transponder Timing Systems is are in use.</p> <p>2. Timekeepers, Photo Finish and Transponder Timing Judges shall act in accordance with Rule 165.</p> <p>3. When Fully Automatic Photo Finish System is used, a Chief Photo Finish Judge and at least two Assistant Photo Finish Judges and an adequate number of assistants shall be appointed.</p> <p>4. When a Transponder Timing System is used, a Chief Transponder Timing Judge and an adequate number of assistants shall be appointed.</p>		
11	141			Age Groups	Age Groups and Sex and Categories		Juridical Comm.
12	141	125	Amend and add new 2-6	<p>The following definitions apply to the age groups recognised by IAAF:</p> <p>Youth Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition. Junior 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 for stadia events and his/her 40th birthday for out-of-stadia events.</p>	<p>The following definitions apply to the age groups recognised by IAAF:</p> <p>Age Categories 1. Competition under these Rules may be divided into age group classifications as follows: Youth Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of competition. Junior Men and Women: Any athlete of 18 or 19 years on 31st December in the year of the competition. Masters Men and Women: Any athlete who has reached his 35th birthday for stadia events and his 40th birthday for out-of-stadia events. 2. An athlete shall be eligible to compete in an age group competition under these Rules if he is within the age range specified in the relevant age</p>	<p>Consequence of proposed changes in Chapter 2.</p> <p>[IN FORCE AS FROM 1 MAY 2011]</p>	Juridical Comm.

					<p>group classification. An athlete must be able to provide proof of his age through presentation of a valid passport or other form of evidence as permitted by the regulations for the competition. An athlete who fails or refuses to provide such proof shall not be eligible to compete.</p> <p>Sex Categories 3. Competition under these Rules is divided into men's and women's classifications (unless a Mixed Competition is organised in one of the limited cases set out in Rule 147 below). 4. An athlete shall be eligible to compete in men's competition if he is recognised as a male in law and is eligible to compete under the Rules and Regulations. 5. An athlete shall be eligible to compete in women's competition if she is recognised as a female in law and is eligible to compete under the Rules and Regulations. 6. The Council shall approve Regulations to determine the eligibility for women's competition of (a) females who have undergone male to female sex reassignment; and (b) females with hyperandrogenism. An athlete who fails or refuses to comply with the applicable Regulations shall not be eligible to compete.</p>		
	143			Clothing, Shoes and Athlete Bibs	Clothing, Shoes and Athlete Bibs		
13	143.1	127	Add Note	<p><i>Clothing</i> ... Athletes vests should have the same colour on the front and back. ...</p>	<p><i>Clothing</i> ... Athletes vests should have the same colour on the front and back. ... <i>Note: The controlling body may specify</i></p>		Technical Cttee.

					<i>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.</i>		
	144			Assistance to Athletes	Assistance to Athletes		
14	144.2(a)	129	Amend and add new (g)	<p>2. For the purpose of this Rule the following shall be considered assistance, and are therefore not allowed:</p> <p>(a) pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device.</p> <p>(b) possession or use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices in the arena.</p> <p>...</p> <p>The following shall not be considered assistance:</p> <p>(d) Communication between the athletes and their coaches not placed in the competition area. In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the immediate site of each Field Event, should be reserved to the athletes' coaches.</p> <p>...</p>	<p>2. For the purpose of this Rule the following shall be considered assistance, and are therefore not allowed:</p> <p>(a) pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device [other than those permitted under Rule 144.2(g)]</p> <p>(b) possession or use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices in the arena.</p> <p>...</p> <p>The following shall not be considered assistance:</p> <p>(d) Communication between the athletes and their coaches not placed in the competition area. In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the immediate site of each Field Event, should be reserved to the athletes' coaches.</p> <p>...</p> <p>(g) Devices carried personally by athletes during a race such as heart rate or speed distance monitors or stride sensors provided that such device cannot be used to communicate with any other person.</p>	To provide for common practice given that the use of these devices are not considered to provide any unfair advantage and because their use is difficult to detect and police.	Technical Cttee.
	146			Protests and Appeals	Protests and Appeals		
15	146.3	131	Amend	3. Any protest shall, in the first instance,	3. Any protest shall, in the first instance,	To remove unnecessary words and	Technical

				<p>be made orally to the Referee by an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team must have a bona fide interest in the event(s) in question.</p> <p>...</p>	<p>be made orally to the Referee by an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team must have a bona fide interest in the event(s) in question. may only protest if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition on which a team points score is being conducted).</p> <p>...</p>	so as to make clear the meaning of bona fide.	Cttee.
16	146.4(a)	132	Amend and re-number	<p>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. 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.</p> <p>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.</p> <p><i>Note: The right of protest and appeal shall apply whether or not a false start</i></p>	<p>4. In a Track Event:</p> <p>(a) 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. 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.</p> <p>(b) 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, Whether or not there may be any disqualification, the Referee shall have the authority to declare an event void and that it shall be held again if in his opinion justice demands it.</p>	<p>To correct an error in the previous rule (which required there to be no disqualification situation before a Referee could determine that an event be declared void and re-held) and to more correctly set out the various components of the existing rule.</p> <p>[As a consequence current 4(b) shall be renumbered as 5, current 5 as 6 and so on]</p>	Technical Cttee.

				<i>control apparatus is used.</i>	<i>Note: The right of protest and appeal in (b) shall apply whether or not a false start control apparatus is used.</i>		
17	146.5	132	Amend	<p>5. An appeal to the Jury of Appeal must be made within 30 minutes:</p> <p>(a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or</p> <p>(b) of the advice being given to those making the protest, where there is no amendment of any result.</p> <p>It shall be in writing, signed by a responsible official on behalf of the athlete or team, and shall be accompanied by a deposit of USD100, or its equivalent, which will be forfeited if the appeal is not allowed.</p>	<p>5. An appeal to the Jury of Appeal must be made within 30 minutes:</p> <p>(a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or</p> <p>(b) of the advice being given to those making the protest, where there is no amendment of any result.</p> <p>It shall be in writing, signed by a responsible official on behalf of the athlete or team the athlete, by someone acting on his behalf or by an official representative of a team and shall be accompanied by a deposit of USD100, or its equivalent, which will be forfeited if the appeal is not allowed. Such athlete or team may only appeal if they are competing in the same round of the event to which the appeal relates (or are competing in a competition on which a team points score is being conducted).</p>	To make the conditions for an appeal the same as for a protest.	AUS
18	146.7	133	Amend	<p>7. The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable.</p>	<p>7. The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may only be undertaken prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.</p>	In order to put a reasonable time limit on "regular" reconsiderations but still allowing for special cases to be re-opened later by decision of the governing body where justices demands that should happen.	Technical Cttee.
	147			Mixed Competition	Mixed Competition		
19	147	133	Add Note		<i>Note: Where mixed competitions are conducted in Field Events, separate result cards should be used and results declared for each sex.</i>	A clarification.	Technical Cttee.

	149			Validity of Performances	Validity of Performances		
20	149	134	Add new 2. and number	No performance accomplished by an athlete will be valid unless it is accomplished during an official competition organised in conformity with the Rules.	<p>1. No performance accomplished by an athlete will be valid unless it is accomplished during an official competition organised in conformity with the Rules.</p> <p>2. Performances made outside traditional athletics facilities (such as those held in town squares, other sporting facilities, beaches, etc.) shall only be valid and recognised for all purposes, if they are made subject to all of the following conditions:</p> <p>(a) the appropriate governing body as provided in Rules 1 to 3 has issued a permit for the event;</p> <p>(b) a qualified panel of National Technical Officials are appointed to and officiate at the event;</p> <p>(c) where applicable, equipment and implements in conformity with the Rules are used; and</p> <p>(d) the event is conducted on an event site or facility in conformity with the Rules and in respect of which a certificate under Rule 135 is issued by an Official Surveyor based on measurements taken on the day of the event.</p>	To make it clear under which circumstances performances made outside traditional athletics facilities can be recognised as valid.	Comp. Comm.
	162			The Start	The Start		
21	162.1-6	137	Amend and reorganise			See proposal attached.	Technical Cttee.
22	162.8	139	Amend	8. In case of a false start, the Starter's Assistants shall proceed as follows: Except in Combined Events, the athlete(s) responsible for the false start shall be disqualified and a red card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).	8. In case of a false start, the Starter's Assistants shall proceed as follows: Except in Combined Events, the athlete(s) responsible for the false start shall be disqualified and a red and black (diagonally halved) card shall be raised in front of him and a corresponding indication shown on the respective lane	It was noted at the meeting of the TC that consideration should be given to changing the colours / shapes of yellow and red cards shown for false start so as to eliminate possible confusion with yellow and red disciplinary cards.	Technical Cttee. AUS

				In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow card raised in front of him and a corresponding indication shown on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with a yellow card.	marker(s). In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow and black (diagonally halved) card raised in front of him and a corresponding indication shown on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with the yellow and black card.	To allow those observing the action from a distance, such as media, spectators and television viewers to distinguish between warnings and disqualifications for false starts and those that are given for improper conduct – as these have different consequences for the race and the athletes.	
	163			The Race	The Race		
23	163.1	140	Add	The direction of running and walking shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.	The direction of running and walking on the oval track shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.	To validate regular practice in some countries, that is not against the spirit of any rule.	Technical Cttee.
24	163.4(b)	141	Amend and add	An athlete shall not be disqualified if he (a) is pushed or forced by another person to run outside his lane or on or inside the kerb or line marking the applicable border, or (b) runs outside his lane in the straight or outside the outer line of his lane on the bend, with no material advantage thereby being gained and no other athlete being obstructed.	An athlete shall not be disqualified if he (a) is pushed or forced by another person to run step outside his lane or on or inside the kerb or line marking the applicable border, or (b) runs steps outside his lane in the straight or outside the outer line of his lane on the bend, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress. <i>Note: Material advantage includes improving his position by any means, including removing himself from a "boxed" position in the race by having stepped or run inside the inside edge of the track.</i>	To make this rule consistent in wording with 163.2 and to make it clearer that athletes cannot "escape" a boxed position by running on the infield at any point of the race.	Technical Cttee.
25	163.11	125	Amend	11. Ultrasonic wind gauges shall be used at all International Competitions under Rules 1.1(a) to (h) and for any performance submitted for ratification as a World Record. ...	11. Ultrasonic Non-mechanical wind gauges shall be used at all International Competitions under Rules 1.1(a) to (h) and for any performance submitted for ratification as a World Record. ...	To give way to emerging new technologies if otherwise the device complies and is approved by IAAF. [IN FORCE AS FROM 1 APRIL 2010]	Technical Cttee.

	164			The Finish	The Finish		
26	164.1	143	Add Note	The finish of a race shall be denoted by a white line 5cm wide.	The finish of a race shall be denoted by a white line 5cm wide. <i>Note: In the case of events finishing outside the stadium the finish line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the finish area.</i>	To provide for common practice.	Technical Cttee.
	165			Timing and Photo Finish	Timing and Photo Finish		
27	165.14	145	Amend	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, 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.	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, 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 1/1000th 0.001 of a second.	0.001 always taken for valid and it is wrong on the current legislation Today we see 0.0001 in most systems Alternatively: "Not more than one millisecond" See also 165.19.	Technical Cttee. ESP
28	165.25	148	Add new 25		25. The Chief Transponder Timing Judge shall be responsible for the functioning of the System. Before the start of the competition, he will meet the technical staff involved and familiarise himself with the equipment. He shall supervise the testing of the equipment and ensure that the passing of the transponder over the finish line will record the athlete's finish time. In conjunction with the Referee, he shall ensure that provision is made for the application, when necessary, of Rule 165.24(f).	Consequence of adding this new official.	Technical Cttee.
	166			Seedings, Draws and Qualification in Track Events	Seedings, Draws and Qualification in Track Events		
29	166.1	148	Add	Rounds and Heats 1. Preliminary rounds shall be held in Track Events in which the number of athletes is too large to allow the	Rounds and Heats 1. Preliminary rounds shall be held in Track Events in which the number of athletes is too large to allow the	This amendment is needed in order to assure that the procedure that Council approved for the 100 metres at the 2011 World Championships	Comp. Comm.

				competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds.	competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds except that at the discretion of the body having the control over a competition, under Rule 1.1 (a), (b), (c) and (f), there may be a preliminary qualification round that is limited to athletes who have not met the entry standard(s) for the competition.	and the 2012 Olympic Games conforms to the Rules. [IN FORCE AS FROM 1 MAY 2011]	
30	166.4	151	Add new Note		<i>Draw for Lanes</i> ... <i>Note (iv): In any 800 metres race, including a final, where for any reason there are more athletes competing than lanes available, the Technical Delegate(s) shall determine in which lanes more than one athlete will be drawn.</i>	This depends on the local circumstances e.g. the number of lanes.	Technical Cttee.
	168			Hurdle Races	Hurdle Races		
31	168.7(a)	155	Amend	Each athlete shall jump each hurdle. Failure to do so will result in a disqualification. In addition, an athlete shall be disqualified, if he: (a) trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance; or (b) in the opinion of the Referee deliberately knocks down any hurdle.	Each athlete shall jump each hurdle. Failure to do so will result in a disqualification. In addition, an athlete shall be disqualified, if he : (a) trails 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.	To clarify that: (1) touching a hurdle doesn't result in a disqualification; and (2) should the foot or leg (either the trailing or the lead) be beside the hurdle on either side below the horizontal plane of the top of the hurdle bar at the instant of clearance, it does mean an infringement.	Technical Cttee. GER, AUT, CZE, LUX, NED, SUI
	170			Relay Races	Relay Races		
32	170	157	Amend and re-organise			See proposal attached.	Technical Cttee. GER, AUT, CZE, LUX, NED, SUI NZL SWE

	180			General Conditions	General Conditions		
33	180.2	161	Add (b) as new and re-letter	Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate: (a) the runway or take-off area; (b) implements; (c) the circles or the ground within the sector with or without implements.	Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate: (a) the runway or take-off area; (b) vaulting poles; (c) implements; (d) the circles or the ground within the sector with or without implements.	It is dangerous or at least disturbing to have athletes practicing with poles in the competition area.	Technical Cttee.
34	180.4	161	Amend	Competing Order 4. The athletes shall compete in an order drawn by lot. If there is a preliminary round, there shall be a fresh drawing of lot for the final (see also Rule 180.5).	Competing Order 4. The athletes shall compete in an order drawn by lot. Failure to do so shall result in the application of Rules 125.5 and 145.2. If there is a preliminary round, there shall be a fresh drawing of lot for the final (see also Rule 180.5).	Any action that results in a disqualification must rightfully be part of the 'Competition Rules' not part of an 'interpretation'. This proposed addition is currently in 'The Referee'	USA
35	180.5(a)	162	Amend	5. ... In both cases: (a) the competing order for the fourth and fifth rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials. The competing order for the final round of trials shall be in the reverse ranking order recorded after the fifth round of trials.	5. ... In both cases: (a) the competing order for the fourth and fifth last three rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials. The competing order for the final round of trials shall be in the reverse ranking order recorded after the fifth round of trials.	Not to reverse the competing order for the last round of trials in the horizontal events.	Comp. Comm.
36	180.5	162	Add new Note (iii)		Note (iii): It is permissible for the controlling body to specify in the Regulations that where there are more than eight athletes in an event, all athletes may have four trials.	To provide for situations in meetings such as the Continental Cup and some one-day meetings where it has been the practice to allow all athletes to have four trials.	Comp. Comm.
37	180.8	163	Amend	8. 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	8. The athletes shall normally be divided into two or more groups at random, but where possible so that representatives of each nation or team shall be placed in different groups. Unless there are	There is currently no provision in the Rules for the "seeding" of groups for field events.	AUS

				warm-up immediately after the previous group has finished.	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.		
38	180.18	165	Amend	<p><i>Change of Competition Area</i></p> <p>18. The appropriate Referee shall have the authority to change the place of the competition if, in his opinion, the conditions justify it. Such a change should be made only after a round of trials has been completed.</p> <p><i>Note: Neither the wind strength nor its change of direction is sufficient condition to change the place of the competition.</i></p>	<p><i>Change of Competition Area or Time</i></p> <p>18. The Technical Delegate or appropriate Referee shall have the authority to change the time or place of the competition if, in his opinion, the conditions justify it. Such a change should be made only after a round of trials has been completed.</p> <p><i>Note: Neither the wind strength nor its change of direction is sufficient condition to change the time nor place of the competition.</i></p>	To provide for what has been the practice for some time.	AUS
	181			General Conditions	General Conditions		
39	181.2	166	Add from 142.3	<p><i>Trials</i></p> <p>2. An athlete may commence jumping / vaulting at any height previously announced by the Chief Judge and may jump / vault at his own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any of such failures occur, disqualify from further jumping / vaulting except in the case of a tie for first place.</p> <p>The effect of this Rule is that an athlete may forego his second or third trial at a particular height (after failing first or second time) and still jump / vault at a subsequent height.</p> <p>If an athlete forgoes a trial at a certain height, he may not make any subsequent trial at that height, except in the case of a jump-off for first place.</p>	<p><i>Trials</i></p> <p>2. An athlete may commence jumping / vaulting at any height previously announced by the Chief Judge and may jump / vault at his own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any of such failures occur, disqualify from further jumping / vaulting except in the case of a tie for first place.</p> <p>The effect of this Rule is that an athlete may forego his second or third trial at a particular height (after failing first or second time) and still jump / vault at a subsequent height.</p> <p>If an athlete forgoes a trial at a certain height, he may not make any subsequent trial at that height, except in the case of a jump-off for first place.</p> <p>In the case of the High Jump and Pole Vault, if an athlete is not present when all other athletes who are present have completed the competition, the Referee</p>	This situation applies to other situations in Vertical Jumps not only in case on simultaneous entries.	Technical Cttee.

					shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.		
40	181.4	166	Amend	4. Unless there is only one athlete remaining and he has won the competition: (a) the bar should never be raised by less than 2cm in High Jump and 5cm in Pole Vault after each round of trial; and (b) the increment of the raising of the bar should never increase. ...	4. Unless there is only one athlete remaining and he has won the competition: (a) the bar should shall never be raised by less than 2cm in High Jump and 5cm in Pole Vault after each round of trial; and (b) the increment of the raising of the bar should shall never increase.	The change from "should" to "shall" makes it clearer that both regulations are forcible.	GER, AUT, CZE, LUX, NED, SUI
41	181.8(d)	168	Add	Placings ... (d) If it concerns the first place a jump-off between these athletes shall be conducted in accordance with Rule 181.9, unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.	Placings ... (d) If it concerns the first place a jump-off between these athletes shall be conducted in accordance with Rule 181.9, unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition but before the start of the event by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.	The decision about the application of a Jump Off must always be made before the beginning of an event.	GER, AUT, CZE, LUX, NED, SUI
42	181.9(e)	168	Amend	Jump-off 9. ... (e) If an athlete is not jumping at a height he automatically forfeits any claim to the first place. If only one other athlete then remains he is declared the winner regardless of whether he clears that height.	Jump-off 9. ... (e) If an athlete is not jumping at a height he automatically forfeits any claim to the first higher place. If only one other athlete then remains he is declared the winner regardless of whether he clears attempts that height.	"...higher place" is more correct as there may be more than two athletes in the jump off. The agreed interpretation is that the word "clears" should read "attempts" to give effect to intention of the 2009 rule change.	Technical Cttee.

	183			Pole Vault	Pole Vault		
43	183.11	174	Amend and Add	11. ... The pole may have protective layers of tape at the grip and of tape and/or any other suitable material at the bottom end.	11. ... The pole may have protective layers of tape at the grip end (to protect the hand) and of tape and/or any other suitable material at the bottom end (to protect the pole) . Any tape at the grip end must be uniform except for incidental overlapping and must not result in any sudden change in diameter, such as the creation of any "ring" on the pole.	Using "rings" on vaulting poles. The aim is to support and not to allow displacing of the lower hand. [IN FORCE AS FROM 1 MAY 2011]	Technical Cttee.
	184			Horizontal Jumps - General Conditions	Horizontal Jumps - General Conditions		
44	184-186	176	Amend and re-organise			See proposal attached.	Technical Cttee.
	187			General Conditions	General Conditions		
45	187.1	181	Add and edit		[Delete the reference to Youth in the Girls/Women column in the table and create a new column headed Girls Youth and insert as follows:] Shot 3.000kg Discus 1.000kg Hammer 3.000kg Javelin 500g	To provide for more appropriate implements for girls competing in the youth age group as from 1 January 2012. Being mindful of costs to competition organisers it is provide that the "new" implements be as per the WMA specifications. [Further that consequential amendments be made to the tables in Rules 188.5, 191.9 and 193.6 inserting the applicable specifications for the above implements according to the existing WMA tables.] [IN FORCE AS FROM 1 JANUARY 2012]	Coaches Comm. School & Youth Comm.
46	187.4(c)	182	Amend	Assistance 4. ... [c] In order to obtain a better grip, an	Assistance 4. ... [c] In order to obtain a better grip, an	Especially in case of own equipment it is necessary that the implement isn't covered by a substance the owner doesn't want to have on the	GER, AUT, CZE, LUX, NED, SUI

				athlete may use a suitable substance on his hands only or in the case of hammer throwers on their gloves. Shot putters may use such substances on their neck. In addition, in the Shot Put and Discus Throw, athletes may place chalk or a similar substance on the implement.	athlete may use a suitable substance on his hands only or in the case of hammer throwers on their gloves. Shot putters may use such substances on their neck. In addition, in the Shot Put and Discus Throw, athletes may place chalk or a similar substance on the implement, chalk or a similar substance that is easily removed and does not leave any contamination.	implement. But of course this is also valid for any other implement used by more than one athlete.	
47	187.14	186	Amend	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 any part of the stop board other than its inner side, ...	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 (or the top inside edge) of the rim or the ground outside the circle, (c) in the Shot Put, touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top) , ...	To clarify that touching the top inside edge of the rim of the circle or the stop board is a foul. [IN FORCE AS FROM 1 MAY 2011]	Technical Cttee.
	191			Hammer Throw	Hammer Throw		
48	191.9	195	Amend	9. The hammer shall conform to the following specifications: ... Length of Hammer measured from inside of handle Min. 1160mm 1165mm 1175mm 1175mm Max. 1195mm 1200mm 1215mm 1215mm ...	9. The hammer shall conform to the following specifications: ... Length of Hammer measured from inside of handle Min. 1160mm 1165mm 1175mm 1175mm Max 1195mm 1200mm 1215mm 1215mm ...	A hammer with a length shorter than the permissible maximum is a disadvantage for the athlete. Therefore it is no necessity to define a minimum length. It has to be placed in the relevant table under the heading "maximum length for admission to competition etc." and not under the heading "Information for manufacturers". (No further tolerance applies to the maximum length.)	GER, AUT, CZE, LUX, NED, SUI

	200			Combined Events Competitions	Combined Events Competitions		
49	200.13	208	Add	13. ... (c) If the athletes are still equal following the application of Rule 200.13(b) the athlete who has the highest number of points in a second event, etc. shall be awarded the higher place.	13. ... (c) If the athletes are still equal following the application of Rule 200.13(b) the athlete who has the highest number of points in a second event, etc. shall be awarded the higher place. (d) If the athletes are still equal following the application of Rule 200.13(c), it shall be determined to be a tie.	To clarify practice by completely defining a tie in Combined Events.	Technical Cttee.
	213			The Oval Track and Lanes	The Oval Track and Lanes		
50	213.3	211	Amend	Banking 3. The angle of banking in all the lanes should be the same at any cross section of the track. The straight may be flat or have a maximum lateral inclination of 1:100 towards the inside lane. ...	Banking 3. The angle of banking in all the lanes in the bend and separately in the straight should be the same at any cross section of the track. The straight may be flat or have a maximum lateral inclination of 1:100 towards the inside lane. ...	As currently written, the rule is inaccurate. The angle of banking cannot always be the same. There is a need to state separate conditions for the bend and the straight. In addition, a maximum banking for the bend should be required.	USA
	221			Shot Put	Shot Put		
51	221.2	218	Replace	2. The landing sector shall be enclosed at the far end and on the two sides, as close to the circle as may be necessary for safety of the other athletes and officials, by a stop barrier and protective netting of approximately 4m height which should stop a shot whether in flight or bouncing from the landing surface.	2. Where necessary to ensure the safety of spectators, officials and athletes, the landing sector shall be enclosed at the far end and on the two sides by a stop barrier and/or protective netting, placed as close to the circle as required. The recommended minimum height of the netting should be 4m and sufficient to stop a shot, whether in flight or bouncing from the landing surface.	To reflect practice and to provide for safety in an appropriate way and to be consistent in wording with the safety cage rules for discus and hammer.	Technical Cttee.
	230			Race Walking	Race Walking		
52	230.3(a)	220	Amend	Chief Judge 3. (a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete	Chief Judge 3. (a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete	It is more practical.	Race Walking Cttee.

				inside the stadium when the race finishes in the stadium or in the last 100m when the race takes place solely on the track or on the road course, when his mode of progression obviously fails to comply with the Rule 230.1 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. ...	inside the stadium when the race finishes in the stadium or in the last 100m when the race takes place solely on the track or on the road course, when his mode of progression when his mode of progression obviously fails to comply with the Rule 230.1 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. ...		
53	230.3(b)	221	Amend	3.(b) The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 230.3(a) above in competitions under Rules 1.1(a), (b), (c) (d) and (f). In competitions held under Rules 1.1(a), (b), (c) and (f) two or more Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.	3.(b) The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 230.3(a) in competitions under Rules 1.1(a), (b), (c) (d) and (f). In competitions held under Rules 1.1(a), (b), (c) and (f) two or more Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.	Avoid unnecessary repetition.	Race Walking Cttee.
54	230.4	221	Amend subtitle	<i>Caution</i>	Caution Yellow Paddle	Better understanding within the athletics family and the media and general public.	Race Walking Cttee.
55	230.4	221	Amend	4. Athletes shall be cautioned when, by their mode of progression, they are in danger of failing to comply with Rule 230.1 by showing the athletes a yellow paddle with the symbol of the offence on each side. An athlete cannot be given a second caution by the same Judge for the same offence. Having cautioned an athlete, the Judge shall inform the Chief Judge of his action after the competition	4. Athletes shall be cautioned when, by their mode of progression, they are in danger of failing to comply with Rule 230.1 by showing the athletes a yellow paddle with the symbol of the offence on each side. When a judge is not completely satisfied that the athlete is fully complying with Rule 230.1 he should, where possible, show the athlete a yellow paddle indicating the offence. An athlete cannot be given a second	Better understanding.	Race Walking Cttee.

					yellow paddle by the same judge for the same offence. Having cautioned shown a yellow paddle to an athlete, the Judge shall inform the Chief Judge of his action after the competition.		
56	230.6(b)	221	Replace	Disqualification ... (b) In all competitions, either directly controlled by the IAAF or taking place under IAAF permit, in no circumstances shall the Red Cards of two Judges of the same nationality have the power to disqualify.	Disqualification ... (b) In all competitions, either directly controlled by the IAAF or taking place under IAAF permit under Rules 1.1(a), (b), (c) or (e), in no circumstances shall the Red Cards of two Judges of the same nationality have the power to disqualify.	This existing rule is not clear and is not consistent with similar wording throughout the Competition Rules.	AUS
57	230.7	222	Amend and Add	The Start 7. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). 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.	The Start 7. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). 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 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.	To provide for the start procedure for events under Rule 230.	Technical Cttee.
58	230.9	222	Amend subtitle	Drinking/Sponging and Refreshment Stations	Drinking/Sponging and Refreshment Stations in Road Events	The proposed amendment avoids the conflict between Rule 144.4 and 230.9 clarifying that the Rule 230.9 refers only to road events.	Technical Cttee.
59	230.9(b)	223	Amend	Drinking/Sponging and Refreshment Stations 9. ... (b) For all events up to and including 10km, water only drinking / sponging	Drinking/Sponging and Refreshment Stations 9. ... (b) For all events of 5km and longer up to and including 10km, water only	To provide consistence with Rule 144.4	AUS

				stations shall be provided at suitable intervals if weather conditions warrant such provision. ...	drinking / sponging stations shall be provided at suitable intervals if weather conditions warrant such provision. ...		
60	230.9(e)-(g)	223	Add and re-letter	<p><i>Drinking/Sponging and Refreshment Stations</i></p> <p>9. ...</p> <p>(e) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee. (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 refreshment table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment.</p>	<p><i>Drinking/Sponging and Refreshment Stations</i></p> <p>9. ...</p> <p>(e) Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre to the side of, but not in front, of the table. (f) An athlete who collects refreshment or water from a place other than the official stations renders himself liable to disqualification by the Referee. (g) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the refreshment table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment.</p>	To logically harmonise the rules applicable to race walking and road running events.	AUS
	240			Road Races	Road Races		
61	240.3	224	Delete	3. The start and the finish of a race shall be denoted by a white line at least 5cm wide. In events on roads the course....	3. The start and the finish of a race shall be denoted by a white line at least 5cm wide. In events on roads the course....	Definition of start and finish lines in Rules 230, 240 and 250 were not consistent. For uniformity, these are now covered generically by Rules 162.1 and 164.1 also allowing for visually wider lines in these events and the use on contrasting colours other than white.	Technical Cttee.
62	240.6	225	Add	<p><i>The Start</i></p> <p>6. The races shall be started by the firing of a gun, cannon, air horn or like</p>	<p><i>The Start</i></p> <p>6. The races shall be started by the firing of a gun, cannon, air horn or like</p>	To provide for the start procedure for events under Rule 240.	Technical Cttee.

				device. The commands and procedure for races longer than 400m shall be used (Rule 162.3). 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.	device. The commands and procedure for races longer than 400m shall be used (Rule 162.3). 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 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.		
63	240.8 (d)-(g)	226	Add and Amend	<i>Drinking / Sponging and Refreshment Stations</i> ... (d) Refreshments, which may be provided either by the Organising Committee or the athlete, shall be made available at the stations nominated by the athlete. They 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. (e) Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre in front or to the side of, the table. (f) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification.	<i>Drinking / Sponging and Refreshment Stations</i> ... (d) Refreshments, which may be provided either by the Organising Committee or the athlete, shall be made available at the stations nominated by the athlete. They 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. (e) Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre in front or to the side of, the table. (f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the refreshment table at any one time. No official shall, under any circumstances, run beside an athlete	The ruling for drinking and refreshment in road races should be the same in race walking (Rule 230.9(f)).	GER, AUT, CZE, LUX, NED, SUI AUS

					while he is taking refreshment or water. (g) An athlete who collects <i>refreshment</i> from a place other than the <i>refreshment</i> stations renders himself liable to disqualification by the Referee.	See editorial at 230.9 ...refreshment or water from a place other than the official stations...	
	250			Cross-Country Races	Cross-Country Races		
64	250.6	228	Add	<i>Distances</i> 6. Distances at IAAF World Cross-Country Championships should be approximately: Men 12 km Women 8 km Junior Men 8 km Junior Women 6 km It is recommended that similar distances be used for other International and National competitions.	<i>Distances</i> 6. Distances at IAAF World Cross-Country Championships should be approximately: Men 12 km Women 8 km Junior Men 8 km Junior Women 6 km The distances recommended for youth competition should be approximately: Boys 6km Girls 4km It is recommended that similar distances be used for other International and National competitions.	To add Youth Boys 6 km Youth Girls 4 km	Coaches Comm. Cross-Country Cttee. School & Youth Comm.
65	250.7	228	Add	<i>The Start</i> 7. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In international races, five-minute, three-minute and one-minute warnings shall be given. Departure boxes shall be provided and the members of each team shall be lined up behind each other at the start of the race.	<i>The Start</i> 7. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In international races, five-minute, three-minute and one-minute warnings shall be given. Departure boxes shall be provided and the members of each team shall be lined up behind each other at the start of the race. 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.	To provide for the start procedure for events under Rule 250.	Technical Cttee.
	260			World Records	World Records		
66	260.18(a)	231	Amend	<i>Specific Conditions</i>	<i>Specific Conditions</i>	To clarify and, to include reference	Technical

				18. Except in Road Events: (a) The Record shall be made in an athletics facility, which conforms to Rule 140 with or without roof. The construction of the track or runway used shall comply with the specifications in the IAAF Track and Field Facilities Manual.	18. Except in Road Events: (a) The Record shall be made in a certified athletics facility or event site which conforms to Rule 140 with or without roof. For Indoor Records, there must also be conformity with the applicable provisions of Rules 211-213. The construction of the track, or runway, landing area and/or throwing circle used shall comply with the specifications in the IAAF Track and Field Facilities Manual.	to Rules 211-213 for indoor records.	Cttee.
67	260.18(c)	232	Amend	Specific Conditions 18. Except in Road Events: ... (c) The Record shall be made on a track, the running line radius of the outside lane of which does not exceed 50m, except where the bend is formed with two different radii, in which case the longer of the two arcs should not account for more than 60° of the 180° turn.	Specific Conditions 18. Except in Road Events: ... (c) The Record for an oval track event shall be made on a track, in a lane where the running line radius of the outside lane of which does not exceed 50m, except where the bend is formed with two different radii, in which case the longer of the two arcs should not account for more than 60° of the 180° turn.	So as to not prevent the recognitions of records in straight running events because of a problem with the radius of the circular track this change was proposed.	Technical Cttee.
68	260.18(d)	232	Add	Specific Conditions 18. Except in Road Events: ... (d) No performance set by an athlete will be recognised if it has been accomplished during a mixed competition.	Specific Conditions 18. Except in Road Events: ... (d) Except for Field Events conducted as provided in Rule 147, no performance set by an athlete will be recognised if it has been accomplished during a mixed competition.	Acceptance of mixed events performances for records in Field Events	Technical Cttee.
69	260.21	232	Amend and add new (c) and (d)	21. For World Indoor Records: (a) The Record shall have been made in a stadium, which complies with Rule 211 and 213. (b) For races of 200m and over, the oval track may not have a nominal length of more than 201.2m (220 yards).	21. For World Indoor Records: (a) The Record shall have been made in a certified athletics facility or event site, stadium, which complies with Rules 211 to 213 as applicable. (b) For races of 200m and over, the oval track may not have a nominal length of more than 201.2m (220 yards). (c) The Record may be made on an oval track with a nominal length less than	To clarify	Technical Cttee.

					200m provided that the distance run is within permitted tolerance for the distance. (d) Any straight track shall comply with Rule 213.		
70	260.26	234	Add new (d)	26. For World Records in Field Events: ... (c) World Records may be credited for more than one performance in a competition, provided that each Record so recognised shall have been equal or superior to the best previous performance at that moment.	26. For World Records in Field Events: ... (c) World Records may be credited for more than one performance in a competition, provided that each Record so recognised shall have been equal or superior to the best previous performance at that moment. (d) In Throwing Events, the implement used shall be checked as soon as possible for compliance with the Rules.	To provide for standard practice and to ensure throwing implements used in making records are within the allowed specifications.	Technical Cttee.
71	260.28	234	Delete and renumber later sub-Rules	28. For World Records in Road Running Events: (a) The course must be measured by an "A" or "B" grade IAAF/AIMS approved measurer as defined in Rule 117. ... (d) Either the course measurer who measured the course or another "A" or "B" grade measurer in possession of the complete measurement data and maps must validate that the course measured was the course run, normally by riding in the lead vehicle. (e) The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, preferably by a different "A" or "B" grade measurer from the one that did the original measurement.	28. For World Records in Road Running Events: (a) The course must be measured by one or more an "A" or "B" grade IAAF/AIMS approved measurers as defined in Rule 117. ... (d) Either Any course measurer who originally measured the course or another "A" or "B" grade measurer in possession of the complete measurement data and maps must validate that the course measured was the course run, normally by riding in the lead vehicle. (e) The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, preferably by a different "A" or "B" grade measurer from any of those who the one that did the original measurement. <i>Note: If the course was originally measured by at least two "A" or "B" grade measurers and at least one of them is present at the race to validate</i>	The purpose of re-measuring the distance of a road race if it has been measured in accordance with the Rules. With certain conditions, the re-measurement is not required.	Technical Cttee. Road R. Comm.

					<i>the course as per Rule 260.28(d), no verification under this Rule 260.28(e) will be required.</i>		
72	260.29	235	Amend	<p>29. For World Records in Road Race Walking Events:</p> <p>(a) The course must be measured by an "A" or "B" grade IAAF/AIMS approved measurer as defined in Rule 117.</p> <p>...</p> <p>(c) Either the course measurer who measured the course or another "A" or "B" grade measurer in possession of the complete measurement data and maps must validate that the course measured was the course covered.</p> <p>(d) The course must be verified (i.e. re-measured) within two weeks preceding the race, on the day of the race or as soon as practical after the race, preferably by a different "A" or "B" grade measurer from the one that did the original measurement.</p>	<p>29. For World Records in Road Race Walking Events:</p> <p>(a) The course must be measured by one or more an "A" or "B" grade IAAF/AIMS approved measurers as defined in Rule 117.</p> <p>...</p> <p>(c) Either Any course measurer who originally measured the course or another "A" or "B" grade measurer in possession of the complete measurement data and maps must validate that the course measured was the course run, normally by riding in the lead vehicle.</p> <p>(d) The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, preferably by a different "A" or "B" grade measurer from any of those who the one that did the original measurement.</p> <p><i>Note: If the course was originally measured by at least two "A" or "B" grade measurers and at least one of them is present at the race to validate the course as per Rule 260.29(c), no verification under this Rule 260.29(d) will be required.</i></p> <p>(e) World Records in Road Walking Events set at intermediate distances within a race must comply with the conditions set under Rule 260. The intermediate distances must have been measured and marked during the course measurement and must have been verified in accordance with Rule 260.29(d).</p>	<p>Same as above.</p> <p>The added (e) ensures consistency with Road Running.</p>	Technical Cttee.

RULE 162
The Start

1. The start of a race shall be denoted by a white line 5cm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

Note: 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 finish area.

2. At all International Competitions, except as noted below, the commands of the Starter in his own language, in English or in French shall, in races up to and including 400m (including 4x200m, 4x400m and the Medley Relay as per Rule 170.1), be "On your marks" and "Set". In races longer than 400m, the command shall be "On your marks".

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

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

3. In races up to and including 400m (including the first leg of the 4x200m, 4x400m and the Medley Relay as per Rule 170.1), a crouch start and the use of starting blocks are compulsory. After the "On your marks" command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his marks. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the "Set" command, an athlete should immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks. After the Starter has ascertained that all athletes are "Set", the gun shall be fired.
4. In races longer than 400m, all starts shall be made from a standing position. After the "On your marks" command, an athlete shall approach the start line and assume a starting position behind the start line (completely within his allocated lane in races started in lanes). An athlete shall not touch any part of the ground with his hand or hands and/or the start line or the ground in front of it with his feet when on his marks. After the Starter has ascertained that all athletes are steady and in the correct starting position, the gun shall be fired.
5. On the command "On your marks" or "Set", as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter's Assistants shall assemble them again (See also Rule 130).

Where an athlete in the judgement of the Starter,

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

the Starter shall abort the start.

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

False Start

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

Note: When an IAAF approved false start control apparatus is in operation (see Rule 161.2 for operational details of equipment), the evidence of this equipment shall normally be accepted as conclusive by the Starter.

[N°31]

RULE 170
Relay Races

1. The standard distances shall be: 4x100m, 4x200m, 4x400m, 4x800m, 100m-200m-300m-400m Medley Relay (Medley Relay), 4x1500m.
 2. Lines 5cm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.
 3. Each take-over 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.
 4. The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 28 to 30cm. The outside diameter shall be 4cm \pm 2mm and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.
 5. Check-Marks: When all or the first portion of a relay race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.
 6. The 4x100m race shall be run entirely in lanes.
 7. The 4x200m race may be run in any of the following ways:
 - (a) where possible, entirely in lanes (four bends in lanes),
 - (b) in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (three bends in lanes),
 - (c) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes).

Note: Where not more than four teams are competing, option (c) may be used.
 8. The 4x400m race may be run in either of the following ways:
 - (a) in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (three bends in lanes),
 - (b) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes).

Note: Where not more than 4 four teams are competing, it is recommended that option (b) should be used.
 9. The 4x800m race may be run in either of the following ways:
 - (a) in lanes for the first leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (one bend in lanes),
 - (b) without the use of lanes.
 10. The Medley Relay race shall be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 163.5, where athletes may leave their respective lanes (two bends in lanes).
 11. The 4x1500m race shall be run without the use of lanes.
 12. In the 4x100m and 4x200m races, athletes other than the first, and in the Medley Relay, the second and third athletes, may commence running not more than 10m outside the take-over zone (see Rule 170.3). A distinctive mark shall be made in each lane to denote this extended limit. If an athlete does not follow this Rule, his team shall be disqualified.
 13. In the 4x400m, 4x800m and 4x1500m races, and for the final takeover in the Medley Relay athletes are not permitted to begin running outside their takeover zones, and shall start within this zone. If an athlete does not follow this Rule, his team shall be disqualified.
 14. In the 4x400m race, the athletes running the third and fourth legs and in the Medley Relay, the athletes running the final leg shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they pass the point 200m from the finish of their leg. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team shall be disqualified.
- Note: In the 4x200m relay race (if this event is not run entirely in lanes) the athletes in the fourth leg shall line up in the order of the start list (inside to out).*

15. In any race, when lanes are not being used, including when applicable, in 4x200m, 4x400m and the Medley Relay, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his progress. In 4x200m, 4x400m and the Medley Relay, waiting athletes shall maintain the order in accordance with Rule 170.14. If an athlete does not follow this Rule, his team shall be disqualified.
16. The baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place material (other than those permitted by Rule 144.2(f)) or substances on their hands in order to obtain a better grip of the baton. If dropped, it shall be recovered by the athlete who dropped it. He may leave his lane to retrieve the baton provided that, by doing so, he does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification. Otherwise, if an athlete does not follow this Rule, his team shall be disqualified.
17. The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the take-over zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification.
18. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. Rules 163.3 and 163.4 shall not apply to these athletes. If an athlete wilfully impedes a member of another team by running out of position or lane at the finish of his leg, his team shall be disqualified.
19. Assistance by pushing or by any other method shall result in disqualification.
20. Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.
21. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the Organising Committee and may be made only until the final call time for the particular heat in which the team is competing. If a team does not follow this Rule, it shall be disqualified.

B. HORIZONTAL JUMPS

RULE 184

General Conditions

Runway

1. The minimum length of the runway, measured from the relevant take-off line shall be 40m and where conditions permit, 45m. It shall have a width of $1.22\text{m} \pm 0.01\text{m}$ and shall be marked by white lines 5cm in width.

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

2. The maximum lateral inclination of the runway shall be 1:100 and in the last 40m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000.

Take-off Board

3. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.
4. Construction: The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure $1.22\text{m} \pm 0.01\text{m}$ long, 20cm ($\pm 2\text{mm}$) wide and not more than 10cm deep. It shall be white.
5. Plasticine Indicator Board: This shall consist of a rigid board, 10cm ($\pm 2\text{mm}$) wide and $1.22\text{m} \pm 0.01\text{m}$ long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of 7mm ($\pm 1\text{mm}$). The edges shall either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45° [see Figure 10].

[Figure 10 - Take-off board and plasticine indicator board]

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

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

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

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

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

Landing Area

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

Note: When the axis of the runway is not in line with the centre line of the landing area, a tape, or if necessary, two tapes, should be placed along the landing area so that the above is achieved [see Figure 11].

[Figure 11 - Centralised Long Jump / Triple Jump landing area]

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

Distance Measurements

8. The measurement of each jump shall be made immediately after the trial. All jumps shall be measured from the nearest break in the landing area made by any part of the body to the take-off line, or take-off line extended (see Rule 185.1(f)). The measurement shall be taken perpendicular to the take-off line or its extension.
9. In all horizontal jumping events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

Wind Measurement

10. The wind velocity shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m. If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time he commences his run.
11. The wind gauge shall be placed 20m from the take-off line. It shall be positioned 1.22m high and not more than 2m away from the runway.
12. The wind gauge shall be the same as described in Rule 163.11. It shall be operated and read as described in Rules 163.12 and 163.10 respectively.

RULE 185 Long Jump

Competition

1. An athlete fails if:
 - (a) he while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or
 - (b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or
 - (c) he employs any form of somersaulting whilst running up or in the act of jumping; or
 - (d) after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or
 - (e) in the course of landing, he touches the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or
 - (f) when leaving the landing area, his first contact by foot with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing.

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

Note (ii): It is not a failure under Rule 185.1(b) if a part of an athlete's shoe/foot is touching the ground outside either end of the take-off board, before the take-off line.

Note (iii): It is not a failure if in the course of landing, an athlete touches, with any part of his body, the ground outside the landing area, unless such contact contravenes Rule 185. 1(d) or (e).

Note (iv): It is not a failure if an athlete walks back through the landing area after having left the landing area in a correct way.

Note (v): Except as described in Rule 185.1(b), if an athlete takes off before reaching the board it shall not, for that reason, be counted as a failure.

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 (see Rule 185.1(f)).

Note: This first contact is considered leaving.

Take-off Board

3. The distance between the take-off line and the far end of the landing area shall be at least 10m.
4. The take-off line shall be placed between 1m and 3m from the nearer end of the landing area.

RULE 186
Triple Jump

Rules 184 and 185 apply to Triple Jump with the following variations:

Competition

1. The Triple Jump shall consist of a hop, a step and a jump in that order.
2. The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed.

It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping" leg.

Note: Rule 185.1(d) does not apply to the normal landings from the hop and step phases.

Take-off Board

3. The distance between the take-off line for men and the far end of the landing area shall be at least 21m.
4. For International Competitions, the take-off line shall not be less than 13m for men and 11m for women from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.
5. Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of $1.22\text{m} \pm 0.01\text{m}$ wide providing firm and uniform footing.

Note: For all tracks constructed before 1 January 2004, this take-off area may have a width of maximum 1.25m.