

# 2020 - 2021- Rules Update Level 1 and Level 2 Officials

## WORLD ATHLETICS



**IAAF is now known as  
WORLD ATHLETICS**



There are now four separate books to deal with the running of Athletic Events under the auspices of World Athletics.

- Book A – The Constitution
- Book B – Organisation
- **Book C - Competition**
- Book D – Integrity and Disciplinary

# Book C

- **C 1.1 – Competition Rules**
- **C 2.1 – Technical Rules**
- C3 – C7 - other areas dealing with competitions

# Competition Rules

## Rule 5 Technical Delegates (Rule 112)

Technical Delegates appointed for competitions other than one day meetings shall: .....

**5.1.8 – decide upon any matters which arise prior to the competition, and for which provision has not been made in these Rules (or any applicable regulations) or the arrangements for the competitions, where appropriate, in conjunction with the organisers;**

**5.1.9 – decide (including where appropriate in conjunction when available with the relevant Referee(s) and the Competition Director) upon any matters which arise during the competition and for which provision has not been made in these Rules (or any applicable regulations) or the arrangements for the competition or which might require a deviation from them in order for the competition to continue in whole or in part or in order to ensure fairness to those taking part.**

# Competition Rules

## Rule 6      Medical Delegate      (Rule 113)

6.1 The Medical Delegate shall:

6.1.1 have ultimate authority on all medical matters

6.1.2 ensure that adequate facilities for medical examination, treatment and emergency care will be available ..... medical attention can be provided where athletes are accommodated **and for provision of and compliance with the requirements of Rule 6.2 of the Technical Rules.**

6.1.3 make examinations and provide medical certificates in accordance with **Rule 4.4 of the Technical Rules.**

6.1.4 have the power to order an athlete to withdraw before, or to immediately retire from an event during competition.

# Competition Rules

## Rule 6      Medical Delegate      (Rule 113)

Note (i): The powers under **6.1.2** and **6.1.4 of the Competition Rules** above may be passed by the Medical Delegate **to** (or where no Medical Delegate is appointed or available **be exercised by one or more medical doctors appointed and** so designated by the Organisers who should normally be identified by an armband, vest or similar distinctive apparel. **Where the Medical Delegate is not immediately available to the athlete, he may provide instruction or direction to an official or other authorised person to act on his behalf.**

Note: **ALL officials MUST provide a duty of care to athletes. In the case where an athlete falls to the track/ road/ grass, an official may provide water/sponge, may assist in lifting the athlete to their feet but MUST NOT assist in moving the athlete forward.**

# Competition Rules

**Rules 7 – 11** Various International Official Appointments

**Rule 12** Jury of Appeal (Rule 119)

**Rule 13** Officials of the Competition (Rule 120)

The Organisers of a competition **and/or the relevant governing Body** shall appoint all officials, subject to the rules of the Member in whose Country the competition is held and, in the case of competitions under Rules 1.1(a), (b), (c) and (f), subject to the rules and procedures of the relevant governing body....

**Rules 14 – 29** Details roles of various officials (Rules 121 -136)



# Competition Rules

## Rule 18

## Referees

## (Rule 125)

The changes in this Rule **make clear that disciplinary infringements can be made by relay teams but should** be considered as an infringement by the team and not of the individual athletes concerned. (Refer to Competition Rule 5.1.9)

**Rule 18.5 (Rule 125.5)** deals with the warning or exclusion of individuals or relay teams for unsporting or improper conduct

# TECHNICAL RULES

Rules 14 – 24	Track	(Rules 160 – 170)
Rules 25 – 38	Field	(Rules 180 – 193)
Rule 39	Combined Events	(Rule 200)
Rules 40 – 53	Indoor Competitions	(Rules 210-223)
Rule 54	Race Walking	(Rule 230)
Rule 55	Road Races	(Rule 240)
Rule 56	Cross Country	(Rule 250)
Rule 57	Mountain and Trail Races	(Rule 251)

# Technical Rules - General

## **Rule 3    Age and Sex Categories    (Rule 141)**

Age group classifications now to be referred to as **Men and Women** not Boys and Girls.

## **Rule 5    Clothing, Shoes and Bibs    (Rule 143)**

- **Athletes Vests** do not have the same colour front and back
- **Spikes for Cross Country**

*Note (ii): For Cross Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface.*

*There has been a rule update regarding shoe construction (31 January, 2020)*

# Technical Rules - General

## **Rule 6                      Assistance to Athletes    (Rule 144)**

Two new additions to what is not to be considered as assistance.

**6.4.7 Receiving physical support from an official or other person designated by the organisers to recover to a standing position or to access medical assistance.**

**6.4.8 Electronic lights or similar appliance indicating progressive times during a race, including of a relevant record.**

# Technical Rules - General

## **Rule 7                      Disqualification                      (Rule 145)**

**7.3 If a relay team is excluded from competition under Rule 18.5 of the Competition Rules it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. Such disqualification shall not prevent any athlete or relay from that team taking part in all further events, (including individual events of a **Combined Event**, other events in which he is simultaneously participating and relays) in that competition.**

# Technical Rules - General

## **Rule 8                      Protests and Appeals                      (Rule 146)**

In a Track Event, .....

**8.4.4   when a protest is made by or on behalf of an athlete or team which did not finish a race, the Referee must first ascertain whether the athlete or team was or should have been disqualified for a breach of the Rules unrelated to the matter raised in the protest. Should that be the case the protest shall be dismissed.**

**8.6 ..... In Field Events, where as a result of an athlete competing “under protest”, another athlete is allowed to continue in the competition when he would otherwise not have done so, such athlete’s performances and eventual results will remain valid irrespective of whether the “under protest” athlete’s immediate oral protest is successful.**

# Technical Rules - General

## Rule 9                      Mixed Competitions    (Rule 147)

*New Rules determine what is acceptable practice and that which is not*

.....Area Association:

**9.2.1 mixed stadium competition in races of 5000m or longer but is permitted only when there are insufficient athletes of one or both sexes competing to justify the conduct of separate races. The sex of each athlete shall be shown in the result. Such races shall not, in any case, be conducted so as to allow athletes of one sex to be paced or assisted by athletes of another sex.**

**9.2.2 Field Events for men and women may be conducted simultaneously at one or more event sites. Separate result cards shall be used and results declared for each sex. Each round of trials of such events may be conducted either by calling all athletes of one sex followed by the other or by alternating them. For the purposes of Rule 25.17, all athletes shall be regarded as if they were of the same sex. Where Vertical Jumps are conducted on a single event site, Rules 26 to 28 must be strictly applied including that the bar must continue to be raised in accordance with a single set of previously announced increments for the entire competition.**

# Technical Rules – Track Events

## Rule 16                      The Start                      (Rule 162)

The commencement of the start is defined:

**16.7.1** In the case of a crouch start, as any motion by an athlete that includes or results in one or both feet losing **contact with the foot plate(s) of the starting blocks or one or both hands losing contact with the the ground; and**

**16.7.2** in the case of a standing start, as any motion that results in one or both feet losing contact with the ground.

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 also be a false start.



# Technical Rules – Track Events

## Rule 17                      The Race                      (Rule 163)

**17.14** ..... Referee who may authorise or appoint no more than one person to call times at each of no more than two agreed timing points.

### Drinking/Sponging

**17.15.2** In track events longer than 10,000m, refreshments, water and sponging stations shall be provided. Refreshments **may be provided either by the Organisers or the athlete and shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of the athletes. Refreshments provided by the athlete shall be kept** under the supervision of officials designated by the Organisers from the time that the refreshments are lodged by the **athlete or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.**

# Technical Rules – Track Events

## Rule 17

## The Race

## (Rule 163)

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

# Technical Rules – Track Events

## **Rule 19                      Timing and Photo Finish                      (Rule 165)**

**19.17** A system which operates automatically at the finish, but not at the start, shall be considered to produce Hand Times **provided that the system was started in accordance with Rule 19.7 of the Technical Rules or with equivalent accuracy.** The image may be used as a valid support in order to determine placings and adjust time intervals between athletes. ....

**19.18** A system which operates automatically at the start but not at the finish, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times.

# Technical Rules – Track Events

## **Rule 20** Seedings, Draws and Qualifications in Track Events (**Rule 166**)

**20.8** In all Qualification Rounds, the tables should, where practicable, allow at least the first and second places in each heat to qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify. ....

**Note:** In races longer than 800 metres where rounds are conducted, it is recommended that only a small number of athletes qualify by time.

*Designed to ensure greater fairness as previously athletes knew in advance the qualifying time they needed to run.*

# Technical Rules – Track Events

## Rule 22

## Hurdles Races

## (Rule 168)

**22.6** All races shall be run in lanes and each athlete shall go over **each** hurdle **and keep** to his lane throughout. **Failure to do so will result in a disqualification unless Rule 17.4 applies.**

In addition, an athlete shall be disqualified, if:

**22.6.1** (leg clearance)

**22.6.2** he knocks down or displaces any hurdle by hand, body or the upper side of the lead leg; or

**22.6.3** he directly or indirectly knocks down or displaces a hurdle in his or in another lane in such a manner that there is effect or obstruction upon any other athlete(s) in the race and /or another rule is also infringed.

# Technical Rules – Track Events

## **Rule 23                      Steeplechase Races                      (Rule 169)**

*New height for U18 Men's event.*

**23.5       ..... 0.838m  $\pm$  0.003m high for U18 men's events.....**

**23.6       ..... The depth of the water closest to the hurdle shall be  
0.50m  $\pm$  0.05m for approximately 1.20m. ....**

**Note: Pits to the 2018/19 specifications remain acceptable.**

# Technical Rules – Track Events

## **Rule 24                      Relay Races                      (Rule 170)**

**24.22    In the case of relay events not covered by this Rule, the relevant competition regulations should specify any particular rules that should be applied and the method by which the relay should be conducted.**



# UMPIRE'S REPORT FORM

## INDIVIDUAL



Event No. _____		Event: _____	
Heat / Semi No. _____	Final _____	Competitors Involved	
Time: _____		Number: _____	Lane/LegNo. _____ Affiliation _____
Date: _____		Number: _____	Lane/LegNo. _____ Affiliation _____

### REPORT

Circle and complete infringement statement below. Provide further information here if necessary

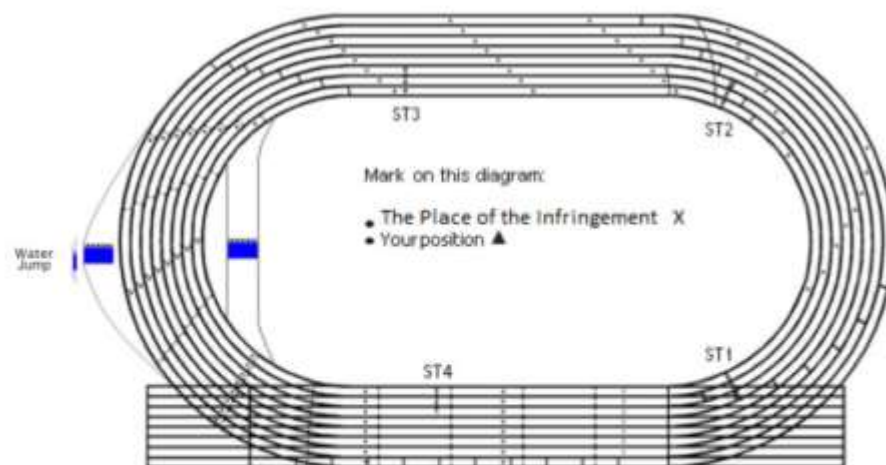
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Umpire's Name: \_\_\_\_\_ Signature: \_\_\_\_\_



Action taken: None    Warning    Disqualification    Rule No. \_\_\_\_\_

Referee's Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Report received \_\_\_\_\_ am/pm    Athlete informed \_\_\_\_\_ am/pm  
 Protest received \_\_\_\_\_ am/pm    Protest dismissed / upheld \_\_\_\_\_ am/pm

Umpires shall report to the Referee any breach of the Rules, even if the athlete (or team, for Relay Races) does not finish the race (Competition Rule: 20)

Rule No.	INFRINGEMENT
<b>General</b>	
TR 17.2.2	Pushed, obstructed or jostled competitor no..... so as to impede his/her progress. Deliberately <input type="checkbox"/> Accidentally <input type="checkbox"/> Advantage gained? Yes / No
TR 17.3.1	Ran outside lane no ..... into lane no..... for ..... strides / metres
TR 17.3.2	Ran on inside kerb or line for ..... strides/ metres
TR 17.5.3	Broke from lane ..... for .....strides / metres before the break line
TR 17.6	Voluntarily stepped off the track for ... strides on lap no .... and subsequently rejoined the race
TR 54.7.3	Athlete failed to enter Penalty Zone when requested / left Penalty Zone early
<b>Hurdles</b>	
TR 22.6	Athlete went over hurdle in another lane at flight no.....
TR 22.6	Did not go over hurdle at flight no.....
TR 22.6.1	Foot / leg (left/right) at point of clearance was below the horizontal plane(top of the hurdle) at flight no.....
TR 22.6.2	Knocked or displaced hurdle at flight no.....with hand / body or upper side of lead leg
TR 22.6.3	Athlete directly/indirectly knocked down hurdle in lane no. .... at flight no. .... affecting another athlete in the race.
<b>Steeplechase</b>	
TR 17.3.2	Ran on the inside of the designated track while entering / exiting the water jump for ..... strides / metres
TR 23.7	Did not go over steeple 1, 2, 3, 4 or water jump on lap no ..... (circle as appropriate)
TR 23.7.1	Stepped to the side of the water jump on lap no .....
TR 23.7.2	Foot / leg (left / right) at instance of clearance was below the horizontal plane (top of steeple) at steeple no. ....
<b>Assistance to athletes</b>	
	Received other assistance or coaching. Give details opposite
<b>Athlete Misconduct</b>	
	Athlete acting in an unsporting or improper manner. Give details opposite or on back of form. <b>Note: If an athlete is disqualified during the competition, reference to the WA rule infringement should be made in the result.</b>

ATTACH THIS FORM TO THE OFFICIAL RESULTS

03/2020





# UMPIRE'S REPORT FORM

## RELAYS



Event No.	Event		
Heat / Semi No.	Final	Competitors Involved	
Time	Number	Lane/LegNo.	Affiliation
Date	Number	Lane/LegNo.	Affiliation

### REPORT

Circle and complete infringement statement below. Provide further information here if necessary

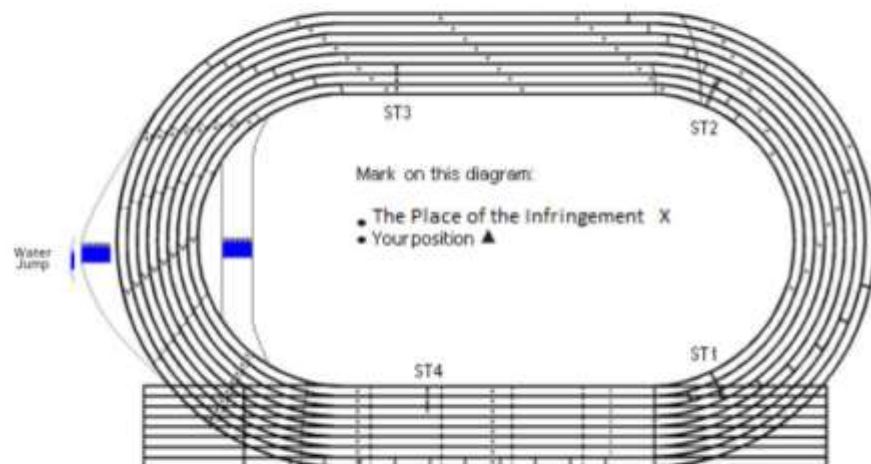
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Umpire's Name \_\_\_\_\_ Signature \_\_\_\_\_



Action taken: None    Warning    Disqualification    Rule No: \_\_\_\_\_

Referee's Name \_\_\_\_\_ Signature \_\_\_\_\_

Report received \_\_\_\_\_ am/pm    Athlete informed \_\_\_\_\_ am/pm

Protest received \_\_\_\_\_ am/pm    Protest dismissed / upheld \_\_\_\_\_ am/pm

Umpires shall report to the Referee any breach of the Rules, even if the athlete (or team, for Relay Races) does not finish the race. (Competition Rule: 20)

Rule No.	INFRINGEMENT
<b>Relays:</b>	
TR 17.2.2	Pushed, obstructed or jostled competitor no. .... so as to impede his/her progress: Deliberately <input type="checkbox"/> Accidentally <input type="checkbox"/> Advantage gained? Yes / No
TR 17.3.1	Ran outside lane no. .... into lane no. .... for ..... strides / metres
TR 24.6.2	Athlete wore glove / used substance on hands to get better grip of baton
TR 24.6.3	Baton not passed to outgoing runner at change .....
TR 24.6.3	Athlete in lane no. .... who dropped the baton failed to recover it at change .....
TR 24.6.3	Athlete in lane no. .... who dropped the baton retrieved it but did not return to place where it was dropped or reduced required running distance at change .....
TR 24.7	Baton changed ... metres before the zone or ..... metres after the zone at change .....
TR 24.9	Athlete took / picked up baton of another team
TR 24.11	Composition of relay team not as declared on the start sheet
TR 24.19	Began running ..... metres before take over zone at change .....
<b>4x200m Relay</b>	
TR 17.5.3	Broke from lane no. .... for ... strides / metres before the break line
TR 24.21	Athlete changed position in which placed at change 3 (when race not run entirely in lanes)
TR 24.21	Jostled or obstructed another athlete in take over zone during relay not held in lanes at change 3
<b>4 x 400m Relay, Medley Relay, Synchronized Relay</b>	
TR 17.5.3	Broke from lane no. .... for ... strides / metres before the break line
TR 24.19	Began running ..... metres before take over zone at change 2 or 3
TR 24.21	Athlete changed position in which placed at change 2 or 3
TR 24.21	Jostled or obstructed another athlete in take over zone during relay not held in lanes at change .....
<b>Assistance to Athletes</b>	
Received assistance or coaching. Give details opposite	
<b>Athlete Misconduct</b>	
Athlete acting in an unsporting or improper manner. Give details opposite or on back of form Note: If an athlete is disqualified during the competition, reference to the WA rule infringement should be made in the result.	

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03/2020

# Technical Rules – Field Events

## **Rule 25      General Conditions – Field Events      (Rule 180)**

**25.6.2 Note (iv):** The regulations of the relevant governing body may specify that the competing order be changed again after any further round of trials after the third.

**25.17** Time limit for trials by athletes has reverted to 1 minute.  
Time limits for all trials included in this rule.

# Technical Rules – Field Events

## **Rule 26    General Conditions – Vertical Jumps    (Rule 181)**

**26.6**    A re-measurement should be made if the bar has been substituted.

## **Rule 27                      High Jump                                      (Rule 182)**

**27.4**    the maximum overall downward inclination in the 15m of the runway and take-off area shall not **exceed 1:167 (0.6%)**

**Note: Runways and take-off areas to the 2018/19 specifications remain acceptable**

# Technical Rules – Field Events

## Rule 29 General Conditions – Horizontal Jumps (Rule 184)

The following rules will come into force in October 2020. Until then Rule 184.3 of the 2018/19 rule book should be applied.

### Take-off Board

- 29.3 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 may be placed a plasticine indicator board for the assistance of the Judges.

*Note: Where in the construction of the runway and/or take-off board there was previously provision for the placement of a plasticine indicator board and such board is not used, this recess should be filled by a blanking board flush with the take-off board.*

- 29.4 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,  $0.20\text{m} \pm 0.002\text{m}$  wide and not more than 0.10m deep. It shall be white. In order to ensure that the take-off line is clearly distinguishable and in contrast to the take-off board, the ground immediately beyond the take-off line shall be in a colour other than white.

- 29.5 The use of video or other technology, to assist the Judges in deciding the application of Rule 30.1 of the Technical Rules, is strongly recommended at all levels of competition. However, if no technology is available, a plasticine indicator board may still be used.

The plasticine indicator board shall consist of a rigid board,  $0.10\text{m} \pm 0.002\text{m}$  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  $7\text{mm} \pm 1\text{mm}$ . The edges shall be cut away such that in relation to the recess, when filled with plasticine, the surface of the plasticine nearer to the take-off line shall be at an angle of  $90^\circ$  (see Figure (a) Rule 29 of the Technical Rules).

# Technical Rules – Field Events

## Rule 30 Long Jump (Rule 185)

**Rule 30.1.1** was amended in June 2019 and in force from **October 2020** (in Australia). For the current edition of the rule please refer to **Rule 185.1** in the **2018/19** Rule Book.

An athlete fails if:

- 30.1.1 they while taking off, break the vertical plane of the take-off line with any part of their foot / shoe, whether running up without jumping or in the act of jumping; or

# Technical Rules – Field Events

## **Rule 32 General Conditions – Throwing Events (Rule187)**

**32.2** Except as provided below, all such implements shall be provided by the Organisers. The Technical Delegate(s) may, based on the applicable regulations of each competition, allow athletes to use their own personal implements or those provided by a supplier, provided that such implements are World Athletics certified, checked and marked as approved by the Organisers before the competition and made available to all athletes. Such implements will not be accepted if the same model is already on the list of those provided by the Organisers. **Unless the Technical Delegate decides otherwise, not more than two implements may be submitted by any athlete for any throwing event in which they are competing.**

# Technical Rules – Field Events

## Rule 32 General Conditions – Throwing Events (Rule187)

### 32.14

**Note:** It will not be considered a failure if the discus or any part of the hammer strikes **the near side of the cage (right for a right-handed thrower)** after **the release of the implement**, then lands within the landing sector outside the cage, provided that no other Rule is infringed.

# Technical Rules – Field Events

## Rule 35

## Discus Cage

(Rule 190)

**35.3 Note (ii)** Innovative designs that provide the same **or better** degree of protection and do not increase the danger zone compared with conventional designs may be World Athletics certified.

**Note (iii)** The cage side, particularly alongside the track, may be lengthened **and /or provided with (a) movable panel(s)** and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition.



# Technical Rules – Combined Events

## **Rule 39 Combined Events Competitions (Rule 200)**

The rules for Combined Events such as Heptathlon and Decathlon have changed :

Rules 39.2 – 39.5 now refer to the events being held

.....on two consecutive 24-hour periods.....

This rule has been changed to cover situations where the competition finishes after midnight on one day.

# Technical Rules – Race Walking Events

## Rule 54                      Race Walking                      (Rule 230)

Pit Lane is now referred to as the **Penalty Zone**.

**54.7.3** .....An athlete who fails to enter the **Penalty Zone** when required to do so, or remain there for the applicable period, shall be disqualified by the **Referee**.

**54.7.4** If under Rule 54.7.3 an athlete receives a third Red Card and it is no longer practicable to direct him to enter the Penalty Zone before the end of the race, the Referee shall add the time he would have been required to spend in the Penalty Zone to his finishing time and adjust the finishing order as may be necessary.

**54.7.5** If, at any time when Rule 54.7.3 applies, an 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.

# Technical Rules – Cross Country Events

## Rule 56

## Cross Country

## (Rule 250)

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

### 56.6 Start

The races shall be started by the firing of a gun, **cannon, air horn or like device**. The commands for races longer than 400m shall be used.

Wherever possible departure boxes **should** be provided for team races with the members of each team lined up behind each other at the start of the race.....