

AMENDMENTS TO IAAF COMPETITION TECHNICAL RULES 2017



GENERAL – RULE 100

New para added:

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

REFEREES – RULE 125.1

Amended:

...

The Video Referee ~~should~~ **shall** operate from a Video Review Room, ~~and~~ should **consult and shall** be in communication with the other Referees.

REFEREES – RULE 125.2

Amended:

...

The Referee shall not act as a Judge or Umpire but may take any action or decision according to the Rules based on his own observations **and may overrule a decision of a Judge.**

REFEREES – RULE 125.5

New para added:

...

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

JUDGES – RULE 126.2

New point added:

- 2.** The Judges may reconsider any original decision made by them if it was made in error, provided the new decision is still applicable. Alternatively, if a decision has subsequently been made by a Referee or the Jury of Appeal, they refer all available information to the Referee.



ANNOUNCER – RULE 134

Rule deleted and content moved to R124



OFFICIAL SURVEYOR – RULE 135

Rule deleted and content moved to R148



AGE AND SEX CATEGORIES – RULE 141

Amended:

Sex Categories

3. Competition under these Rules is divided into men's, and women's **and universal** classifications. When a Mixed Competition is organised outside the stadium or in one of the limited cases set out in Rule 147, separate men's and women's classification results should still be declared or otherwise indicated. **When a universal event or competition is organised a single classification result only shall be declared.**
4. An athlete shall be eligible to compete in men's **(or universal)** 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 **(or universal)** competition if she is recognised as a female in law and is eligible to compete under the Rules and Regulations.

CLOTHING, SHOES AND ATHLETE BIBS – RULE 143.2

Amended, new Notes added:

Shoes

2. Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give an athlete any unfair additional assistance, ~~including by the incorporation of any technology which will give the wearer any unfair or advantage. A shoe strap over the instep is permitted. All types of competition shoes must be approved by IAAF.~~ Any type of shoe used must be reasonably available to all in the spirit of the universality of athletics.

Note (i): *Adaption of a shoe to suit the characteristic of a particular athlete's foot is permitted if made in accordance with the general principles of these Rules.*

Note (ii): *Where evidence is provided to the IAAF that a type of shoe being used in competition does not comply with the Rules or the spirit of them, it may refer the shoe for study and if there is non-compliance may prohibit such shoes from being used in competition.*

CLOTHING, SHOES AND ATHLETE BIBS – RULE 143.7

Amended:

Athlete Bibs

7. Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the breast and back, except in the ~~High Jump and Pole Vault~~ **Jumping Events**, where one bib may be worn on the breast or back only.

...

ASSISTANCE TO ATHLETES – RULE 144.3

New sub-point added:

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

...

(f) receiving physical support from another athlete (other than helping to recover to a standing position) that assists in making forward progression in the race.

ASSISTANCE TO ATHLETES – RULE 144.4(A)

New note added:

4. For the purpose of this Rule, the following shall not be considered assistance, and are therefore allowed:
 - (a) Communication between the athletes and their coaches not placed in the competition area.

In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the immediate site of each Field Event, should be reserved to the athletes' coaches.

Note: coaches complying otherwise with Rules 230.10 and 240 may communicate with their athletes.

ASSISTANCE TO ATHLETES – RULE 144.4(C),(F)

Amended, new sub-point added:

(c) Any kind of personal safeguard (e.g. bandage, tape, belt, support, **wrist cooler, breathing aid, etc.**) for protection and/or medical purposes. The Referee, in conjunction with the Medical Delegate, shall have the authority to verify any case should he judge that to be desirable. (See also Rules 187.4 and 187.5.)

...

(f) **Hats, gloves, shoes, items of clothing provided to athletes at official stations.**

PROTESTS AND APPEALS – RULE 146.4 (C)

New sub-point added:

- (c) if a protest or appeal is based on an athlete's being incorrectly excluded from an event due to a false start and it is upheld after the completion of the race then the athlete should be afforded the opportunity to run on his own to record a time in the event and consequently, if applicable, to be advanced to subsequent rounds. No athlete should be advanced to a subsequent round without competing in all rounds unless the Referee or Jury of Appeal determines otherwise in the particular circumstances of the case, e.g. the shortness of time before the next round or the length of the race.**

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

PROTESTS AND APPEALS – RULE 146.5 (A)

Amended:

5. In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, at his discretion, order that the trial be measured and the result recorded, in order to preserve the rights of all concerned.

If the protested trial occurred:

- (a) during the first three rounds of trials of a horizontal Field Event in which more than eight athletes are competing, and the athlete would advance to ~~the final three~~ **any subsequent** rounds of trials only if the protest or subsequent appeal was upheld; or ...

PROTESTS AND APPEALS – RULE 146.8

Amended:

8. The Jury of Appeal shall consult all relevant persons, **including the relevant Referee**. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee or the Chief Race Walking Judge shall be upheld.

MIXED AND UNIVERSAL COMPETITION – RULE 147.1

Title amended and new point added:

- 1. Universal competitions such as relays or other team in which men and women compete together or events in which men and women for a single classification are permitted in accordance with the regulations of the relevant body.**
- 2. Other than under Rule 147.1 for all other competitions held completely in the stadium, mixed events between male and female participants shall not normally be permitted.**

SURVEYING AND MEASUREMENTS – RULE 148.1

Title amended and new point added from R135:

- 1. The accuracy of the markings and installations for athletics facilities under Rule 140 and Rule 149.2 shall be checked by an appropriately qualified surveyor who shall furnish appropriate certificates with any measurements made to the relevant body and/or the facility owner or operator. He shall be given full access to stadium plans and drawings and the latest measurement report for the purpose of this verification.**

SURVEYING AND MEASUREMENTS – RULE 148.2

Amended:

2. For Track and Field Events in competitions under Rules 1.1(a), (b), (c) and (f), all measurements shall be made with a calibrated certified steel tape or bar or with a scientific measuring device. The steel tape, bar or scientific measuring device ~~shall have been certified by the IAAF~~ **shall be manufactured and calibrated according to international standards;** ~~and~~ the accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority. ~~such that all measurements can be traced back to national and international measurement standards.~~

At competitions other than those held under Rules 1.1(a), (b), (c) and (f), fibreglass tapes may also be used.

Note: Concerning acceptance of Records, see Rule 260.17(a).

VALIDITY OF PERFORMANCES – RULE 149.2

Amended:

2. Performances in events normally conducted in the stadium, made outside traditional athletics facilities (such as those held in town squares, other sporting facilities, beaches, etc.) **or on facilities temporarily built inside a stadium** shall be valid and recognised for all purposes, if they are made subject to all of the following conditions:

...

- (d) the event is conducted on an event site or facility in conformity with the Rules and in respect of which ~~certificate under Rule 135 is issued by an Official Surveyor based on measurements taken a~~ **survey has been made in accordance with Rule 148** on the day of the event.

TRACK MEASUREMENTS – RULE 160.1

New note added:

Note: all points at which the track changes from a curve to a straight or a straight to a curve shall be marked, in a distinctive colour 50mm x 50mm on the white line, by the surveyor and a cone placed at such points during a race.

TRACK MEASUREMENTS – RULE 160.4

Note amended:

*Note: For all tracks constructed before 1 January 2004 for all such races, the lane may have a width of maximum 1.25m. **However when such a track is fully resurfaced, the lane width shall comply with this Rule.***

STARTING BLOCKS – RULE 161.1

Amended:

1. Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4 × 200m, the Medley Relay and 4 × 400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, **with the exception that, provided there is no obstruction to any other athlete, the rear part of the frame may extend beyond the outer lane line.**

STARTING BLOCKS – RULE 161.2

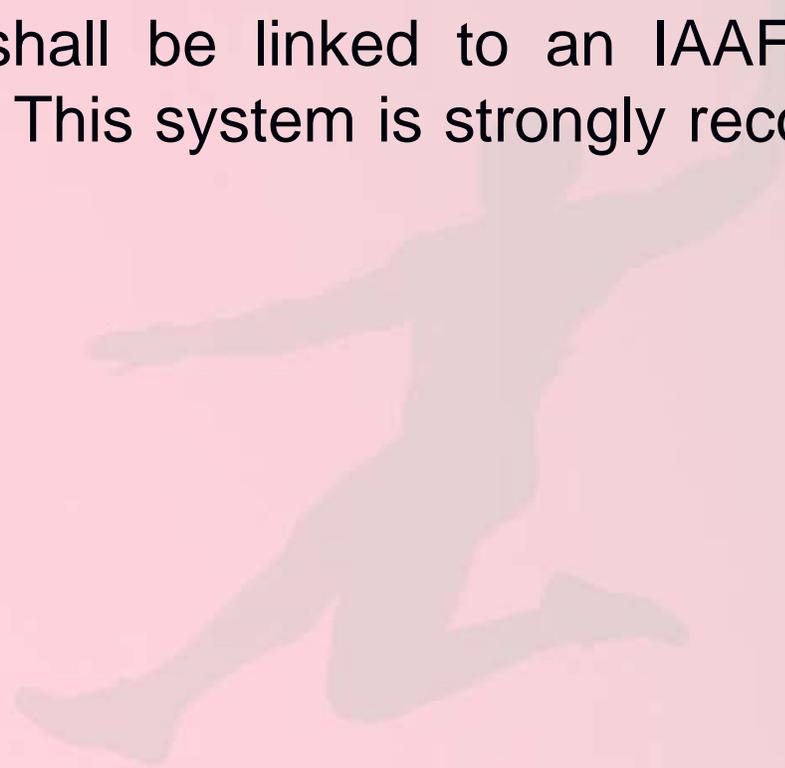
Reorganised:

2. Starting blocks shall comply with the following general specifications:
 - (a) **The starting blocks shall consist of two foot plates, against which the athlete's feet are pressed in the starting position and which shall be mounted on a rigid frame. They shall be entirely rigid in construction and shall give no unfair advantage to the athlete. The frame shall in no way obstruct the athlete's feet as they leave the blocks.**
 - (b) **The foot plates shall be sloped to suit the starting position of the athlete, and may be flat or slightly concave. The surface of the foot plates shall accommodate the spikes in the athlete's shoes, either by using slots or recesses in the face of the foot plate or by covering the surface of the foot plate with suitable material permitting the use of spiked shoes.**
 - (c) **The mounting of the foot plates on a rigid frame may be adjustable, but it shall allow no movement during the actual start. In all cases, the foot plates shall be adjustable forward or backward in relation to each other. The adjustments shall be secured by firm clamps or a locking mechanism, which can be easily and quickly operated by the athlete.**

STARTING BLOCKS – RULE 161.3

Amended (was R161.2):

3. In competitions held under Rules 1.1(a), (b), (c) and (f) and for any performances submitted for ratification as a World Record under Rules 261 or 263, the starting blocks shall be linked to an IAAF ~~approved~~ **certified** Start Information System. This system is strongly recommended for ~~all~~ other competitions.



THE START – RULE 162.2 (C)

New sub-point added:

2. At all International Competitions, except as noted below, the commands of the Starter shall be given in his own language, in English or in French.
 - (a) In races up to and including 400m (including 4 × 200m, the Medley Relay as defined in Rule 170.1 and 4 × 400m), the commands shall be "On your marks" and "Set".
 - (b) In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), the command shall be "On your marks".
 - (c) In any race when under Rule 162.5, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks or he otherwise aborts the Start, the command shall be “Stand Up”.**

THE START – RULE 162.5 (C)

Amended:

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~~ **at once and without delay**; or
- (c) after the command "On your marks" or "Set" disturbs other athletes in the race through sound, **movement** or otherwise, the Starter shall abort the start.

THE START – RULE 162.5 (CONT.)

Amended:

5.

...

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. **A green card shall not be shown.** ~~In this case, or~~ **However** 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.

THE START – RULE 162.6

Reorganised and amended:

False Start

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

When an IAAF ~~approved~~ **certified** Start Information System is in use, the Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the System indicates a possible false start (i.e. when the reaction time is less than 0.100 second). As soon as the Starter and/or assigned Recaller hears the acoustic signal, and if the gun was fired, there shall be a recall and the Starter shall immediately examine the reaction times and other available information from the Start Information System in order to confirm which, if any, athlete(s) is/are responsible for the recall.

Note: When an IAAF certified Start Information System is in operation, the evidence of this equipment shall be used as a resource by the relevant judges to make a correct decision.

THE START – RULE 162.7

Reorganised and amended:

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

~~When an IAAF approved Start Information System is in use, the Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the System indicates a possible false start (i.e. when the reaction time is less than 0.100 second). As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun was fired, there shall be a recall and the Starter shall immediately examine the reaction times and any other available information from the Start Information System in order to confirm which, if any, athlete(s) is/are responsible for the recall.~~

*Note (i): Any motion by an athlete that does not include or result in the athlete's foot / feet losing contact with the foot plate(s) of the starting blocks, or the athlete's hand / hands losing contact with the ground, shall not be considered to be the commencement of his start, **unless the Starter determines the prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of his start.***

THE START – RULE 162.7 (CONT.)

Reorganised and amended:

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

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

THE START – RULE 162.7 (CONT.)

Reorganised and amended:

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

~~*Note (iii): In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.*~~

~~*Note (iv): When an IAAF approved Start Information System is in operation, the evidence of this equipment shall normally be accepted as conclusive by the Starter.*~~

THE START – RULE 162.8

Reorganised and amended:

8. Except in Combined Events, any athlete responsible for a false start shall be disqualified by the Starter.

For Combined Events, see Rule 200.8(c).

Note: In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.

THE START – RULE 162.9

Reorganised and amended:

9. 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 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 raised in front of them by one or several Starter's Assistants in order to notify them that anyone committing further false starts will be disqualified.

THE START – RULE 162.9 (CONT.)

Reorganised and amended:

In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and the red and black card shall be raised in front of him ~~and a corresponding indication shown on the respective lane marker(s).~~

~~The basic system (to raise a card in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used.~~

If lane markers which provide for it are being used, then, whenever a card is shown to the athlete(s) responsible for the false start, the corresponding indication should be shown on the lane marker(s).

THE START – RULE 162.10

Moved to R163:

~~1000m, 2000m, 3000m, 5000m and 10,000m~~

~~11. When there are more than 12 athletes in a race they may be divided into two groups with one group of approximately two thirds of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group shall run as far as the end of the first bend of the outer half of the track, which shall be marked by cones or flags as described in Rule 160.1.~~

~~The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance.~~

~~The breakline for 800m described in Rule 163.5 indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start.~~

~~For group starts in 1000m, 3000m and 5000m, the track shall be marked at the beginning of the finish straight to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark may be a 50mm x 50mm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.~~

THE RACE – RULE 163.2 (A)

Amended:

Obstruction

2. If an athlete is jostled or obstructed during an event so as to impede his progress, then:
 - (a) if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, **in accordance with Rule 125.7 or 146.4**, order that the race (**for one, some or all of the athletes**) be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;

THE RACE – RULE 163.2 (B)

Amended:

- (b) if another athlete is found by the Referee to be responsible for the jostling or obstruction, such athlete (or his team) shall be liable to disqualification from that event. The Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, **in accordance with Rule 125.7 or 146.4**, order that the race **(for one, some or all of the athletes)** be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event.

Note: in cases considered serious enough, Rule 145.2 may also be applied.

In both cases Rule 163.2(a) and (b), such athlete (or team) should normally have completed the event with bona fide effort.

THE RACE – RULE 163.4

Amended:

4. An athlete shall not be disqualified if he
- (a) is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border, or
 - (b) steps or runs outside his lane in the straight, any straight part of the diversion from the track for the steeplechase water jump 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. **If material advantage is gained, the athlete shall be disqualified.**

THE RACE – RULE 163.5

Amended, reorganised:

800m, 1000m, 2000m, 3000m, 5000m and 10,000m

- (a) the 800m event shall be run in lanes as far as the nearer edge of the breakline where athletes may leave their respective lanes. The breakline shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones, ~~or~~ prisms **or other suitable markers**, 50mm × 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline. ~~If an athlete does not follow this Rule he, or in the case of a relay his team, shall be disqualified.~~

THE RACE – RULE 163.5 (CONT.)

Amended, reorganised, moved from R162.10:

- (b) when there are more than 12 athletes in a race over 1000m, 2000m, 3000m, 5000m or 10,000m, they may be divided into two groups with one group of approximately two thirds of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group shall run as far as the end of the first bend on the outer half of the track, which shall be marked by cones or flags as described in Rule 160.1.

The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance.

The breakline for 800m indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start.

For group starts in 1000m, 3000m and 5000m, the track shall be marked at the beginning of the finish straight to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark may be a 50mm × 50mm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.

- (c) If an athlete does not follow this Rule he, or in the case of a relay his team, shall be disqualified.

THE RACE 163.8

Amended:

Wind Measurement

...

8. ~~All wind gauge equipment shall have been certified by the IAAF and~~ **The wind gauge shall be manufactured and calibrated according to international standards,** the accuracy of the ~~gauge used of~~ **measuring equipment used in the competition** shall have been verified by an appropriate organisation accredited by the national measurement authority. ~~such that all measurements can be traced back to national and international measurement standards.~~

THE RACE 163.10

Amended:

Wind Measurement

...

10. The Track Referee shall ensure that the wind gauge for Track Events is placed beside the straight, adjacent to lane 1, 50m from the finish line. ~~It~~ **The measuring plane** shall be positioned 1.22m \pm 0.05m high and not more than 2m away from the track.

THE RACE – RULE 163.15

New sub-point added:

Drinking / Sponging

...

- (c) An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.**

THE RACE – RULE 163.15 (CONT.)

New note added:

Drinking / Sponging

...

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

TIMING AND PHOTO FINISH – RULE 165.13, 14, 24

Amended:

Fully Automatic Timing and Photo Finish System

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

The System

14. ~~To be approved by the IAAF, a~~ **The** system must have been tested, and have a certificate of accuracy issued within 4 years of the competition, including the following...

Transponder System

24. The use of Transponder Timing System ~~approved by IAAF used~~ **complying with IAAF rules** in events held under Rules 230 (races not held completely in the stadium), 240, 250, 251 and 252 is permitted provided that...

TIMING AND PHOTO FINISH – RULE 165.24 (F)

Amended:

...

- (f) Whilst the determination of the finishing order and times may be considered official, Rules 164.2 and 165.2 **may** **must** be applied where necessary.

SEEDINGS, DRAWS AND QUALIFICATION IN TRACK EVENTS – RULE 166.1

Amended in 2016:

Rounds and Heats

1. **Preliminary Qualification** rounds shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where **preliminary qualification** 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 Rules 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.~~ **may, for one or more events, authorise the conduct of additional qualification round(s) either at the same or at one or more earlier competition(s) to determine some or all of the athletes who shall be entitled to participate and in which round of the competition. Such procedure and any other means (such as achieving entry standards during a specified period, by specified placing in a designated competition or by rankings) by which an athlete is entitled to participate, and in which round of the competition, shall be set out in the regulations for each competition. Note: see also Rule 146.4(c).**

SEEDINGS, DRAWS AND QUALIFICATION IN TRACK EVENTS – RULE 166.2(B) AND 215.1

New (a) added and tables removed

- (a) The Regulations for each competition should include tables which shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure, i.e. those to advance by place (P) and time (T), for each round of Track Events. Such information shall also be provided for any preliminary qualifications. Tables which may be used in the absence of any provision in the Regulations or other decision of the Organisers shall be published on the IAAF website.

Similar changes made in R215.1.

The tables are now available on the IAAF website at “Documents/Technical/Manuals & Guidelines”

<https://www.iaaf.org/about-iaaf/documents/technical>

SEEDINGS, DRAWS AND QUALIFICATION IN TRACK EVENTS – RULE 166.2 (B)

Amended:

- (b) Whenever possible, representatives of each nation or team and the best performed athletes shall be placed in different heats in all **preliminary qualification** rounds of the competition. In applying this Rule after the first round, the required exchanges of athletes between heats should, to the extent possible, be made between ~~athletes of similar ranking under Rule 166.3~~ **seeded in the same “group of lanes” according to Rule 166.4(b).**

SEEDINGS, DRAWS AND QUALIFICATION IN TRACK EVENTS – RULE 166.9

New point added:

One Day Meetings

- 9. In competitions held under Rule 1.1(e), (i) and (j) athletes may be seeded, ranked and/or allocated to lanes in accordance with the applicable regulations for the competition or any other method determined by the Organisers but preferably notified to the athletes and their representatives in advance.**

HURDLE RACES – RULE 168.5,6

Amended:

5. The top bar should be painted with white and black stripes, or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment), such that the lighter stripes, which should be at least 0.225m wide are on the outside. **It shall be coloured so as to be visible to all sighted athletes.**
6. All races shall be run in lanes and each athlete shall keep to, and go over the hurdles in, his own lane throughout, except as provided in Rule 163.4. **Unless there is no effect or obstruction upon any other athlete(s) in the race and Rule 168.7(a) is not infringed,** **A**an athlete shall also be disqualified if he directly or indirectly knocks down or significantly displaces a hurdle in another lane.

HURDLE RACES – RULE 168.7

Amended, new Note added:

7. Each athlete shall **jump** go over each hurdle. Failure to do so will result in a disqualification.

In addition, an athlete shall be disqualified, if:

- (a) his foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
- (b) in the opinion of the Referee, he deliberately knocks down any hurdle.

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

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

RELAY RACES – RULE 170.3

Amended:

- 3. In the 4 x 100m and the 4 x 200m relays and for the first and second changes in the Medley Relay, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay and in the 4 x 400m and longer relays ~~€~~ each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone ~~and are aware of any applicable acceleration zone.~~**

...

RELAY RACES – RULE 170.4

Amended:

4. 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 ~~5cm x 40cm~~ 0.05m × 0.40m, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used. **The Judges shall direct the relevant athlete to adapt or remove any marks not complying with this Rule. If they do not the Judges shall remove them.**

Note: Serious cases may further be dealt with Under Rule 145.2

RELAY RACES – RULE 170.8

Amended:

- 8. Until the moment when the baton is in the hand of only the receiving athlete, Rule 163.3 shall be applicable only to the incoming athlete. Thereafter it shall be applicable only to the receiving athlete.**

Additionally 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, **however**, an athlete impedes a member of another team, **including** by running out of position or lane ~~at the finish of his leg~~, Rule 163.2 shall be applied.

RELAY RACES – RULE 170.11

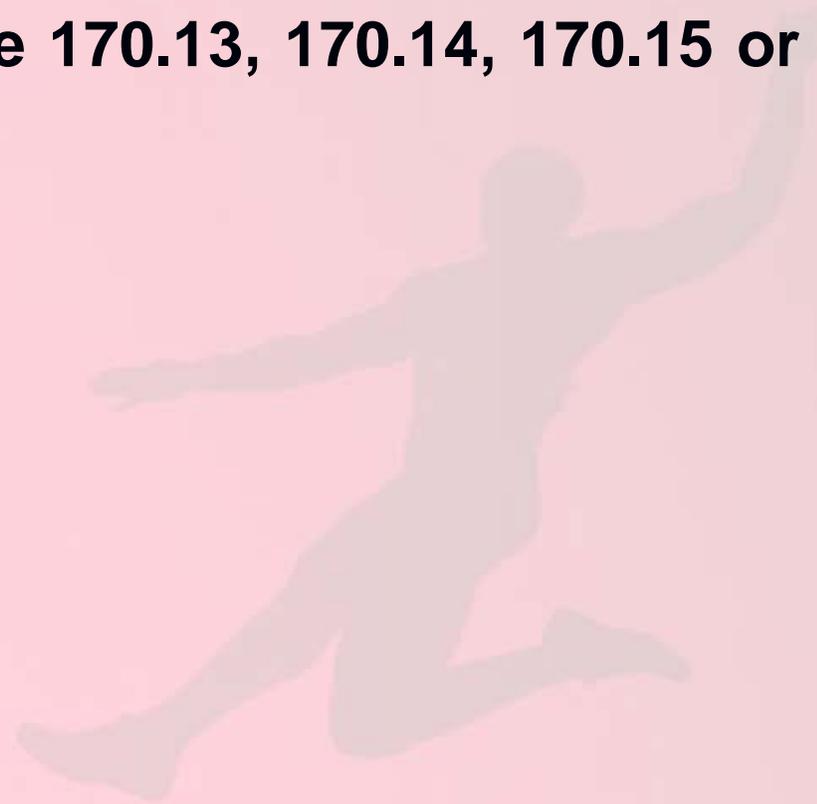
Amended:

11. 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 **(the time by which the athletes must be present in the Call Room)** 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 **(the time at which the athletes are listed to depart the call room)** for the particular heat in which the team is competing. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.

RELAY RACES – RULE 170.17

Amended:

- 17. If an athlete does not follow Rule 170.13, 170.14, 170.15 or 170.16(a) his team shall be disqualified.**



RELAY RACES – RULE 170.18, 19

Deleted, amended:

~~18. In the 4 × 100m and 4 × 200m 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 takeover 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.~~

The Distance Medley Relay race and the 4 × 1500m race shall be run without the use of lanes.

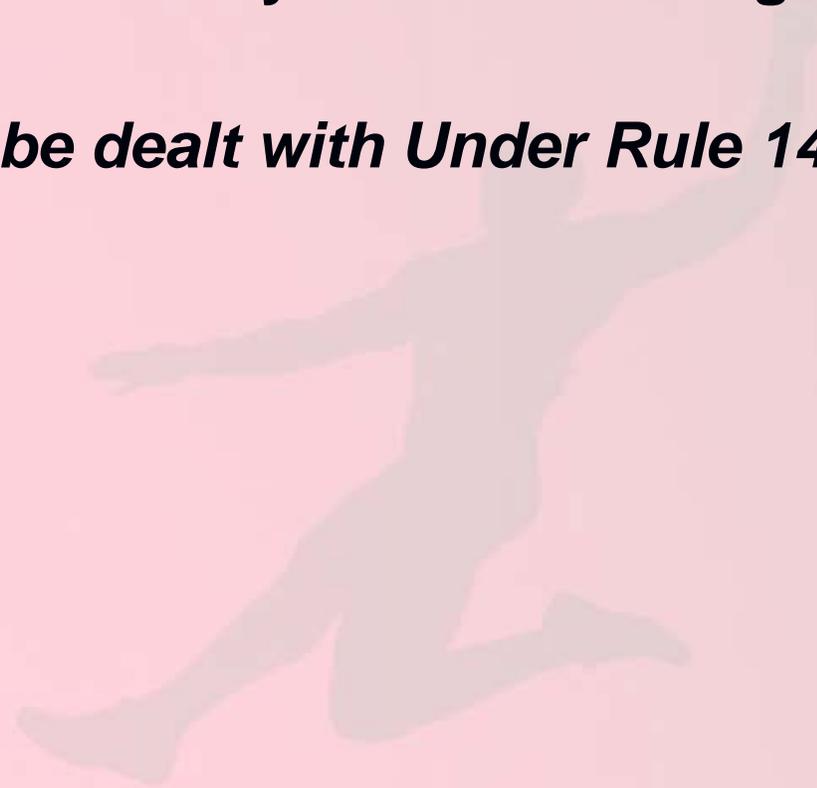
19. ~~For the final takeover in the Medley Relay and f~~ For all takeovers in the 4 × 400m, 4 × 800m, Distance Medley Relay and 4 × 1500m races, athletes are not permitted to begin running outside their takeover zones, and shall start within this zone. If an athlete does not follow this Rule, his team shall be disqualified.

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.3

Add:

- (d) **The Judges shall direct the relevant athlete to adapt or remove any marks not complying with this Rule. If they do not the Judges shall remove them.**

Note: Serious cases may further be dealt with Under Rule 145.2



GENERAL CONDITIONS – FIELD EVENTS – RULE 180.5

Amended:

5. The athletes shall compete in an order drawn by lot, **unless Rule 180.6 applies.** ~~Failure to do so shall result in the application of~~ **If an athlete by his own decision makes a trial in an order different from that previously determined, Rules 125.5 and 145.2 shall be applied. In the case of a warning, the result of the trial (valid or failure) will stand. If there is a qualification round, there shall be a fresh drawing of lot for the final** ~~(see also Rule 180.6).~~

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.6

Amended:

6. Except for the High Jump and Pole Vault, no athlete shall have more than one trial recorded in any one round of trials of the competition.

In all Field Events, except for the High Jump and Pole Vault, where there are more than eight athletes, each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials, **unless the applicable regulations provide otherwise.**

In the case of the last qualifying place, if two or more athletes have the same best performances, Rule 180.22 shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be allowed **three any** additional trials, **permitted by the applicable regulations.**

Where there are eight athletes or fewer, each athlete shall be allowed six trials, **unless the applicable regulations provide otherwise.** If more than one fail to achieve a valid trial during the first three rounds of trials, such athletes shall compete in **any** subsequent rounds of trials before those with valid trials, in the same relative order according to the original draw.

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.6

Amended:

In both cases:

- (a) the competing order for ~~the last three~~ **any subsequent** rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials, **unless the applicable regulations provide otherwise;**
- (b) when the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw.

...

*Note (iii): ~~It is permissible for the relevant governing body to specify in the regulations for a competition where there are more than eight athletes in an event, that all athletes may have four trials.~~ **The regulations of the relevant governing body may specify the number of trials (provided it is no more than six) and the number of athletes which may progress to each additional round of trials after the third.***

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.8

Amended:

Completion of Trials

8. The judge shall not raise a white flag to indicate a valid trial until a trial is completed. **The judge may reconsider a decision if he believes he raised the incorrect flag.**

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.9

Amended in 2016:

~~Qualifying Competition (Preliminary Round)~~ **Qualification Rounds**

9. A **preliminary qualification** round shall be held in Field Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). **Where a preliminary qualification round is held, all athletes shall compete in, and qualify through, that round except that the body having the control over a competition may for one or more events authorise the conduct of additional qualification round(s) either at the same or at one or more earlier competition(s) to determine some or all of the athletes who shall be entitled to participate and in which round of the competition. Such procedure and any other means (such as achieving entry standards during a specified period, by specified placing in a designated competition or by rankings) by which an athlete is entitled to participate, and in which round of the competition, shall be set out in the regulations for each competition.**

Performances accomplished in a **preliminary qualification** round shall not be considered as part of the final.

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.17

Reorganised, deleted, moved - subsequent renumbered:

~~Substitute Trials~~

~~17. If, for any reason, an athlete is hampered in a trial or the trial cannot be correctly recorded, the Referee shall have the authority to award him a substitute trial. No change in the order shall be permitted. A reasonable time shall be allowed for the replacement trial according to the particular circumstances of the case. In cases when the competition has progressed before the substitute trial is awarded, it should be taken before any other subsequent trials are then made.~~

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.17, 18

Reorganised, renumbered, parts deleted:

Time Allowed for Trials

~~18. 17. An athlete in a Field event who unreasonably delays making a trial, renders himself liable to have that trial disallowed and recorded as a failure. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay.~~

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment. ~~If an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.~~

...

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.17, 18

Reorganised:

For the Pole Vault, the time shall begin when the crossbar has been adjusted according to the previous wishes of the athlete. No additional time will be allowed for further adjustment.

If the time allowed elapses after an athlete has started his trial, that trial should not be disallowed.

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

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.17, 18

Reorganised, amended:

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

Individual & Combined Events

More than 3 (or for the very first trial of each athlete):

High Jump	:	0.5min
Pole Vault	:	1min
Other	:	0.5min

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.17, 18

Deleted, moved, amended, added:

~~Note (iii): For the first trial of any athlete upon entering the competition, the time allowed for such trial will be one minute.~~

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

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

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.17, 18 (CONT.)

Reorganised, amended:

Substitute Trials

18. If, for any reason, an athlete is hampered in a trial, **is unable to take it for any reason beyond his control** or the trial cannot be correctly recorded, the Referee shall have the authority to award him a substitute trial **or to re-set the time either partially or in full**. No change in the order shall be permitted. A reasonable time shall be allowed for ~~the replacement~~ **any substitute** trial according to the particular circumstances of the case. In cases when the competition has progressed before the substitute trial is awarded, it should be taken before any other subsequent trials are then made.

GENERAL CONDITIONS – FIELD EVENTS – RULE 180.19

Amended:

Absence during Competition

19. An athlete may **not leave the immediate area of the event during the progress of the competition**, unless he has **with** the permission of, and **is** accompanied by, an official, ~~leave the immediate area of the event during the progress of the competition~~. **If possible, a warning should first be given but for subsequent instances or in serious cases the athlete shall be disqualified.**

GENERAL CONDITIONS – VERTICAL JUMPS – RULE 181.7

Amended:

Crossbar

7. The crossbar shall be made of fibre-glass, or other suitable material but not metal, circular in cross-section except for the end pieces. **It shall be coloured so as to be visible to all sighted athletes.**

...

HIGH JUMP – RULE 182.10

Amended:

Landing Area

10. For competitions under Rules 1.1(a), (b), (c), (e) and (f), the landing area shall be not smaller than 6m long x 4m wide x 0.7m high behind the vertical plane of the crossbar. ~~For other competitions, the landing area should measure not less than 5m long x 3m wide x 0.7m high.~~

POLE VAULT – RULE 183.12

Amended:

Landing Area

12. For competitions under Rules 1.1(a), (b), (c), (e) and (f), the landing area shall be not smaller than 6m long (behind the zero line and excluding the front pieces) x 6m wide x 0.8m high. ~~For other competitions, the landing area should measure not less than 5m long (excluding the front pieces) x 5m wide x 0.8m high.~~ The front pieces, in all cases, must be at least 2m long.

...

LONG JUMP – RULE 185.1

Amended in 2016:

Competition

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

GENERAL CONDITIONS – THROWING EVENTS – RULE 187.4

Note added:

Assistance

...

Note: In cases considered serious enough, Rule 145.2 may also be applied.

GENERAL CONDITIONS – THROWING EVENTS – RULE 187.14

Amended:

14. It shall be a failure if an athlete in the course of a trial:

...

(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,

Note: However, it will not be considered a failure if the touch is made without providing any leverage or propulsion and occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

GENERAL CONDITIONS – THROWING EVENTS – RULE 187.15

Amended:

15. Provided that, in the course of a trial, the Rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave it **the circle or runway**.

~~When leaving the circle or runway he shall step out as required in Rule 187.17 before returning to the circle or runway to begin a fresh trial.~~

*Note: All the moves permitted by this paragraph shall be included in the maximum time for a trial given in **Rule 180.17**.*

SHOT PUT – RULE 188.4 AND 222.6

Amended:

Shot

4. The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other solid material. It shall be spherical in shape and its surface finish shall be smooth.

Information for manufacturers: to be smooth, the surface average height must be less than 1.6µm, i.e. a roughness number N7 or less.

DISCUS CAGE – RULE 190.3

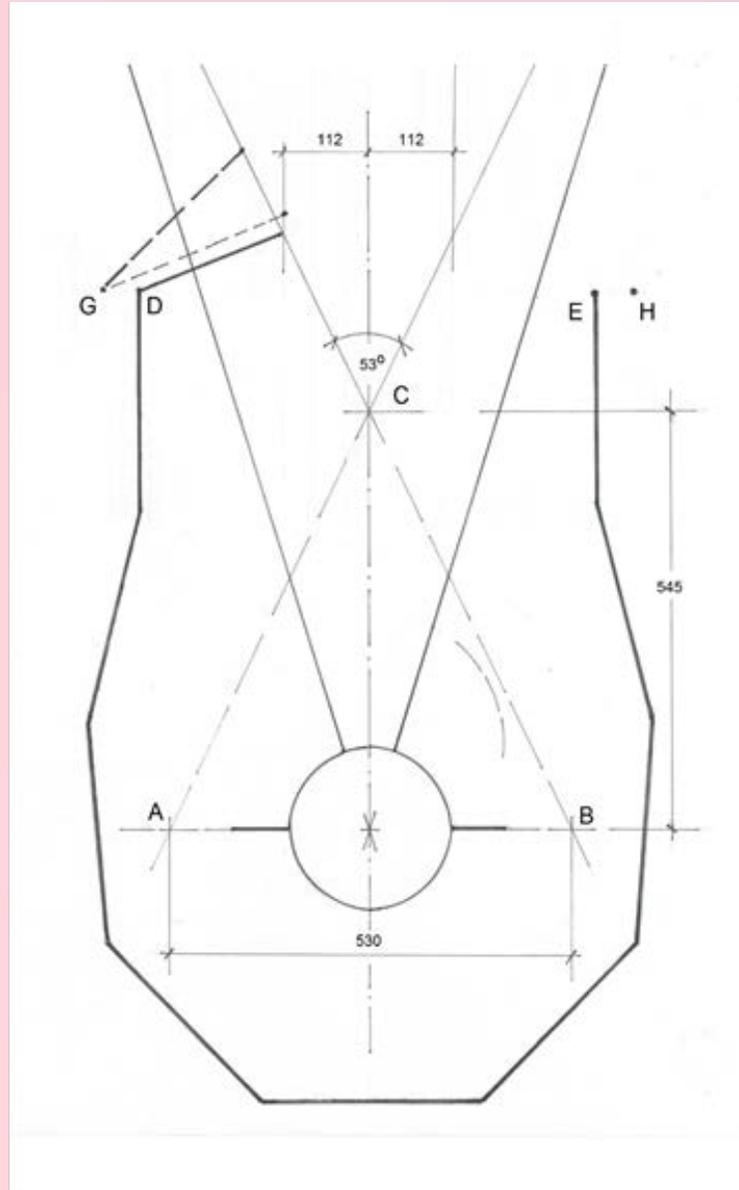
Amended:

3. The cage should be u-shaped in plan as shown in Figure 190. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m **and it should be 6m for the 3m nearest the front of the cage on each side.**

[from 1 January 2020]

HAMMER CAGE – RULE 192

Figure amended:



COMBINED EVENTS – RULE 200.5

Amended:

4. The Women's Decathlon consist of ten events which shall be held on two consecutive days **in the order of Rule 200.2** or in the following order:
First day: 100m; Discus Throw; Pole Vault; Javelin Throw; 400m.
Second day: 100m Hurdles; Long Jump; Shot Put; High Jump; 1500m.

COMBINED EVENTS – RULE 200.12

Amended:

Ties

12. If two or more athletes achieve an equal number of points for any place in the competition, ~~the procedure to determine whether there has been a tie is the following it shall be determined as a tie.~~

~~(a) the athlete who, in the greater number of events, has received more points than the other athlete(s) concerned shall be awarded the higher place.~~

~~(b) if the athletes are equal following the application of Rule 200.12(a), the athlete who has the highest number of points in any one event shall be awarded the higher place.~~

~~(c) if the athletes are still equal following the application of Rule 200.12(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 200.12(c), it shall be determined to be a tie.~~

~~Note: Rule 200.12(a) shall not be applied when more than two athletes are tied.~~

SEEDINGS, DRAWS AND QUALIFICATION IN TRACK EVENTS – RULE 215.2

Amended in 2016:

Draw for Lanes

2. For all events, ~~other than 800m~~, run wholly or partly in lanes around a bend, where there are successive rounds of a race, three draws for lanes will be made:
 - (a) one for the two highest ranked athletes or teams to determine placings in the outer two lanes;
 - (b) another for the third and fourth ranked athletes or teams to determine placings in the next two lanes;
 - (c) another for the other athletes or teams to determine placings in any remaining inner lanes. The ranking referred to shall be determined as follows:
 - (d) for the first round, from the relevant list of valid performances achieved during the predetermined period.;
 - (e) after the first round, in accordance with the procedures identified in Rule 166.3(b)(i), **or in the case of 800m, 166.3(b)(ii).**

RELAY RACES 218.1

Amended as a consequence of change in 170:

1. In the 4 × 200m race, all the first leg and the first bend of the second leg up to the nearer edge of the breakline described in Rule 214.6, shall be run in lanes. ~~Rule 170.18 shall not apply, therefore the second, third and fourth athletes are not permitted to begin running outside their takeover zones, and~~ Each takeover zone shall be 20m long and the second, third and fourth athlete shall start within this zone.

RACE WALKING – RULE 230.7 (C)

Amended:

- (c) A Pit Lane shall be used for any race where the applicable Regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organising Committee. In such cases, an athlete will be required to enter the Pit Lane and remain there for the applicable period ~~(as set out in the Regulations or Organising Committee decision)~~ once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him.

RACE WALKING – RULE 230.7 (C)

Amended:

The applicable period in the Pit Lane will be the following.

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

If, at any time, the athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified. An athlete who fails to enter the Pit Lane when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge.

RACE WALKING / ROAD RACES – RULE 230.10 (D)

New para added:

Drinking / Sponging and Refreshment Stations in Road Events

...

- (d) Refreshments, which may be provided by either the Organising Committee or the athlete, shall be placed at the stations 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 moment that the refreshments are delivered by the athletes or their representatives.

...

RACE WALKING / ROAD RACES – RULE 230.10(H) AND 240.8(H)

New Note added:

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

ROAD RACES – RULE 240.11

New point added:

Race Conduct

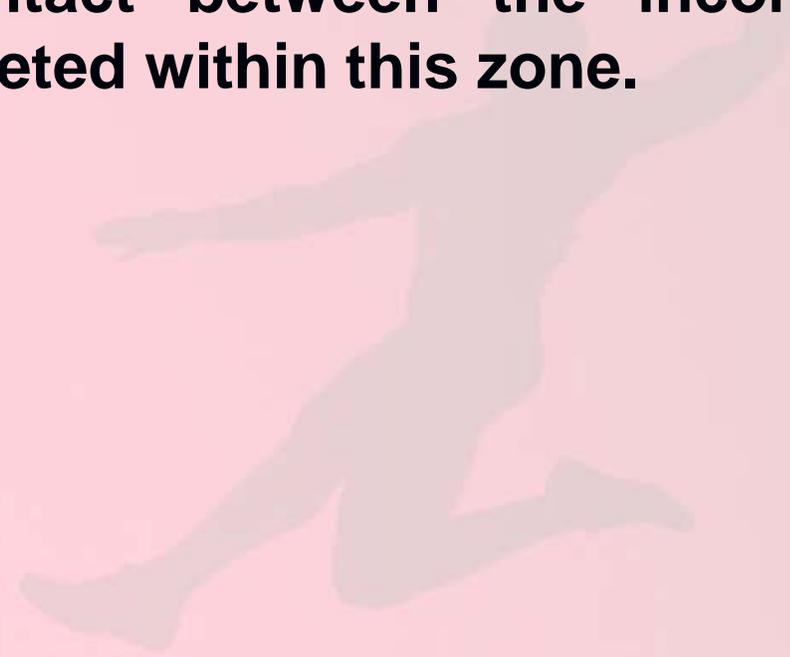
...

- 11. Umpires should be placed at regular intervals and in each key point. Other umpires should move along the course during the race.**

CROSS COUNTRY RACES – RULE 250.5

New point added:

- 5. For Cross-Country Relays, lines 50mm wide 20m apart shall be drawn across the course to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.**



CROSS-COUNTRY RACES – RULE 250.8

New note added:

Drinking / Sponging and Refreshment Stations

8. Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking / sponging station shall be provided every lap, if weather conditions warrant such provision.

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

MOUNTAIN RACES – RULE 251

A number of amendments in conjunction with WMRA



WORLD RECORDS – RULE 260.1

Amended, Note added:

Submission and Ratification

1. A World Record shall be made in a bona fide competition which has been duly arranged, advertised and authorised before the day of the event by the Member in whose Country or Territory the event takes place and which has been conducted under the Rules. For individual events, at least three athletes and for relay events, at least two teams must be bona fide competitors in the event. Except for Field Events conducted as provided in Rule 147 **and competitions held outside the stadium under Rules 230 and 240**, no performance set by an athlete will be ratified if it has been accomplished during a mixed competition.

Note: Women only road race records are subject to the conditions set out in Rule 261.

WORLD RECORDS – RULE 260.20 (C)

Amended, Note added:

20. For World Records in Road Race Walking Events:

...

- (c) Any course measurer who originally measured the course or other suitably qualified official designated by the measurer (**after consulting the relevant body**) with a copy of the documentation detailing the officially measured course must validate that the course covered by the athletes conforms to the course measured and documented by the official course measurer.

WORLD RECORDS – RULE 260.21 (D)

Amended, Note added:

21. For World Records in Road Running Events:

...

- (d) Any course measurer who originally measured the course or other suitably qualified official designated by the measurer **(after consulting the relevant body)** with a copy of the documentation detailing the officially measured course shall **in advance of the race check that the course is laid out in conformity with the course measured and documented by the official course measurer. He shall then** ride in the lead vehicle during the competition ~~to~~ **or otherwise** validate that the **same** course is run by the athletes ~~conforms to the course measured and documented by the official course measurer.~~

EVENTS FOR WHICH WORLD RECORDS ARE RECOGNISED – RULE 261

Amended:

Men

...

F.A.T. or H.T. or T.T.:

Road Races: **5km**; 10km; ~~15km; 20km~~; Half Marathon; ~~25km; 30km~~; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km.

Women

...

F.A.T. or H.T. or T.T.:

Road Races: **5km**; 10km; ~~15km; 20km~~; Half Marathon; ~~25km; 30km~~; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km.

EVENTS FOR WHICH WORLD RECORDS ARE RECOGNISED – RULE 265

New Rule added:

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