



2017

ATHLETICS SOUTH AFRICA (ASA)

DOMESTIC COMPETITION RULES AND REGULATIONS

These ASA Competition Rules and Regulations are applicable for athletics competitions held in South Africa under the auspices of ASA

(In force as from 1 January 2017)

TABLE OF CONTENTS	Page		Page
FOREWORD	3	CHAPTER 4: TECHNICAL OFFICIATING	54
CHAPTER 1: COMPETITIONS	4	Venue preparation	54
Rule 1: Competitions where ASA Rules shall apply	4	The Technical Delegate	55
Rule 2: Payments / Prizes at Competitions	4	The Competition Directorate	57
Rule 3: Advertising / Displays during Competition	5	The Meeting Manager	59
Rule 4: Entry Forms and results	5	The Technical Manager	60
		Referees	61
CHAPTER 2: ELIGIBILITY	6	Starting	63
Rule 5: Eligible Athlete / Domicilium Rule	6	Track Judges	65
Rule 6: Eligible National Athlete	7	Timekeepers	67
Rule 7: Eligible Legend Athlete	7	Umpires at Track Events	69
Rule 8: Eligible Athletics Club	8	Long Jump	71
Rule 9: Eligible National Super Club	8	Triple Jump	73
Rule 10: Eligible National Athlete Representative	8	High Jump	75
Rule 11: Eligible Competition/Race Organizer	9	Pole Vault	76
Rule 12: Eligible Coach	10	Shot Put	79
Rule 13: Eligible Technical Official	10	Discus Throw	81
		Hammer Throw	83
CHAPTER 3: TECHNICAL RULES	11	Javelin Throw	85
Rule 14: General	11	CHAPTER 5: DOCUMENTATION	87
SECTION I: OFFICIALS	11	Track events	88
Rule 15: Technical Delegates	11	Field events	99
Rule 16: Medical Delegates	11	Throwing events	102
Rule 17: Jury of Appeal	11	Cross Country, Race Walking	105
Rule 18: Officials of the Competition	12	Record certificate	111
SECTION II: GENERAL COMPETITION RULES	14	Assizing certificate	112
Rule 19: New Competitions	14	Race Walking	114
Rule 20: Age Groups	14	Jury of Appeal	117
Rule 21: Entries	17	Competition Secretary	118
Rule 22: Athlete Clothing	18	Protest Form	119
Rule 23: Permanent Licenses	20	ASA Record Application	120
Rule 24: Special Licenses Bibs, Race Numbers and Temporary Licences	21	Lap Scorer's card	124
Rule 25: Protests and Appeals	24	CHAPTER 6 : TECHNICAL STANDARDS	125
SECTION III: TRACK EVENTS	25		
Rule 26: Starting Blocks	25	ASA contact information	143
SECTION IV: FIELD EVENTS	25		
Rule 27: General Conditions	25		
SECTION V: COMBINED EVENTS	26		
Rule 28: Combined Events Competitions	26		
SECTION VII: Rule 29 : RACE WALKING EVENTS	26		
SECTION VIII: Rule 30 : ROAD RACES	27		
SECTION IX: OFF-ROAD RUNNING	36		
Rule 31: Cross Country	36		
Rule 32: Mountain races	39		
Rule 33: Trail Running	40		
SECTION X: RECORDS	43		
Rule 34: South African Records	43		
SECTION XI: Rule 35: MASTERS ATHLETICS	44		
SECTION XII: Rule 36: SCHOOLS ATHLETICS	47		
SECTION XIII: ATHLETES WITH DISABILITIES	53		

INTRODUCTION

This revision of the ASA Rules and Regulations, effective 01 January 2017, represents a significant shift from the rule book that has been in use for the past decade or so. Firstly several related but separate documents have been combined into a single publication allowing alignment of terminology and approach. Secondly, a number of new rules have been introduced to give effect to ASA administration and commercial strategy. As a consequence of these additions most of the ASA rule numbers have changed. And lastly, the document has been augmented to provide clarity and guidance for technical officials, competition organisers and athletes on application of the rules and items of best practice in event organisation.

It is envisaged that this will remain a living document, changing to best suit the needs of our sport.

Feedback and input is invited from all stakeholders.

Yours sincerely
Mr Aleck Skhosana
ASA President

FOREWORD

- i. Athletics is a collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running and off-road running.
- ii. The International Association of Athletics Federations (IAAF) governs athletics worldwide. Athletics South Africa (ASA), as a disciplined member of the IAAF, will implement all IAAF Rules in ASA National Championships and National and Provincial competitions.
 - ii.a. To avoid confusion, the following shall be stated in all announcements, advertisements, programmes and printed matter: "This meeting takes place under the rules of the IAAF and ASA".
- iii. Where there is a conflict between an ASA rule and an IAAF rule, the IAAF rule will take precedence in all events listed on the ASA National and Provincial Fixtures Lists. Events not listed on the ASA National and Provincial Fixtures Lists will be regarded as ineligible events.
- iv. Should the rules and regulations be silent on any matter that may arise, the constitutions and annexures of the IAAF, CAA and ASA shall apply, in that order, and if they too are silent then the ASA Board shall give a ruling on such matter, which shall be final and binding.
- v. These rules and regulations are for implementation in South Africa only. The following rules, regulations and acts will apply and must be read in conjunction with each other. The latest versions of:
 - v.a. IAAF Competition Rules
 - v.b. Regulations governing advertising and promotional displays at competitions held under IAAF Rules
 - v.c. The ASA Constitution
 - v.d. ASA Rules and Regulations
 - v.e. The IPC Athletics Rules and Regulations
 - v.f. The Safety at Sports and Recreational Events Act, 2 of 2010 and its Regulations
 - v.g. The Occupational Health and Safety Act, 85 of 1993 and its Regulations
- vi. Any infringement of these Rules may be subject to the sanctions set out in these Rules or other action as determined from a disciplinary hearing.

CHAPTER 1: COMPETITIONS

1 Rule 1: Competitions where ASA Rules shall apply

[Refer IAAF Rule 1]

- 1.1 At the following ASA Competitions the ASA Athletics Rules and Regulations shall apply:
 - a. ASA National Championships
 - b. ASA National, Provincial and inter-provincial competitions
 - c. Athletics competitions between two or more clubs
 - d. National and Provincial competitions of Associate Members
 - e. District, zone and regional competitions of Associate Members
 - f. Athletics competitions between two or more schools, tertiary institutions or associate members.
- 1.2 The Athletics South Africa athlete licensing system will apply at all athletics competitions held in South Africa as per ASA National or Provincial Fixtures List.
- 1.3 All athletics competitions not listed on ASA National and Provincial Fixtures Lists will automatically be declared ineligible and eligible athletes participating in ineligible competitions and the results of the ineligible competition will also be declared ineligible.
- 1.4 All competitions held under the auspices of ASA must comply with the provisions of the Safety at Sport and Recreational Events Act, 2 of 2010 and its Regulations and the Occupational Health and Safety Act, 85 of 1993 and its Regulations.
- 1.5 Permit Competitions, as defined by IAAF Rule 2.7, are local athletics competitions where the total prize money exceeds R500 000.00 (five hundred thousand Rand). Application to host a Permit Competition shall be submitted to ASA through the Provincial Athletics Member not later than 31 October of the preceding year. Permit Competitions will be included on the ASA National Fixture List.

2 Rule 2: Payments / Prizes at Competitions

[Refer IAAF Rule 6]

- 2.1 At Provincial Championships and other competitions organised by the Provincial Members, the host Member will legislate the prize money to be awarded at the competitions.
- 2.2 In a competition organised by a club, that club will legislate as long as there is no conflict to what is stipulated in clauses 3 and 4 below.
- 2.3 Equal prize money will be awarded to men and women.
- 2.4 Only South African citizens and people with permanent residence permits are eligible for team prizes.
- 2.5 Organisers of competitions in all disciplines of Athletics (Off-Road Running; Road Running and Track & Field) are encouraged (as a minimum) to provide awards for Senior athletes.
- 2.6 If the budget allows, it is recommended to provide awards for Junior and Master athletes as well.
 - 2.6.1 If awards are on offer for Juniors, all ages up to 19 years will participate as Juniors.
 - 2.6.2 If Master Athletes are catered for, organizers should offer awards in all 10-year age categories (35-39 ; 40-49 ; 50-59 ; 60-69 ; 70+) before considering awards in 5 year categories.
 - 2.6.3 Ideally, where Masters are offered awards, WMA Rules should apply. See Section XI on Masters Athletics.
- 2.7 Only eligible athletes (Chapter 2; Rule 5) are eligible for awards of prize money.
- 2.8 Prizes and prize money must be paid directly to the athlete, irrespective of whether the athlete has an Athlete Representative or not. This ruling also applies to international athletes participating in South Africa. It is the responsibility of the athlete to pay the National/International Athlete Representative in accordance with their agreement.
- 2.9 Athletes winning prizes/medals must be present during the award ceremony. When an athlete cannot be present at the prize giving ceremony, by prior arrangement a representative of the prize winning athlete must collect the award on the athlete's behalf during the award ceremony. Failing the above, the athlete will forfeit his/her prize money.
- 2.10 Awards that will be on offer in the applicable age categories must be published in advance of the competition, in appropriate promotional material including race flyers and websites.
- 2.11 Athletes may be required to provide proof of age before receiving age category prizes. Failing to provide proof of age, the athlete will forfeit his/her prize money.

3 Rule 3: Advertising and Displays during Competition

[Refer IAAF Rule 8]

- 3.1** In all Competitions stipulated in rules 1(a) to 1(f), the personal sponsors of athletes and clubs participating in the competitions must adhere to IAAF Rule 8 and the applicable ASA Rules and Regulations on clothing and advertising.
- 3.2** The design of the club kit must adhere to the relevant requirements of the IAAF Regulations and ASA Rule 22.

4 Rule 4: Entry Forms and results

[Refer IAAF Rules 132 and 142]

- 4.1** Entry forms for all competitions
 - 4.1.1** Must have a section for ID number, or birth certificate number, or permanent residence permit number. Only South African citizens or athletes who hold a South African Permanent Residence permit should fill in this section. An act by foreign athletes filling in this section will constitute fraud.
 - 4.1.2** Must have a disclaimer/indemnity clause, signed by the athlete (or parent/legal guardian if under 18 years) indicating the date it was signed.
- 4.2** If the section for the information required in clause 4.1.1 above is left blank, then the athlete will be deemed to be a foreign athlete, and he/she will be subject to IAAF Rule 4.2.
- 4.3** Clubs may enter foreign athletes as individuals for competitions listed on the ASA National or Provincial Fixtures List provided they participate in neutral kit or their domicile country/club colours.
- 4.4** In a case where an ASA affiliated club signs a foreign athlete as a member of the club in contravention of IAAF rule 4.3, and the club or the athlete accepts a team prize while wearing the colours of the club at fault, the athletics club concerned will be held responsible for the violation of this rule and will face disciplinary action by ASA. The athlete concerned will be reported to his/her national federation for possible disciplinary action.
- 4.5** Unless otherwise stipulated in the competition manual/competition rules, a club/province may enter only one team per gender and age group for an event. There will be no restriction on the number of athletes in the team and the first number of athletes as specified will count towards the team prize.
- 4.6** Competition organisers may not accept an entry from any athlete suspended by his/her club, province or ASA. Should an entry already have been accepted prior to such suspension, the entry shall automatically become invalid.
- 4.7** Results for all competitions
 - 4.7.1** Results of competitions must be recorded accurately as they are used at all levels of administration e.g. announcing; SA/Provincial records; SA Top 10 Ranking Lists; team selection; reports to partners, sponsors and government; etc.
 - 4.7.2** The preferred format to record results differs between Athletic disciplines. Examples of how to capture results are included in Chapter 5 - Documentation.
 - 4.7.3** Provisional Results should be placed on notice boards accessible to the participants and the general public as soon as possible after the completion of the event. (In terms of IAAF Rule 146 and corresponding ASA rules appeals must be lodged within 30 minutes of the official announcement of the results).
 - 4.7.4** Results of medal winners as well as new records set must be distributed to the media as soon as possible after the completion of the competition and forwarded to the relevant Provincial office, and ASA in the case of national competitions.

CHAPTER 2: ELIGIBILITY

5 Rule 5 : The Eligible Athlete

[Refer IAAF Rules 20 & 21]

- 5.1 An athlete is eligible to compete if he/she is in possession of an ASA License, agrees to abide by the rules of ASA and has not been declared ineligible.
- 5.2 No club, committee or any other party may enter an athlete in any athletics competition without the consent of the athlete concerned. All entries, properly signed, must be made in the real name of the athlete. The furnishing of false information shall constitute grounds for disqualification and disciplinary action.
- 5.3 Competition organisers may not refuse entry to members of a club duly affiliated to the relevant province without just reason and prior consent of the province.
- 5.4 Competition organisers may refuse an entry from any athlete on grounds of fake information, or for failing to comply with any of the conditions of entry published or advertised by the organisers.
- 5.5 Competition Organisers or Referees reserve the right to request proof of eligibility of a foreign athlete. Competition Organisers or Referees reserve the right to prevent any foreign athlete who does not hold a permit required under IAAF Rule 4, from taking part in their competitions. Likewise, Competition Organisers or Referees reserve the right declare an athlete ineligible to win any award if the athlete cannot produce a permit on demand.
- 5.6 Competition organisers may require participants to produce a certificate from a registered medical practitioner, certifying that the participant is fit to participate in the meeting.
- 5.7 Wheelchair competitors may only participate if the organisers make special provision for them and in the case of competitions on the road; the relevant traffic authority has granted permission. Where prize money is offered for wheelchair athletes, the wheelchair must comply with IPC Rule 14. Eligibility of prize money will be subject to IPC classification.
- 5.8 The following documents will be accepted as proof of age: -
 - 5.8.1 A South African ID Document
 - 5.8.2 Passport
 - 5.8.3 Birth Certificate (since 1994)
 - 5.8.4 Driver's license
 - 5.8.5 Refugee Permit
- 5.9 The Domicilium Rule. For the purpose of this rule, domicile shall mean the place where an athlete is ordinarily resident.
 - 5.9.1 An athlete shall only represent the ASA province wherein he/she is domicile.
 - 5.9.2 A club shall only be a member of an ASA province wherein the club's offices are located.
 - 5.9.3 With the exception of a National Athlete, an athlete shall only be a member of a club if the athlete and the club are both domicile in the same ASA province.
 - 5.9.4 A National Athlete may join any club of his/her choice anywhere in South Africa, but he/she will only represent the ASA province where he/she is domicile.
 - 5.9.5 No athlete may relocate from one club to another club in the same province, or from one province to another without being in possession of a written clearance certificate from his/her former club entitling him/her to change to the new club/province. Failure to obtain such a clearance certificate shall render the athlete ineligible to compete for the new club/ province.
- 5.10 A club must respond to the request of an athlete to relocate to another club within 2 weeks. Failing to do so, the athlete will automatically be cleared to register at the new club.
- 5.11 An athlete (including National and Legend Athletes) may only change from one club to another once per calendar year.
- 5.12 The new ASA Club/Province reserves the right to withhold the issue of a new licence from an athlete who has changed clubs, until the athlete produces a clearance certificate.

6 Rule 6 : The Eligible National Athlete

- 6.1** An Athlete shall be added to the ASA Register of National Athletes when the athlete has :
- 6.1.1 Represented South Africa at the Olympic Games in the past 8 years;
 - 6.1.2 Represented South Africa at the IAAF (Senior) T&F Championships in the past 8 years;
 - 6.1.3 Won an individual gold medal (top 10) at the Comrades Marathon in the past 8 years;
 - 6.1.4 Represented South Africa at the IAU100km World Ultra-Marathon championships in the past 8 years.
- 6.2** For avoidance of doubt, an athlete cannot obtain national athlete status by virtue of participation at:
- 6.2.1 Commonwealth Games and All Africa Games
 - 6.2.2 IAAF World Cup
 - 6.2.3 IAAF World Half-Marathon Championships
 - 6.2.4 IAAF World Cross Country Championships
 - 6.2.5 IAAF/IAU World Mountain/Trail Running Championships
 - 6.2.6 IAAF Race Walking Cup
 - 6.2.7 IAAF/AIMS Permit/League Competitions
 - 6.2.8 IAAF Junior and Youth Championships
 - 6.2.9 International Associate Member Championships/Games
 - 6.2.10 CAA African Senior; Junior and Youth Championships or equivalent competition
 - 6.2.11 CAA Southern Region Senior; Junior and Youth Championships or equivalent competition
 - 6.2.12 ASA National/Provincial Events
- 6.3** A National Athlete has the following rights and may:
- 6.3.1 Belong to a club of his/her choice anywhere in South Africa, but he/she will only represent the ASA province where he/she is domicile. (ASA Constitution Clause 29.4.4) The license must be issued by the domicile Province irrespective of which club the athlete joins as a national athlete.
 - 6.3.2 Wear any attire of his/her choice subject to IAAF/ASA advertising and ethical rules, and rules regarding team competitions.
 - 6.3.3 Be represented by an Athlete Representative
 - 6.3.4 Negotiate appearance money at ASA Events
 - 6.3.5 Negotiate prize money at ASA Events
 - 6.3.6 Negotiate fees/ incentives with the club he/she is a member of.
 - 6.3.7 Enter as a spectator at any ASA National Competition free of charge.
- 6.4** Every National Athlete domicile in an ASA Province shall be issued with a licence by that domicile Province, and not the province of the club that the athlete choses to join. The onus shall be on the National Athlete to request a license from his/her domicile Province.
- 6.5** The onus shall be on the National Athlete to notify their domicile Province of which club they join, or if they change clubs.
- 6.6** ASA Provinces shall notify each other when they are aware of a National Athlete that has joined a club outside of their domicile Province.
- 6.7** An athlete will cease to be a National Athlete when the athlete has not qualified for the status of National Athlete in the past 2 Olympic cycles, retires from active participation, or becomes ineligible.
- 6.8** The National Athletes register and Legend Athletes register will be updated every year prior to the ASA AGM and made available to the Members through the ASA website.
- 6.9** The updated registers shall be effective from 01 January of the following year.

7 Rule 7 : The Eligible Legend Athlete

- 7.1** A National Athlete shall be recognised on the ASA register of Legend Athletes when the athlete retires or no longer qualifies to be a National Athlete.
- 7.2** Legend Athletes shall have the same rights as a National Athlete but must adhere to the Domicilium Rule, in other words they must belong to a club within the ASA Province where they reside.
- 7.3** An athlete shall remain on the register of Legend Athletes in perpetuity, but may be removed from either the National or Legend Athletes lists if the athlete is no longer an eligible athlete (IAAF Rule 20) or if the athlete is in bad standing with ASA or any of its Members.

8 Rule 8 : The Eligible Athletics Club [Refer to the Provincial Constitution]

Note : An Athletics Club is a social order of people, from a local community, who are dedicated to Athletics and the support thereof.

- *The club is the most basic form of organized administration in a community to ensure that the needs of the eligible members are catered for. The club is the “eyes and ears” of the province in the local community. It is with the assistance of the club that the local province will protect the interest of its eligible members by ensuring that athletics is not abused in the local community by parties not affiliated to the club or province.*
- *The club’s first responsibility is to form and manage the club as an organization, constituted to promote Athletics, and offer eligible members social amenities.*
- *It is the responsibility of the club administrators to affiliate to the local province, adhere to the constitution of the province, and ensure that all eligible members of the club operate within the rules and regulations that govern athletics.*
- *The club will operate from premises e.g. club house, Secretary’s house, etc. in close proximity to the members, and in the same province as the members.*

8.1 The criteria for an eligible club shall be defined in terms of the constitution of the Provincial Member, failing which the following criteria will apply:

- 8.1.1 A club must have a minimum of 10 licenced senior members to be an eligible club.
- 8.1.2 A club with fewer than 10 members will automatically be deemed a Probation club.
- 8.1.3 A Probation club may continue to be a Member of the Provincial Council but will lose its vote on the Council.
- 8.1.4 A club will remain a Probation Club until its membership grows to more than 10 members.
- 8.1.5 The maximum period a club can maintain its probation status is 18 months. If a club cannot reach or regain full membership (10 members), the club’s membership will be terminated automatically.

8.2 Clubs are responsible for ensuring that only eligible athletes are licensed and allowed to participate for their club. Clubs are required to keep copies of documentation proving the eligibility of their licensed members.

8.3 Foreign athletes must adhere to IAAF Rule 4.3 before joining a club in South Africa. Copies of the written approvals from their domicile National Federation must form part of the registration documents at the club and province. Copies of these documents must be forwarded to ASA.

9 Rule 9 : The Eligible National Super Club [Refer to the ASA Constitution]

9.1 Rules and regulations to govern super clubs are under revision and more consultation with relevant parties will take place before rules and regulations will be implemented.

10 Rule 10 : The Eligible National Athletes’ Representative (NAR)

[Refer to IAAF Rule 7 and the IAAF Athletes’ Representative Regulations as applicable]

10.1 Athletes’ representatives (NARs) negotiating on behalf of athletes must, on request, produce written evidence that they are registered with ASA and have the athlete’s permission to negotiate on his/her behalf.

10.2 Only athletes ranked on the National Top 10 Ranking list, as published by ASA/SAAS, may be represented by a NAR.

10.3 NARs must attend, at their own cost, Athlete Briefing sessions when called by ASA.

10.4 NARs must act in accordance with the ASA Business Plan.

10.5 Only individuals can become NARs

10.6 Authorisations are granted to NARs for a period of 4 years in accordance with the Olympic Cycle. Authorization shall expire automatically on 31 December of the relevant year.

10.7 The candidate NAR must:

- 10.7.1 Be a South African Citizen;
- 10.7.2 Represent South African Athletes;
- 10.7.3 Have experience in Athletics, preferably as a past athlete;
- 10.7.4 Not be an active elite athlete;

- 10.7.5 Be in possession of an ASA Permanent License obtained from a registered club;
- 10.7.6 Have integrity and a good reputation;
- 10.7.7 Have sufficient education and knowledge to understand and interpret the ASA Constitution, the ASA Business Plan and contracts between relevant parties;
- 10.7.8 Have no conviction of a criminal offence or Anti-Doping Rule violation;
- 10.7.9 Have no declaration of bankruptcy.
- 10.7.10 Be in possession of professional liability insurance, underwriting by a credible insurance broker.
- 10.7.11 Be in possession of a South African Bank account.
- 10.7.12 Be in possession of a signed agreement between the candidate and the athlete.
- 10.8** The application/renewal process shall be as follows:
 - 10.8.1 Apply in writing to ASA to become a NAR. The letter should provide evidence that the aspirant NAR meets the criteria described above and has attended at least 1 National Athlete Briefing session. The letter should satisfy any other reasonable condition as may be required by ASA.
 - 10.8.2 ASA may require the candidate to undergo a written examination. The questions will consist of general knowledge questions about Athletics, ASA and the IAAF and more specific questions on the latest version of the IAAF and ASA Rules and Regulations.

11 Rule 11 : The Eligible Competition / Race Organiser

[Refer IAAF Rules 121 to 124]

- 11.1** All events held under the auspices of ASA must be under the control of an eligible Competition/Race Organiser who must:
 - 11.1.1 Have a specific mandate to organize a competition listed on the ASA National or Provincial Fixtures List either as a member of a club or contracted to the club or Provincial/Associate Member;
 - 11.1.2 Take steps to ensure that the event remains listed on the ASA National or Provincial Fixtures List;
 - 11.1.3 Act in the interest of the athlete, the club, and the Member ;
 - 11.1.4 Allow only eligible athletes to enter for the event;
 - 11.1.5 Act in accordance with the ASA Constitution, Rules and Regulations;
 - 11.1.6 Use eligible ASA Technical Officials to regulate the event;
 - 11.1.7 Market and advertise the event in accordance with IAAF/ASA Rules ;
 - 11.1.8 Ensure that all financial obligations to the club and Member are adhered to;
 - 11.1.9 Remain in good standing with the Member.

Note : The following is an example of how a Competition/Race Organizer may be evaluated:

EVALUATION: On a scale of 1 – 10: 1 Very poor – 10 Excellent

1. Race information – Availability to athletes	5
2. Registration – Lay-out, flow, athlete friendly	10
3. Parking – Availability, safety, control	5
4. Tog Bag security – Availability and security	5
5. Start – On time, safe, without problems	5
6. Water points – Water / Coke – According to rules	10
7. Route Marshals – Enough, skilled, helpful, clear route	10
8. Finish – Organized, free flow, categories	10
9. Toilets & showers – Enough, working, clean, easy accessible	5
10. Prize giving – Good prizes, organized, on time, not to long	10
11. Results – Correct, Availability – Media 24 hours – Clubs 7 days	10
12. Medical – On route, finish	5
13. Terrain & Venue - Attractive, effort put in, sponsorship presence	5
14. Announcer: Quality, factual, informative	5
TOTAL POINTS	100

12 Rule 12 : The Eligible Coach

12.1 An Eligible Coach is someone who:

- 12.1.1 Adheres to the ethical principles of a Coach;
- 12.1.2 is affiliated to a club registered with the domicile ASA Province;
- 12.1.3 Is In possession of an ASA Permanent License;
- 12.1.4 Coaches athletes in possession of an ASA Permanent License;
- 12.1.5 prepares athletes for events listed on the ASA National/Provincial Fixtures List;
- 12.1.6 is registered with the Provincial Coaching Structure.

12.2 A Coach will become ineligible if the person is in bad standing with a club; domicile province or ASA.

12.3 **For an Eligible Club Coach** an ASA Level 1 coaching qualification is recommended but is not a prerequisite to become an eligible Club Coach.

12.4 **An Eligible Provincial Coach is someone who, subject to 12.1:**

- 12.4.1 has coached athletes who have won medals at the ASA Provincial Championships;
- 12.4.2 has a minimum of an ASA Level 2 coaching qualification.

12.5 **An Eligible National Coach is someone who, subject to 12.1:**

- 12.5.1 has coached athletes who have won medals at the ASA National Championships;
- 12.5.2 has a minimum of an ASA Level 3 coaching qualification.

13 Rule 13 : The Eligible Technical Official

[Refer IAAF Rules 100 to 139]

13.1 An Eligible Technical Official is someone who:

- 13.1.1 Adheres to the ethical principles of a Technical Official;
- 13.1.2 is affiliated to a club registered with the domicile ASA Province;
- 13.1.3 Is In possession of an ASA Permanent License;
- 13.1.4 is registered with the Provincial Technical Officials Structure;
- 13.1.5 Officiates at competitions on the Provincial/National calendar;
- 13.1.6 Carries accreditation appropriate for their status as a Technical Official.

13.2 A Technical Official will become ineligible if the person is in bad standing with a club; domicile province or ASA.

13.3 **An Eligible Club Technical Official is someone who, subject to 13.1;**

- 13.3.1 has an ASA Level 1 Technical Official qualification;

13.4 **An Eligible Provincial Technical Official is someone who, subject to 13.1:**

- 13.4.1 has a minimum of an ASA Level 2 Technical Official qualification.

13.5 **An Eligible National Technical Official is someone who, subject to 13.1:**

- 13.5.1 has a minimum of an ASA Level 3 Technical Official qualification.

CHAPTER 3: TECHNICAL RULES

[Refer IAAF Chapter 5]

14 Rule 14 : General

[Refer IAAF Rule 100]

- 14.1** All Competitions, as defined in ASA Rule 1.1, shall be held under the rules of the IAAF, ASA and Provincial/Associate member (as applicable) and this shall be stated in all announcements, advertisements, programs and printed material.

SECTION I : OFFICIALS

[Refer IAAF Chapter 5 Section 1]

15 Rule 15: Technical Delegates

[Refer IAAF Rule 112]

- 15.1** ASA shall appoint a Technical Delegate to all National Championships and other National competitions, including all competitions held by associate members.
- 15.2** Athletics Provinces shall appoint a Technical Delegate to all Provincial Championships, and all competitions held by clubs and associate members in the province.
- 15.3** In Road Running and Cross Country competitions one of the appointed referees may also act as Technical Delegate.
- 15.4** The Technical Delegate acts in a liaison capacity between the organisers and the controlling body, and must ensure that the minimum standards of organisation, as required by the controlling body, are complied with.
- 15.5** Technical Delegates, Referees and Officials may not compete in competitions in which they do duty.

16 Rule 16 : Medical Delegates

[Refer IAAF Rule 113]

- 16.1** A Medical Delegate, who must be a qualified medical doctor or a registered medical services provider, must be appointed for all athletics competitions held in South Africa. The Local Organising Committee (LOC) of the meeting must appoint the Medical Delegate. For National Competitions, ASA must approve the Medical Delegate.
- 16.2** The Medical Delegate must ensure that appropriate medical facilities and personnel are provided for the full duration of the competition.
- 16.3** Medical facilities and personnel shall be in accordance with relevant local authority legislation, but as a minimum shall consist of an ILS paramedic with appropriate equipment. A medical doctor or an ALS paramedic and ambulance must be on standby during competitions and must be available at short notice.
- 16.4** Medical personnel may not compete in any competition when they are on duty.

17 Rule 17 : Jury of Appeal

[Refer IAAF Rule 119]

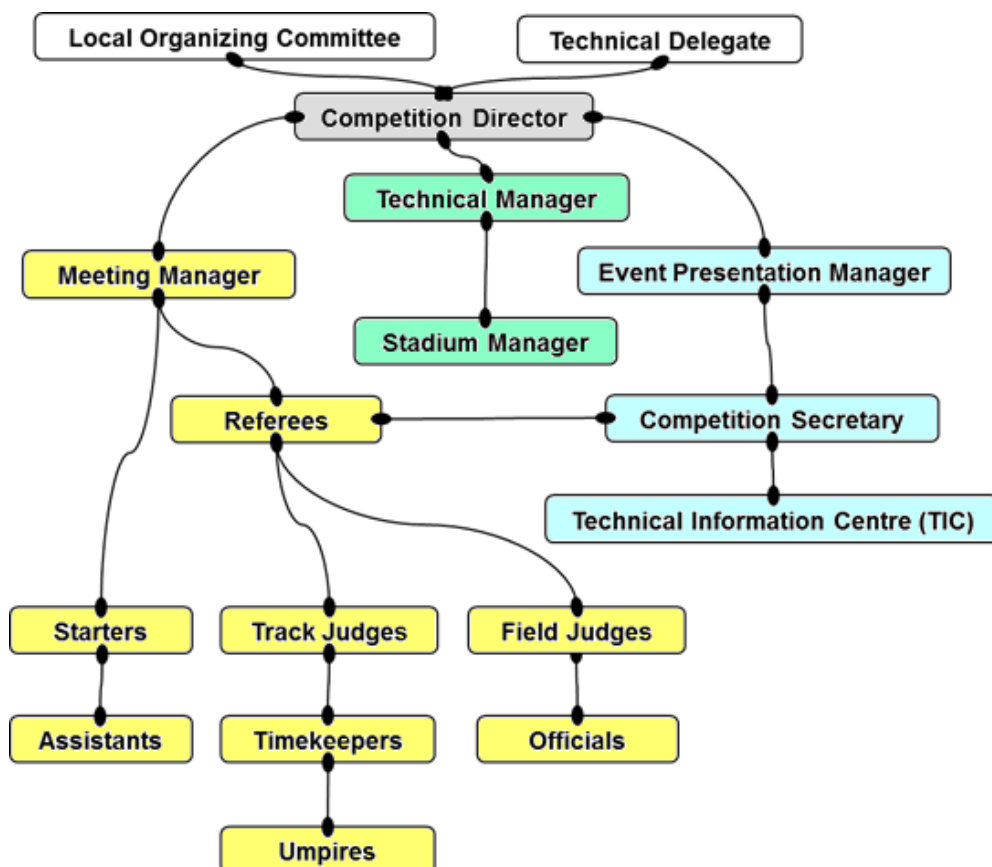
- 17.1** A Jury of Appeal, consisting of 3 or 5 Provincial Office Bearers/Technical Officials, shall be appointed before any competition or at the competition from Provincial Office Bearers/Technical Officials appointed/available at the competition.
- 17.2** For National Competitions preferably a member of the ASA Board/relevant Commission should chair a Jury of Appeal, and the remainder of the panel consist of National Technical Officials. If not available, qualified Provincial Technical Officials may be appointed.
- 17.3** The Referee may be required to be present during any hearing of the Jury of Appeal, but will not be part of the decision of the Jury of Appeal.

18 Rule 18 : Officials of the Competition

[Refer IAAF Rule 120]

- 18.1** The basic clothing for Technical Officials in South Africa is black/dark blue full length pants or black/dark blue skirt, with either;
- 18.1.1 the sponsors golf shirt, or
 - 18.1.2 the National Technical Official golf shirt, or
 - 18.1.3 the Provincial Technical Official golf shirt, or
 - 18.1.4 a plain white golf shirt.
 - 18.1.5 No T-shirts or denim jeans will be allowed
- 18.2** All officials must display their current ASA or Provincial Technical Officials Cards while doing duty.
- 18.3** Referees for out of stadium events should wear a bib marked "Referee", or other distinctive attire over their clothing. Other Officials should wear similar bibs or other distinctive attire, marked "Official".
- 18.4** Additional clothing (white or sponsored top) may be worn over the standard clothing where the weather dictates.

Note : The recommended deployment of Technical Officials is reflected in the organogram below.

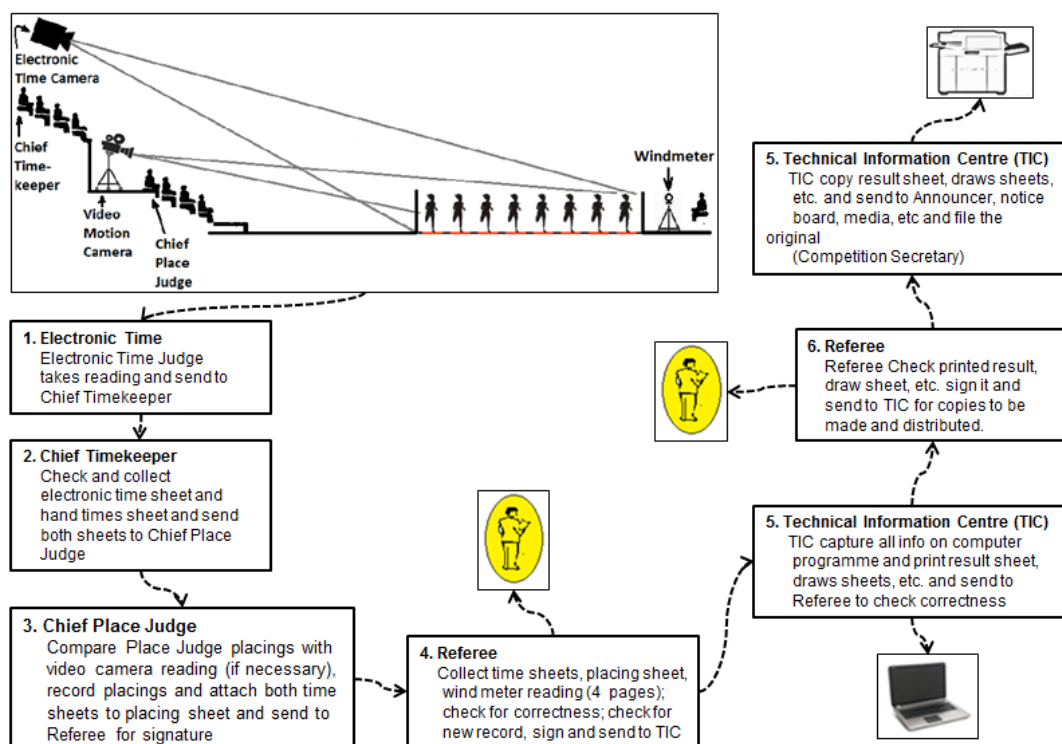


Note : When Should Technical Officials Assume Duties

CATEGORIES:	WHEN TO ASSUME DUTIES		
	BEFORE EVENT	DURING EVENT	AFTER EVENT
The Technical Delegate	Monitoring	Monitoring	Submit recommendation
The Competition Director	Preparation	Monitoring	Compile report
The Meeting Manager	Preparation	Monitoring	Compile report
The Technical Manager	Preparation	Monitoring	Return equipment
The Referees		Implement Rules	Report to Secretary (TIC)
The Starters		Implement Rules	Report to Secretary (TIC)
The Track Judges		Implement Rules	Report to Secretary (TIC)
The Timekeepers		Implement Rules	Report to Secretary (TIC)
The Track events		Implement Rules	Report to Secretary (TIC)
The Long Jump		Implement Rules	Report to Secretary (TIC)
Triple Jump		Implement Rules	Report to Secretary (TIC)
The High Jump		Implement Rules	Report to Secretary (TIC)
The Pole Vault		Implement Rules	Report to Secretary (TIC)
The Shot Put		Implement Rules	Report to Secretary (TIC)
The Discus Throw		Implement Rules	Report to Secretary (TIC)
The Hammer Throw		Implement Rules	Report to Secretary (TIC)
The Javelin Throw		Implement Rules	Report to Secretary (TIC)

Note : Recording Of Track Results – Information Flow Chart

RECORDING OF TRACK RESULTS – INFORMATION FLOW CHART



SECTION II: GENERAL COMPETITION RULES

[Refer IAAF Chapter 5 – Section II]

19 Rule 19 : New Competitions

- 19.1 All Competitions should be planned with the cooperation of a registered athletics club.
- 19.2 Clubs and Associate Members list their competitions with their Province no later than August each year.
- 19.3 Provinces must list their competitions with ASA no later than September of each year.
- 19.4 Publications of National and Provincial fixtures for the following year will be prepared in October of the preceding year.
- 19.5 Medical Insurance and public liability for all events on the National and Provincial Fixtures lists for the following year will be negotiated in October of the preceding year.
- 19.6 No new competitions for the following year will be listed on the ASA Provincial Fixtures lists after October of the preceding year. Provinces may host such additional competitions, with the condition that the competition will not be covered by the ASA athlete medical insurance. This restriction must be stated on the promotional material.

20 Rule 20 : Age Groups

[Refer IAAF Rule 141]

- 20.1 Age Groups are defined in different disciplines :

AGE GROUPS

Category	Discipline	Actual Age
Senior	RR	20 years and older on 31st December in the year of competition up to 39 years old on the day of competition
Senior	TF	16 years and older on 31st December in the year of competition
Junior U/20	RR	19 years and younger on 31st December in the year of competition
Junior U/20	TF & XC	18 or 19 years on 31st December in the year of competition
Youth U/18	TF	16 or 17 years on 31st December in the year of competition
Masters	All	Any athlete who has reached his/her 35th birthday.

- 20.2 OPEN is a Prize Category for which all AGE GROUPS (subject to the event restrictions) are eligible;

Open	ALL	All athletes eligible for the event, of the same gender, irrespective of their age
------	-----	--

- 20.3 Any age groups and age categories, as determined by the technical regulations for that specific competition/championship may be allowed on approval by the Provincial / ASA Board.
- 20.4 Athletes may not compete in more than one age category during the same competition unless there is no corresponding event within the age group they initially select to compete.
- 20.5 In competitions where the competition takes place according to age categories, in addition to the OPEN category, if offered, the athlete will participate and only be eligible for the prizes in the category they entered for, provided they display the relevant official numerical age category tags front and back on their vest. Any athlete may thus qualify for a maximum of two individual prizes (one in the open category and a second in the age category entered for).
- 20.6 Age category athletes in the master categories may enter either their chronological age category or any age category younger than their chronological age down to senior level.
- 20.7 Age category athletes may not compete simultaneously in more than one individual or team category in the same competition, and must declare at the time of entry which category they are competing in.

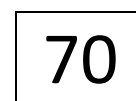
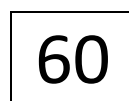
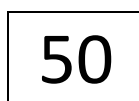
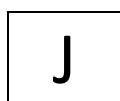
20.8 Team Competitions :

- 20.8.1 The OPEN team classification shall be used when all athletes from a club count for the team regardless of their individual age category. If only one team prize is offered it shall be termed an OPEN team prize. An athlete shall be permitted to compete in the OPEN team category as well as a single age group team.
- 20.8.2 Older athletes qualify automatically for a younger team competition if there is no team competition for their specific age category, e.g. athletes 50 years and older will count for the team competition Masters 40-49 if there is no older team competition, and it should ideally be termed Masters 40+.
- 20.8.3 If team prizes are offered in more than one age category, athletes will be eligible for the team competition corresponding to the age category entered and the age tags worn by the individual. If no Junior team category is offered, Juniors shall count towards the Senior team competition (if offered) in addition to the OPEN team.
- 20.8.4 For road races team sizes for all age/gender categories shall be three (3) athletes to count, except for the Senior/Open Men/Women categories where four (4) athletes will count. Permission must be obtained from the provincial/national body to deviate from this rule.

20.9 Age Category Tags :

Note : Age category tags are used predominantly in Road Running and Cross Country events so that athletes in different age groups can see who they are competing against and officials can determine age group prize winners.

- 20.9.1 In open competitions, to qualify for individual or team prizes in all age categories other than Senior, athletes must display two age category tags, one on the front and one on the back of the upper outer garment, positioned above the licence/race bibs so that they are clearly visible. Age category tags must be clearly displayed for the duration of the event (not covered by rain jackets, hydration packs etc.). Athletes that fail to display both age category tags will be considered for Open and Senior prizes only.
- 20.9.2 Numerical age category tags shall follow the convention that the tag displays the youngest age of the age group concerned e.g.
 - a. J = Junior (as defined in rule 20.1)
 - b. 40 = 40-49 in 10 year groupings up to 100. From 100 it will only read 100+
 - c. 35 = 35-39 in 5 year groupings up to 100. From 100 it will read 100+
 - d. No tags apply to the Senior category 20-39
- 20.9.3 The lettering on the age category tags shall be red on a white background and must be a minimum of 6cm high.
Examples of Age Category tags are as follows:



The image below depicts the minimum size requirements of the age category tags which is 6cm in height and is for indication purposes only.



- 20.9.4 Age category tags shall not be required in events restricted to athletes of one age category such as junior competitions or age group championships.

- 20.9.5 If an athlete wears age category tags that do not correspond to the age category they have entered, the athlete shall be considered only for Open and Senior prizes.
- 20.9.6 In non-stadia National Events on the ASA fixtures list, where organisers provide participants in with two personalised Special Licence Bibs (see ASA rule 24), the age category tags can be included in the design of the Special Licence Bib and separate age tags shall not be required. The lettering for the age indicator shall be red on a white background and must be at least 5cm high and be in the same position on both bibs. The top right hand corner is suggested but may be changed provided the age group is distinct and separate from the sponsor detail and race number.
- 20.9.7 When personalised Special Licence bibs are issued by the organisers, in the event that an athlete's age category tags do not match their correct age group, the onus shall be on the athlete to point out the error to the organisers and obtain a corrected race bib, failing which the athlete shall be considered only for Open and Senior prizes.

20.10 The following minimum age restrictions shall apply to road races in South Africa where the same age restrictions shall apply for men and women and the age shall be as at the date of competition.

ROAD RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

Distance of event/relay leg	2-4 km	5-10 km	11-15 km	16-21,1 km	22-32 km	33-42,2km	43km+
Recognised IAAF distance	2km	10km	15km	21,1km	30km	42,2km	Ultra
Minimum age	9 years	14 years	15 years	16 years	19 years	20 years	20 years

20.11 Official events on the ASA Championships Programme according to age :

OFFICIAL ITEMS ON THE ASA CHAMPIONSHIPS PROGRAMME

EVENT	AGE CATEGORY		AGE CATEGORY		AGE CATEGORY	
	YOUTH (17)		JUNIOR (19)		SENIOR (16+)	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
100m	O	O	O	O	O	O
200m	O	O	O	O	O	O
400m	O	O	O	O	O	O
800m	O	O	O	O	O	O
1500m	O	O	O	O	O	O
3000m	O	O				
5000m			O	O	O	O
10000m			O		O	O
100Mh		O (76,2 cm)		O (84,0 cm)		O (84,0 cm)
110mH	O (91,4 cm)		O (99.5 cm)		O (106,7 cm)	
400Mh	O (84,0cm)	O (76,2 cm)	O (91,4 cm)	O (76,2 cm)	O (91,4 cm)	O (76,2 cm)
2000m Sc	O (76,2 cm)	O (76,2 cm)				
3000m Sc			O (91,4 cm)	O (76,2 cm)	O (91,4 cm)	O (76,2 cm)
4 x100m relay	O	O	O	O	O	O
4 x 400m relay			O	O	O	O
4 x 400m Mixed Relay	O	O				
Long Jump	O	O	O	O	O	O
High Jump	O	O	O	O	O	O
Triple Jump	O	O (11.00m)	O	O	O	O
Pole Vault	O	O	O	O	O	O
Shot Put	O (5,00 kg)	O (4,00 kg)	O (6 kg)	O (4,00 kg)	O (7,26 kg)	O (4,00 kg)

Discus Throw	O (1,5 kg)	O (1,00 kg)	O (1,75 kg)	O (1,00 kg)	O (2,00 kg)	O (1,00 kg)
Javelin Throw	O (700 gm)	O (600 gm)	O (800 gm)	O (600 gm)	O (800 gm)	O (600 gm)
Hammer Throw	O (5,00 kg)	O (4,00 kg)	O (6 kg)	O (4,00 kg)	O (7,26 kg)	O (4,00 kg)
Heptathlon		O		O		O
Decathlon	O		O		O	
5km Race Walk		O				
10 km Race Walk	O		O	O		
20 km Race Walk					O	O
50 km Race Walk					O	O
10km Cross Country					O	O
8km Cross Country			O			
6km Cross Country				O		
Road Races – 42.2km					O	O
Road Races 21.1km			O	O	O	O
Road Races 10km			O	O	O	O

Note : Championships for Master athletes are run under the auspices/rules of SAMA

21 Rule 21: Entries

[Refer to IAAF Rule 142]

- 21.1** All athletes competing at a South African Championships must be authorised and entered by their Provincial athletics Member.
- 21.2** Qualifying athletes, not selected by their provinces for the provincial team, may enter as individuals but their entries must be done through the provincial offices. Individual athletes must participate in club colours and advertising must adhere to IAAF Advertising Rules.
- 21.3** All athletes, participating in a competition listed on the national and/or provincial events calendars, must be, at the time of participation, be a holder of an ASA license issued by or through the provincial athletics member, or must display temporary license bibs. Note: Only permanent licenses are allowed at a National Championships.
- 21.4** Any athlete selected for a National or Provincial team who, for whatever reason, subsequently declines to compete for that team, or fails to show at the competition selected for, will not be permitted to participate in any other athletic competition within 8 days on either side of that competition. Under exceptional circumstances, the Board of ASA or the Board of the Province may waive this rule, or alternatively extend the period of non-competition.
- 21.5** Any registered athlete that consciously participates in any athletics meeting not sanctioned by ASA in terms of Rule 19, and is aware of it, may be declared ineligible, and may forfeit his/her license.
- 21.6** Officials who officiate in events that are not sanctioned may be suspended.
- 21.7** Clubs that consciously send athletes to events that are not sanctioned by ASA may also be suspended.
- 21.8** Organisers of competitions held according to the Rules of ASA must, through the provincial office, provide each non-registered athlete with temporary licence number bib(s). Provision of the temporary licence bibs is subject to the athlete adhering to all other requirements and rules for participation in South Africa.

Note : Entry Cards

To assist with the placing and identification of athletes, entrants in road races are issued with entry cards. The card is typically placed in a small, transparent plastic bag and pinned to the shorts for security purposes.

The entry cards for male and female athletes are usually different colours (pink and white) for easy identification.

The entry card must carry the following information:

- Name and surname of athlete
- Name of club
- Licence number of athlete
- Age
- Contact number in case of emergency

The entry card is often stamped, or any other form of mark that cannot be easily duplicated, on the back of the entry card as proof that the entry card is legal for the current event.

In events where competition numbers are issued by event organisers, the competition number may have a tear off slip that must be removed once the athlete crosses the finish line. The information on the tear off slip serves the same purpose as an entry card.

At the finish line the athlete is issued a numbered plastic sachet reflecting their finishing position. The entry card must be inserted in the finish sachet. The finish sachets are placed on a numbered board close to the finish area in the order that the athletes finished in the race.

Examples of entry cards as follows:

Junior Athletes

Name		
Club		
Lic. no		J
Age		
Gender		

Senior Athletes

Name		
Club		
Lic. no		
Age		
Gender		

Athletes 40 - 49 years

Name		
Club		
Lic. no		40
Age		
Gender		

22 Rule 22 : Athlete Clothing

[Refer to IAAF Rule 143]

Clothing

- 22.1** Club colours are optional and not compulsory for licensed athletes participating in competitions as specified in rules 1.1(c) 1.1(e) and 1.1(f). Athletes are required to display licence numbers and must adhere to the IAAF clothing regulations. Any athlete wishing to count towards a team prize must wear full club colours.
- 22.2** Licensed athletes not running in club colours must run in neutral colours and advertising must adhere to IAAF Advertising Rules. *Note: Licensed athletes not running in club colours may be denied club incentives by their club executive.*
- 22.3** Unregistered athletes running with Temporary licenses must run in neutral colours and advertising must adhere to IAAF Advertising Rules.
- 22.4** International athletes competing in local competitions must participate in the colours of their country, or club they belong to in their domicile country. Alternatively international athletes may participate in neutral colours. Any form of branding on such clothing must adhere to IAAF Rules.

Body markings/insignia/instruments

- 22.5** No body markings/body paint except if provided by the Organizers in accordance with the applicable IAAF advertising rules may be displayed anywhere on the body of the participant.
- 22.6** No participant/official may carry items of any form or shape that may injure or place fellow participants / officials in danger, including, without limitation; sticks, poles, weapons, banners, boards, animals, clothing, headwear.
- 22.7** The display of legitimate national flags during an event shall be permitted provided they do not present a safety risk or interfere with any other athlete or the presentation of the event. Under no circumstances will any slogans, chants, banners, placards or such-like of a political, religious or offensive nature be tolerated
- 22.8** Where a Photo Finish or Transponder System is in operation, athletes may be required to wear additional identification or recording device.

Vest designs

- 22.9** Athletes/Clubs with personal sponsorships and sponsored teams to National, Provincial and Permit competitions, must adhere to IAAF Advertising Regulations and the relevant amendments thereof by the ASA rules.
- 22.10** Clubs may include a title sponsor in the name of the club. The club name (including sponsor) may be displayed on both the front and back of the vest, and may be the full width of the vest from side seam to side seam, and shall not exceed an overall maximum height of 4cm, regardless of whether the name is written as one or more lines.
- 22.11** The Club Logo may be displayed on the front of the upper body clothing on the right chest with a maximum size of 40 square centimetres, with the lettering a maximum height of 4 centimetres.
- 22.12** The Club Sponsor or athlete's personal sponsor, or garment manufacturer may be displayed on the front of the upper body clothing on the left chest with a maximum size of 40 square centimetres, with the lettering a maximum height of 5 centimetres.
- 22.13** In the case of an athlete wearing a top where the licence number prevents the club name being displayed on the upper body garment, the club name may be displayed front and back on the waist band of the lower body garment. The club name may only be 4cm high, but the full width of the body.
- 22.14** Clubs must register their kit with their Provincial Athletics Member. Where a manufacturer's logo is displayed it must be in accordance with the IAAF Advertising regulations. No change of club colours or manufacturer's or sponsors' logos, displayed on any garment in the club kit, will be acceptable unless the kit is re-registered with the Provincial Athletics body.
- 22.15** Any form of unauthorised marketing will not be allowed at any meeting sanctioned by ASA.
- 22.16** ASA Club vest for competitions under ASA rule 1.1 c,d,e and f



23 Rule 23 : Permanent Licences

[Refer IAAF Rule 143.7]

23.1 Permanent Licenses

- 23.1.1** Permanent Licenses are the licenses issued by ASA through the Provincial Members to club members.
- 23.1.2** Permanent Licenses remain the property of ASA at all times irrespective of the fact the number was issued by a province or club.
- 23.1.3** From 2017 onwards the ASA licence will be of the following format 14 cm high x 20cm wide



23.2 The Registration process

- 23.2.1 ASA issues permanent licences on an annual basis to provinces. ASA keeps records of how many permanent licenses were issued to provinces and invoice the provinces accordingly.
- 23.2.2 Provinces issue clubs with permanent licenses. Provinces keep record of how many permanent licenses were issued to clubs and invoices them accordingly.
- 23.2.3 Permanent licenses are sold to athletes through the clubs. Athletes must pay the club for the permanent license before it is issued.

23.3 The Accountability process

- 23.3.1 The athlete must complete a standard ASA registration form before the permanent license is issued. The club must take possession of the form before the permanent license is handed to the athlete. The ASA Online Registration system should only be used by clubs to enter athletes after the signed registration form has been received by the club.
- 23.3.2 The club must capture the detail of the registration form on a standardized Excel spread sheet. If the club cannot capture the registration form on a standardized Excel spread sheet, the province must provide a person that can assist the club in this regard.
- 23.3.3 The Province collects the completed Excel spread sheet from each club and prepares one provincial spreadsheet which reflects all permanent licenses issued by clubs.
- 23.3.4 ASA collects the completed Excel spread sheet from each province and prepares one provincial spreadsheet which reflects all permanent licenses issued by provinces.
- 23.3.5 ASA uses this data base of permanent licenses issued in South Africa to report to the ASA Council, SRSA, SASCOC, Sponsors, etc.
- 23.3.6 A Permanent License is applicable for the period 1 January to 31 December of the same year. Ideally, licenses should be issued at the beginning of January of each year.
- 23.3.7 However, for logistical reasons, permanent licenses will only be issued by ASA up to 30 September of the relevant year, as ASA will start with the ordering of numbers for the following year. Clubs however may continue selling permanent licenses until the end of the year.
- 23.3.8 Clubs must report back to the province at the end of February on how many licenses were sold, and thereafter every month until October.
- 23.3.9 Provinces must report back to ASA at the end of March on how many licenses were sold, and thereafter every quarter with the last report to be submitted to ASA no later than November.

23.4 Where an athlete changes the province of domicile during a calendar year, they may retain their license until it expires. They may however only count for the club in the province that issued the licence in any team competition. Alternatively the athlete must be registered and licensed by a club in the province of their new domicile. The new license can only be issued if the athlete presents a clearance letter from his/her previous club/province in terms of ASA rule 6.

23.5 In accordance with ASA Rule 6, a National Athlete shall be issued their licence by the ASA Province where they are domicile. They shall NOT be issued a licence by the club they join/represent.

23.6 In all events (except for pole vault and high jump, where only one may be displayed) it is compulsory to wear both license numbers, one on the front and one on the back of the upper body clothing. Failure to do so will result in disqualification of the athlete.

23.7 An athlete's permanent licence bib is under no circumstances transferable and may not be used by another athlete.

23.8 Athletes must be in position of a permanent license to participate at provincial or national Championships.

24 Rule 24 : Special Licence Bibs, Race Numbers and Temporary Licenses

24.1 Special License Bibs (Relevant to National Events only)

- 24.1.1 License Numbers are the property of ASA. ASA Members must issue and apply License Numbers in the format as issued by ASA.
- 24.1.2 Only ASA can replace License Numbers with Special License Bibs (SLB), in consultation with the ASA License sponsor. Such events which will replace License numbers with Special License Bibs will be listed on the ASA National Fixtures List.
- 24.1.3 Special License bibs can only be used for the event permission was obtained for.
- 24.1.4 Meeting organisers wishing to provide one or two Special Lumber bibs can only do so if the event is registered on the ASA National Fixtures list.
- 24.1.5 Meeting organisers wishing to provide one or two Special Lumber bibs must submit their bib design through the provincial office to ASA for approval.
- 24.1.6 The design of the Special Licence bib shall comply with the IAAF rules and advertising regulations, subject to approval by ASA.
- 24.1.7 Permission to issue Special License bibs must be obtained from ASA before 31 October of the preceding year
- 24.1.8 The ASA rights associated with Licenses, including Special Licenses, remain the property of ASA. Any variation to the image of the Special License bibs if not agreed upon in writing, the Competition Organizer will be subject to penalties, over and above the levy, as decided by the ASA Board. If the Competition Organizer fail to honour this penalty the host province will be held liable
- 24.1.9 Where Competition Organisers require a special number bib to be worn, the athlete must comply.
- 24.1.10 The Special Licence bib may replace the Permanent License or completely cover the permanent license. Where the permanent license is removed, the athlete must be able to present the Permanent License on request by the Organizer/Referee. Failing to present the permanent license on request, will lead to disqualification of the athlete.
- 24.1.11 The special license bibs are under no circumstances transferable.
- 24.1.12 When only one special licence bib is provided it must be worn on the front and a valid Permanent or Temporary ASA licence number must be displayed on the back of the upper body clothing.

24.2 Competition/Race Number Bibs/Stickers

- 24.2.1 Competition/Race Numbers/Stickers are used by Organizers to differentiate between athletes e.g. in a Road Race athletes participating in a 10km race or 21.1km race on the same route at the same time, Organizers may use competition/race numbers, or any other form of identification to give exposure to a race sponsor or differentiate between athletes subject to the restrictions below.
- 24.2.2 Organizers may not replace ASA license numbers with Competition/Race Numbers/Stickers under any circumstances. Where a Competition/Race Number is used it must be placed so that the ASA Licence Sponsor and the ASA province / Year remains visible above the Competition/Race number. The Licence numerals may be covered. Organizers who fail to enforce this rule will be penalized, which may include losing eligibility status. Athletes who fail to adhere to this rule may be disqualified.

ASA Licence + Race Number = Combined



- 24.2.3 Organizers using Competition/Race Numbers/Stickers do not have to apply for permission to use Competition/Race Numbers/Stickers in their events. Technical Delegates/Referees however must be briefed of the use of Competition/Race Numbers/Stickers in advance.
- 24.2.4 Subject to the relevant IAAF Advertising Regulations, there shall be no further restrictions on the design of the Competition/Race Number/Sticker.
- 24.2.5 In the case of Photo Finish the number identification will be number stickers and will be matt black letters on a white background. The sticker, of adhesive type will be placed on the side of the short in full view of the Photo Finish System. The number must be a minimum of 10cm high with the lettering a minimum of 8cm high.
- 24.2.6 In the case of Transponder identification, an electronic chip may be mounted on the top of the shoe or fastened to the license/race number.
- 24.2.7 Where Competition Organisers require a Competition/Race Numbers/Stickers to be worn, the athlete must comply.
- 24.2.8 Competition/Race Numbers/Stickers are not transferable under any circumstances.
- 24.2.9 When only one Competition/Race Number/Sticker is provided it must be worn on the front.

24.3 Temporary Licences

- 24.3.1 To enable unlicensed athletes to compete in sanctioned competitions, and to cater for licensed athletes who left their licence number(s) at home, temporary licences may be issued subject to the following conditions: -
- 24.3.2 Temporary licenses are only valid for the competition for which they are issued.
- 24.3.3 If two temporary license numbers are issued, one must be worn on the front and one on the back of the upper body clothing. If two Competition/Race Numbers are issued, unlicensed athletes must still be issued the temporary licence numbers, and display them in the same way as described in 24.2 above for Permanent licences.
- 24.3.4 If only one temporary license number is issued it must be worn on the front of the upper body clothing; except however, if a single Competition/Race Number is issued then the temporary licence should be worn on the back.
- 24.3.5 Provinces/Organisers must provide the necessary administration and facilities to enter temporary licensed athletes. Where temporary licenses were not provided or sold, the province will have the right to estimate the number of temporary licenced athletes participating and invoice the organizer accordingly.
- 24.3.6 The host province in whose area the competition takes place may levy an additional fee over and above the entry fee when issuing temporary licenses.
- 24.3.7 Athletes taking out temporary licenses must sign an indemnity accepting the conditions of the meeting organisers and the rules of ASA. Where Organizers fail to provide indemnity forms to the participants/officials, the organizer will be held liable for any claims related to the event.
- 24.3.8 Athletes with temporary licenses must adhere to the advertising rules of the IAAF and ASA.
- 24.3.9 A temporary license may not be issued to an ineligible athlete.
- 24.3.10 A temporary license may not be issued to athletes participating in events listed under Rule 1.1 a & b. Note: Athletes participating at this level are entered by clubs and provinces and must be members of a club before entering for the mentioned events.
- 24.3.11 Holders of temporary licenses will be eligible for individual prizes and may claim age group prizes if they
 - a. have entered the relevant age category, and
 - b. are wearing the necessary age category tags; and
 - c. can prove their age by one of the official means, on the day of the race.
- 24.3.12 While athletes with permanent licences have signed a registration form and are covered by a national insurance policy; from 2017 onwards temporary licenced athletes are not covered by such policies. To protect organizers, sponsors, volunteers and ASA it is important that all athletes who purchase a temporary license must sign an indemnity form/disclaimer. An example of an indemnity reads:

INDEMNITY / DISCLAIMER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and physical nature of this sporting event. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities.

Signed and Dated.

Signed by a parent / legal guardian if the participant is under the age of 18.

25 Rule 25: Protests and Appeals

[Refer to IAAF Rule 146]

- 25.1** An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the Referee, in writing, signed by the athlete or a responsible official on behalf of the athlete, and shall be accompanied by a deposit of R500, which will be forfeited if the appeal is not upheld.
- 25.2** In the event that any prize category results are not announced or made available at the official prize-giving, such results will be posted on the event website and circulated through the usual club channels. Individuals and clubs shall be given 7 days to raise any appeal in writing to the organisers, where-after the published results shall be deemed final, notwithstanding any inaccuracies that may be identified at a later date.

SECTION III : TRACK EVENTS

[Refer IAAF Chapter 5: SECTION III]

26 Rule 26: Starting Blocks

[Refer to IAAF Rule 161]

- 26.1** In competitions as stipulated in Rule 1(c) to (d) the use of starting blocks is not compulsory. If starting blocks are made compulsory in these competitions, the organiser of the competition must supply the starting blocks.

SECTION IV : FIELD EVENTS

[Refer IAAF Chapter 5: SECTION IV]

27 Rule 27: General Conditions

[Refer to IAAF Rule 180]

- 27.1** In competitions as specified in ASA Rule 1. (a) to (d) the organisers must provide the implements. Where implements are provided the competitors may use either the organiser's implements or their own provided these are checked and marked as approved prior to the commencement of the competition.
- 27.2** Where athletes are allowed to use their own implements, no athlete shall be allowed to use the implement of another athlete except with the consent of the owner.
- 27.3** Technical standards for Field Events according to the various age groups are listed in CHAPTER XIII

SECTION V : COMBINED EVENTS COMPETITIONS

[Refer IAAF Chapter 5, SECTION V]

28 Rule 28: Combined Events Competitions

[Refer to IAAF Rule 200]

- 28.1** The IAAF Combined Event Scoring Table will be used to score Combined Events for the Senior, Junior and Youth age categories.
- 28.2** Technical standards for Combined Events according to the various age groups are listed in CHAPTER XIII

SECTION VII: RACE WALKING EVENTS

[Refer IAAF Chapter 5, SECTION VII]

29 Rule 29 : Race Walking

[Refer to IAAF Rule 230]

29.1 General

- 29.1.1 During Road Races, which accept walkers, and where walkers and runners compete simultaneously, all Walkers must wear an official “W” identification tag to indicate that they are Walkers to be eligible for awards.
- 29.1.2 The size of the lettering on the tags must be a minimum of 6cm and a maximum of 8cm in height and must be worn visibly above the Licence/Race number bib on the upper body clothing, back and front. The lettering shall be red on a white background.

29.2 The Course

- 29.2.1 All Race walking races held on the road in South Africa must be measured using the Calibrated Bicycle method of measurement, and the course measurement report and certificate must be lodged with the Provincial Athletics Body prior to the date of the race.
- 29.2.2 The course measurement reports and certificates for all National Race Walking Championships, Provincial Race Walking championships, Inter-provincial and ASA Permit road race walking competitions, must be lodged with ASA at least 7 days prior to the meeting.
- 29.2.3 The certification and storing of course certificates will be undertaken in accordance with ASA document “Measurement and Certification of Road Races”.
- 29.2.4 ASA reserves the right to order an independent measurement of any course by a recognised course measurer.

SECTION VIII: ROAD RACES

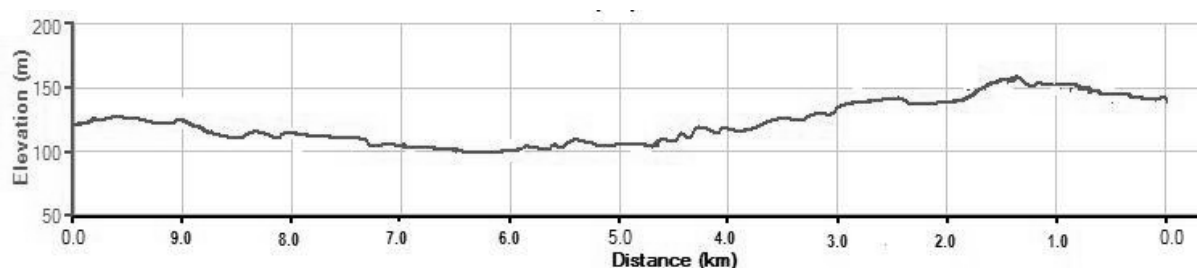
[Refer IAAF Chapter 5, SECTION VIII]

30 Rule 30 : Road Races

[Refer to IAAF Rule 240]

30.1 Course Lay Out

- 30.1.1 Road races shall be run on predetermined roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.
- 30.1.2 For road championships, the road surfaces should be over 99% paved roads, paved pedestrian footpaths and paved sidewalks.
- 30.1.3 It is acceptable for the start, finish and other segments of the race to be conducted on grass or other non-paved surfaces. These segments shall be kept to a minimum.
- 30.1.4 The start and the finish of a race shall be denoted by a white line at least 5cm wide.
- 30.1.5 The course shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race.
- 30.1.6 If it is intended that parts of the course on race day will be defined by the use of non-permanent equipment such as cones, barricades, etc. their positioning shall be decided not later than the time of the measurement and the documentation of such decisions shall be included in the measurement report.
- 30.1.7 It is recommended that for Road Races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000, i.e. 1m per km (0.1%). For approval of Records, see IAAF Rule 260.28 (c).
- 30.1.8 The length of the course must have been certified in advance by an ASA approved course measurer.
- 30.1.9 The distance in kilometres on the route shall be displayed to all athletes.
- 30.1.10 The decision as to which side of the road the athletes will use should be taken in consultation with the traffic authorities with consideration given to all relevant factors including; availability of a road shoulder, lanes, traffic volume, side roads, road bends and turns etc.
- 30.1.11 To assist athletes in their race planning, a map of the route and a route profile should be made available to athletes before the race.



EXAMPLE OF A ROUTE PROFILE

30.2 Course Measurement

- 30.2.1 All road races held in South Africa must be measured using the Calibrated Bicycle method of measurement, and the course measurement report and certificate must be lodged with the Provincial Athletics Body prior to the date of the race.
- 30.2.2 The length of the course shall not be less than the official distance for the event. To prevent a course from being found to be short on future re-measurement, it is recommended that a "short course prevention factor" be built in when laying out the course. For bicycle measurements this factor should be 0.1% which means that each km on the course will have a "measured length" of 1001m.

- 30.2.3 The course measurement reports and certificates for all National Road Championships, Provincial Road Race championships, Inter-provincial and ASA Permit races, must be lodged with ASA at least 7 days prior to the meeting.
- 30.2.4 The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".
- 30.2.5 ASA reserves the right to order an independent measurement of any course by a recognised course measurer.
- 30.2.6 Any course starting and finishing above 1000m above sea level will be considered an altitude course.
- 30.2.7 A course measurement certificate is valid for five years, after which the course shall be re-measured even when there are no obvious changes to it.

30.3 Course Marking

- 30.3.1 The course must be clearly marked. Repeated direction signs should be displayed at any point where uncertainty about the course may arise or where the course changes direction. After changes of direction, there should be further course markers.
- 30.3.2 In all competitions under Rules 1.1(a) and, where possible, (b), (c) and (f), the measurement line should be marked along the course in a distinctive colour that cannot be mistaken for other markings.
- 30.3.3 Kilometre markers must be placed along the route for the benefit of all competitors.
- 30.3.4 If a competitor deviates from the course, he must not be given any credit for the additional distance covered. However, he/she is permitted to receive a lift back to the point where he/she went off course. He/she then continues on foot in the race.
- 30.3.5 All road Junctions carrying significant traffic must be controlled by the appropriate authorities and competent marshals wearing conspicuous tabards or bibs.

30.4 Course Types

30.4.1 Standard Courses

- 30.4.1.1 The course between the Start and Finish must not have an altitude drop exceeding 1m/km.
- 30.4.1.2 The start and finish points, measured along a theoretical straight line between them must not be further apart than 50% of the race distance.
- 30.4.1.3 ASA will only recognised records and performances on Standard Courses.
- 30.4.1.4 Where possible the Race Organizer is advised to organize standard course road races to assist athletes to run legal times, to set records and to qualify for national teams.
- 30.4.1.5 The length of standard courses shall not be less than the official distance for the event. The uncertainty in the measurement shall not exceed 0.1%.

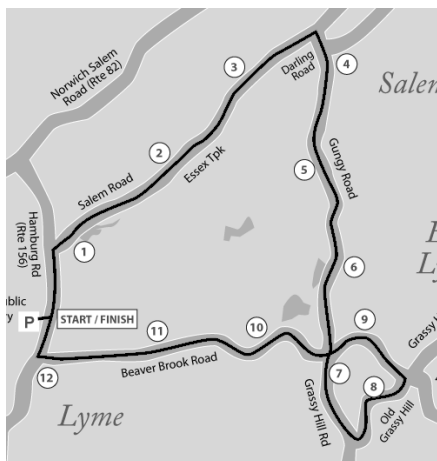
30.4.2 Aided Courses

- 30.4.2.1 A course with a net altitude drop greater than 1m/km but less than 3,5m/km and/or with a start/finish separation greater than 50 % of the total distance of the race.

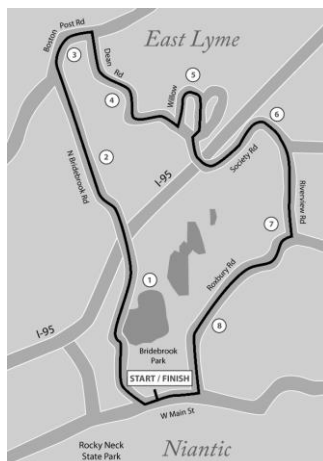
30.4.3 Unrecognised Courses

- 30.4.3.1 Any course with a drop between start and Finish in excess of 3,5m/km is an unrecognised course.
- 30.4.3.2 Any course that has not been measured by a qualified course measurer using the Calibrated Bicycle Method shall be deemed to be an unrecognised course.

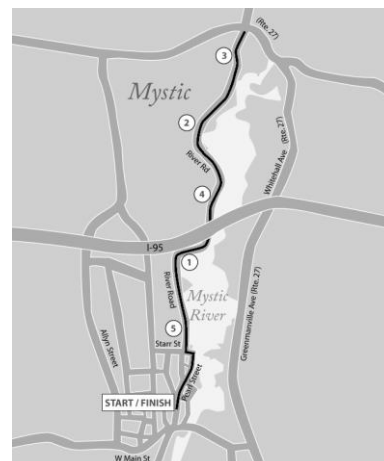
Note : *Course Lay-outs that should be avoided:*



Between 6 km and 10 km, the route crosses, and can result in athletes running the wrong route, colliding with each other or cheating by taking short cut.



Between 1 km and 2 km, and 5km and 6 km the routes crosses a main road, which causes a security and injury risk to athletes



This route requires the athlete to run in one direction in the first half of the race, and run back on the same route to the finish. It is boring and encourages cheating

Note :

Athlete Registration

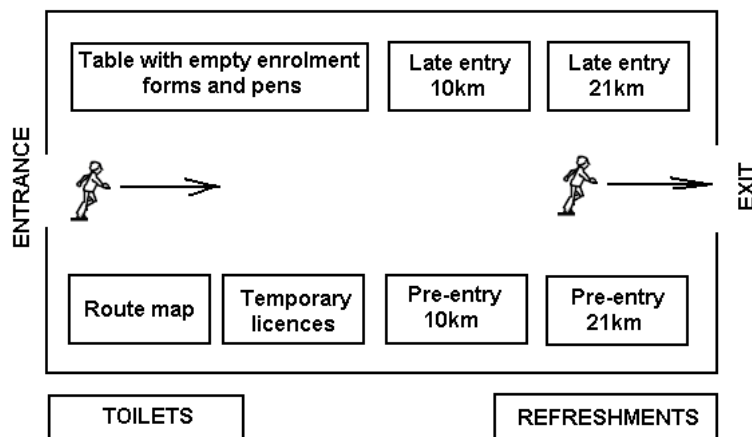
The effectiveness of the registration area is as important as the race itself. A positive experience at registration leads to happy and friendly athletes participating in the race.

The registration area should be close to the start area to avoid unnecessary administration, transport between the registration area and the start, etc.

The registration area should be laid out in such a way that registration can take place as quickly as possible and without delays.

Signage should be clear and preferably positioned ABOVE head height

Tables and pens should be provided if entrants are required to complete entry forms etc



EXAMPLE OF A REGISTRATION AREA LAY-OUT

30.5 The Start [Refer to IAAF rules 163 and 240]

- 30.5.1 A public address system or loudhailer should be available at the start line.
- 30.5.2 In all races a five-minute, three-minute and one-minute warning before the start of the race should be given.
- 30.5.3 Road races shall be started by the firing of a gun, canon, air horn or similar device. The commands and procedure for races longer than 400m shall be used (IAAF Rule 162.4).
- 30.5.4 On the command "On your marks", the athletes shall assemble on the start line in the manner determined by the organisers. 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.
- 30.5.5 The race shall not be allowed to start until clearance has been received from, as applicable, the Organiser/Race Director (or proxy), Safety Officer, Traffic officials, VOC, JOC and any relevant authority involved with the event.

Note :

In all races it is recommended that the faster athletes should be allowed to line up in front of the slower athletes. In larger races this can be done by means of seeding into different blocks, separated by means of fences, ropes or tape. The method of seeding should be known to the athletes and the relevant seeding pens clearly marked and directed by marshals.

In smaller races or where athletes have not been seeded, a false start line should be marked clearly on the road surface approx. 5 to 10m behind the actual start line, before the first participants arrive. A barrier that can be removed quickly, (e.g. a 10mm nylon rope) should be held approximately 1 m above the ground by marshals on the false start line to prevent athletes standing in front of the start line. In races with large numbers it is recommended that several marshals, holding hands form a human barrier on the start line.

After the final warning has been given, the marshals holding the barrier in place on the false start line move the barrier to the start line to give athletes an opportunity to come into the final start position. At this time known elite (faster) athletes might be allowed to line up at the front if they have not already done so.

The first 500m of road surface should be smooth, without potholes, sharp curves, obstacles including speed bumps etc, and should not narrow significantly.

Note : Before the Start check that:

Advertisement boards, obstacles, spectators etc. are out of the way.

The Starter is ready and focused.

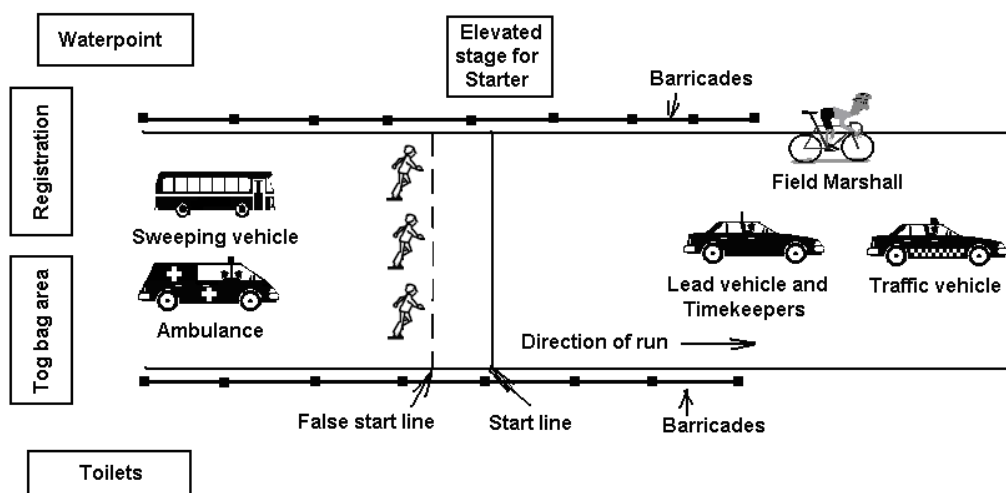
The Timekeepers are ready.

The start procedure and route were explained to the runners.

The Referee is present and focused.

The various vehicles as shown below are ready to move.

Clearance to start has been given from the relevant controlling bodies.



LAY-OUT OF A ROAD RACE JUST BEFORE THE START

Note : Staggered starts for men and women may be used to avoid pacing.

Staggered starts based on gender				
DISTANCE	MEN	WOMEN	JUNIORS	MASTERS
Up to 15 km	0	5 minutes before men's race	5 minutes before men's race	5 minutes before men's race
20 km	0	10 minutes before men's race	10 minutes before men's race	10 minutes before men's race
30 km	0	15 minutes before men's race	Not allowed to compete over this distance	15 minutes before men's race
40 km	0	15 minutes before men's race	Not allowed to compete over this distance	15 minutes before men's race

Note : Staggered starts for races of varying distances are advised to avoid confusion on the route and congestion at the finish line. The actual start times must take into account the route designs and the expected speed of the participants.

Staggered starts based on distances	
Distance	Time Difference
42.195 km	Official starting time
Fun runs (6km or shorter)	15 minutes after official start
15 km or shorter	20 minutes after official start
20 km or shorter	30 minutes after official start

30.6 The Finish [Refer to IAAF Rule 164]

- 30.6.1 The finish may be within an athletics arena, on a field or any other suitable open space.
- 30.6.2 The finish line should be marked with a line at least 30mm wide.
- 30.6.3 The finish area should consist of a funnel starting immediately after the finish line and a tunnel area starting not less than 35 m after the finish line.

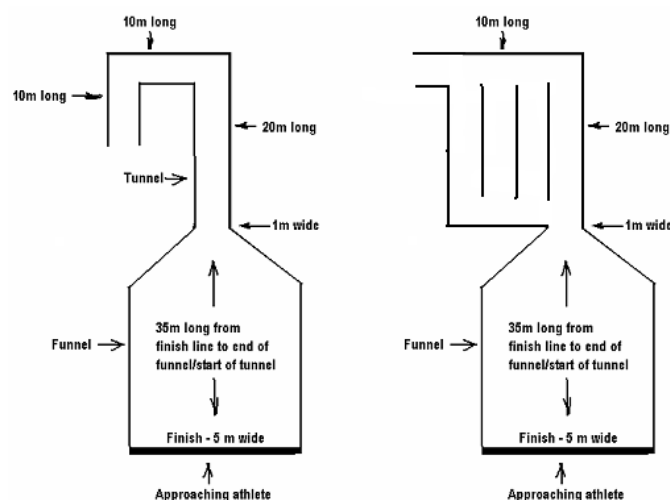
Note :

Various designs for the finish are illustrated in the diagrams below.

If a finish arch is used it should be positioned AFTER the finish line so that runners do not stop before the finish line.

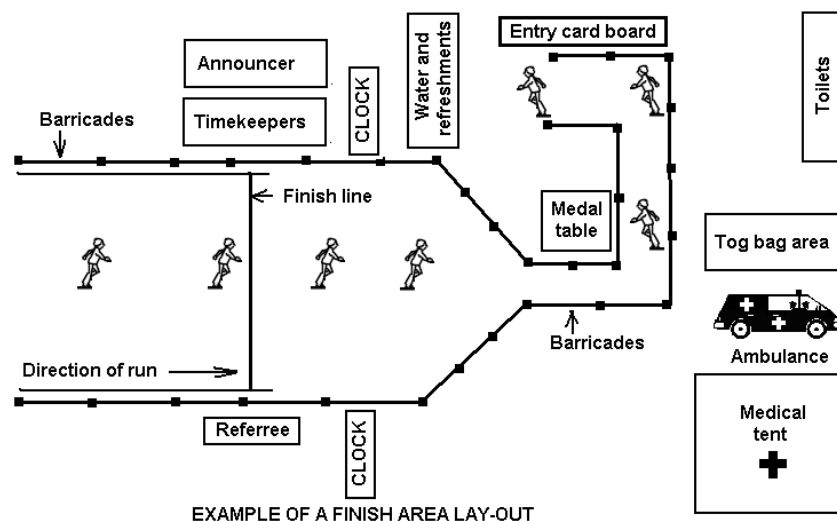
Events of different distances held at the same time should normally have separate finish lines/chutes and time-keepers.

Tables for the time-keepers should be positioned in line with the Finish line with a clear view of the approaching athletes.



Lay-out of finish funnel and tunnel for races with less than 500 athletes

Lay-out of finish funnel and multiple tunnels for races with more than 500 athletes



30.7 Marshals

- 30.7.1 Marshals are usually volunteers recruited by the Competition Organiser who are placed on the route to direct the athletes in the right direction, ensure athletes run within defined areas for safety and warn motorists of athletes.
- 30.7.2 Marshals must be placed at all points that may be a security or injury risk.
- 30.7.3 Marshals must be firm without being an obstruction, disruption or frustration to the athletes.
- 30.7.4 Marshals must wear bibs or clothing that makes them clearly identifiable to the athletes and motorists. Flags are normally issued to warn motorists.
- 30.7.5 Lead cyclists may be considered to be mobile marshals.

NOTE: It is important that marshals be assertive, know where to stand and what they must do. Ensure no corners are cut by runners – such corners to be taped. Athletes must run where the course has been measured. Marshals have no authority over traffic or the right to stop traffic. At key intersections liaise with traffic authorities for assistance. Marshals should not be less than 18 years of age.

In areas that may present a security risk, marshals should be deployed in pairs.

For events in early morning or late evening when lighting is poor, the marshals bibs and flags should include reflective strips and/or lights.

All marshals should be given a contact telephone number to call in case of emergency.

30.8 Refreshment Stations and Seconding

- 30.8.1 Competition organisers and/or the Technical Delegate will determine the restrictions on seconding to apply in a road race. This ruling will be advertised in race rules and information.
- 30.8.2 Unless prohibited or restricted in terms of the event rules, seconds or team officials may assist athletes at designated refreshment stations. Such assistance where refreshments can be received or collected must take place within the area delineated by the organisers. If the area is not physically delineated then such assistance must take place within 100m either side of the first or last table. No assistance or seconding of any sort may take place outside of this area. Persons assisting athletes shall not enter the course nor obstruct any athlete.
- 30.8.3 Seconds/officials shall not, under any circumstances, run beside an athlete while he/she is taking refreshment.
- 30.8.4 Seconding may not be conducted directly from a vehicle (including two-wheeled) whether stationary or moving.
- 30.8.5 Where race organisers impose a restriction on personal seconding, they must provide refreshment stations at least at 3 kilometre intervals throughout the race. Any departure from this must be with the permission of the provincial member and must be clearly stated in all event information.

30.9 Physical Assistance

- 30.9.1 Pacing (non-competitive running), defined as an athlete running alongside another competitor to specifically assist him/her, is not allowed. The following are considered as pacing and are not permitted: -
- i. A faster athlete running with a slower athlete (regardless of age or gender);
 - ii. A pace setter that is not a bona fide entrant in the race;
 - iii. An athlete that is about to be lapped, running with athletes in leading laps;
 - iv. Athletes that re-join the race after having temporarily retired;
 - v. Persons that do not start with the other athletes;
 - vi. Where staggered starts are not implemented pacing is not allowed between age or gender categories when either runner wants to be eligible for any prize award.
- 30.9.2 To avoid pacing in Road Running competitions the meeting organiser may employ separate or staggered starts. The timing of the starts will be determined by course logistics and will be set by the Technical Delegate in consultation with the course measurer.

30.10 Safety

- 30.10.1 Runners are NOT permitted to run with animals eg dogs/birds/reptiles/etc.
- 30.10.2 Any road race held on local authority roads must have the approval of the relevant local authorities. Organisers of a competition must recognise their responsibilities in ensuring the safety of participants, spectators, officials and other road users and are obligated to undertake formal risk management appraisal of all aspects of their meeting to minimise the risk of any incident.
- 30.10.3 Where competition organisers allow and have permission from the traffic authority for runners or walkers to participate with prams or baby joggers, they must start at the back of the race, and may be required to have a delayed starting time.
- 30.10.4 Where the organiser and the traffic authority allow the participation of wheelchairs (either socially or as a competitive wheelchair event) they must commence in a staggered start prior to the start of the able-bodied race.
- 30.10.5 Disabled or blind runners who require to be accompanied may only make use of guides who have officially entered the event.
- 30.10.6 For safety reasons the use of personal music players or other devices with headphones is not allowed. Any person using such device shall not be eligible for individual or team prizes and may be disqualified without a warning.
- 30.10.7 In case of medical and emergency situations, details of all pre-entries should be captured electronically, race numbers cross-referenced to the participants details and easily accessible during the competition. For entries on the day entry forms/cards/bibs should include an ICE contact number.
- 30.10.8 An emergency contact number (Safety Officer, medical service or VOC) should be supplied to all workers, marshals, officials and athletes.

30.11 Calculation of Team positions

- 30.11.1 In team competitions the following rules will be applied to calculate the team positions:
- 30.11.2 The team size must be stated in the competition manual or meeting flyer. Team sizes must be equal for men and women.
- 30.11.3 The team time will be calculated by adding all the times of the first runners from the one club or province that complete the team size.
- 30.11.4 In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

30.12 Fun-Runs

- 30.12.1 The distance of Fun Runs may not exceed 8 (eight) km.
- 30.12.2 Fun run courses should be measured by the most accurate method practicable in the circumstances.
- 30.12.3 Technical Officials are not required to officiate at Fun Runs. Individual participant timing is optional and a clock at the finish line is normally sufficient.
- 30.12.4 Fun runs must be held on clearly marked courses.
- 30.12.5 Licensed and unlicensed athletes may participate in these events, no licence number need be worn in these events, and temporary licences need not be purchased.
- 30.12.6 Licensed athletes participating in fun runs need not wear club colours or display their licence numbers during such races.
- 30.12.7 Fun Runs will only be sanctioned by ASA or the Provincial Body provided they are held under the auspices of an affiliated club. and if they comply with all the rules, stipulations and conditions laid down by the province.
- 30.12.8 The only prizes that may be awarded in fun runs are lucky draw awards that involve a process that provides an equal opportunity of winning to all participants. This may be based on entry or completion of the fun run. No money or money vouchers may be offered as prizes.
- 30.12.9 Conduct - Licensed athletes shall still be subject to the rules of conduct of the Provincial Athletics Member and ASA, while participating in a fun run or related activities.

30.13 Road Relays

- 30.13.1 For all road relays IAAF Rules will apply.
- 30.13.2 For Road Relays, lines 50mm wide shall be drawn across the course to mark the distances of each stage and to denote that scratch line. Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

30.14 Ultra Marathons

- 30.14.1 An ultra-marathon event is any foot race incorporating a continuously timed section longer than a marathon (42.195km/26 miles 385 yards).
- 30.14.2 All of the rules applicable to road running also apply to ultra-marathon running. In addition the rules of the IAU shall be applicable.
- 30.14.3 Ultra marathon participants shall be entitled to receive the support of a handler. The term includes team managers, coaches and masseurs as well as friends and family who provide support of any kind to individual competitors or team. Any restrictions applicable to handlers and athlete support shall be set by the Competition Organiser.

Note :

A track ultra-marathon event is a race taking place on a circuit specifically built for athletic competitions.

A trail ultra-marathon event is a race taking place on a course consisting primarily of unpaved paths, tracks and trails unsuitable for ordinary motor vehicles.

A road ultra-marathon event is a race longer than the standard marathon distance.

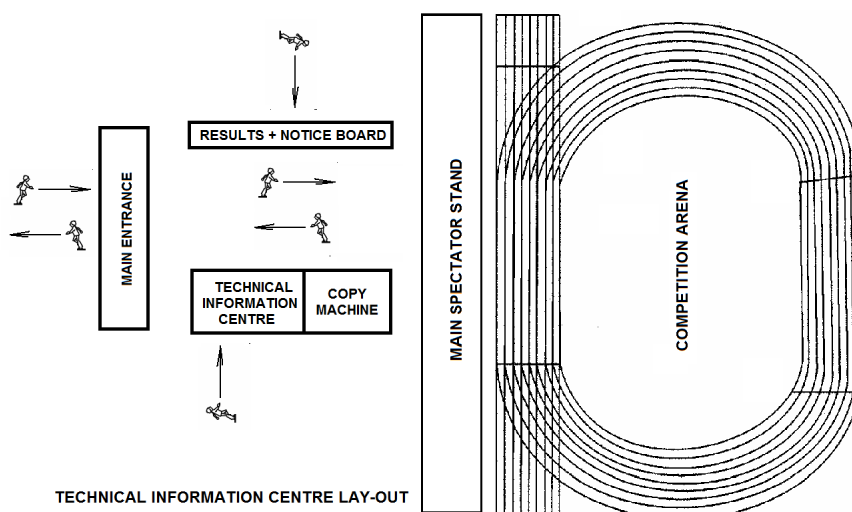
An indoor ultra-marathon event is a race taking place on a circuit completely under cover. At present no distinction is made as to whether such a circuit was built for athletics competitions.

A championship event is a race endorsed as such by the Provincial body or ASA who are qualified to grant such status.

30.15 Technical Information Centre [Refer to IAAF Rule 132]

- 30.15.1 It is recommended that a Technical Information Centre (TIC) should be established for road races held under 1.1(a), (b), (d), and (e). particularly if the event takes place over several days or involves teams or a large number of participants.
- 30.15.2 The primary function of the TIC is to ensure smooth communication between Team Managers, the Organisers, the Technical Delegates and the Competition Administrators regarding technical and other matters relating to the event.

- 30.15.3 The secondary function of the TIC is to serve as an information centre of the general public during the event.
- 30.15.4 The TIC staff should consist of a Technical Information Centre (TIC) Manager and an adequate number of assistants
- 30.15.5 The TIC will be normally be positioned close to the notice board where results are posted.



30.16 Prize Giving

- 30.16.1 A prize giving ceremony should normally be held at the completion of a road running event. The time for such ceremony should be made known to the athletes in the race flyer or by announcement.

Note : The Prize Giving Area should be large enough for all people to sit and have a clear view of the Prize Giving Ceremony, e.g. in a stadium on the main stand.

The spectators should sit in the main stand in an elevated position looking down on the prize giving area

The Prize Giving Area should be in front of the main stand, facing the main stand, not more than 50 m away from the main stand.

The Prize Giving Area can be on the ground or elevated on a stage.

The Prize Giving Area should have overhead cover e.g. tent, gazebo, etc. to protect the ceremony against sun, rain, etc.

In the Prize Giving Area, the VIP's sit at the back of the Prize Giving Area

The Announcer is positioned in the front of the Prize Giving Area facing the spectators.

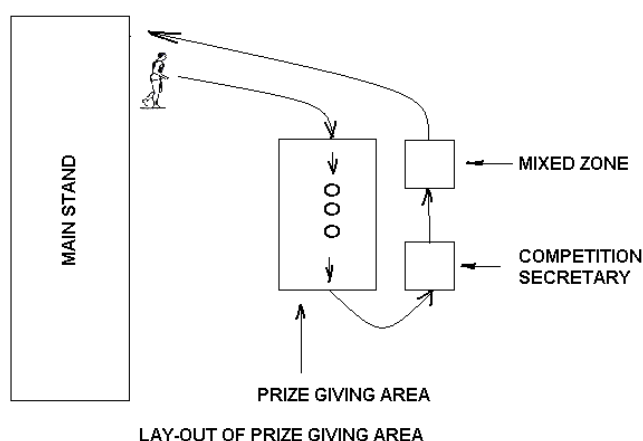
As prize winners are called, they enter the Prize Giving Area from left to right, and stand in the middle of the Prize Giving Area. Prize winners remain standing until all the category winners are awarded.

Awards are issued to prize winners from lowest to 1st position, e.g. 3rd, 2nd, 1st.

Prize winners depart on the right hand side of the Prize Giving Area

Prize winners' move to the Competition Secretary table behind the Prize Giving Area, where they will sign as proof that the medal and prize money were issued.

The athletes will then move to the Mixed Zone for media interviews, photos etc.



SECTION IX: OFF-ROAD RACES – CROSS COUNTRY, MOUNTAIN AND TRAIL RACES

[Refer IAAF Chapter 5, SECTION IX]

Note :

Off Road Running has many variations e.g. Cross Country Running, Mountain Running, Trail Running, Park Running, Course Running, Steps Running, Tunnel Running, Fell Running, Mud Running, to name a few.

There are extreme variations in conditions in which Cross-Country Running, Mountain Running, Trail Running and Park Runs are practised throughout the world and it is difficult to regulate international standardisation of these events.

It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer.

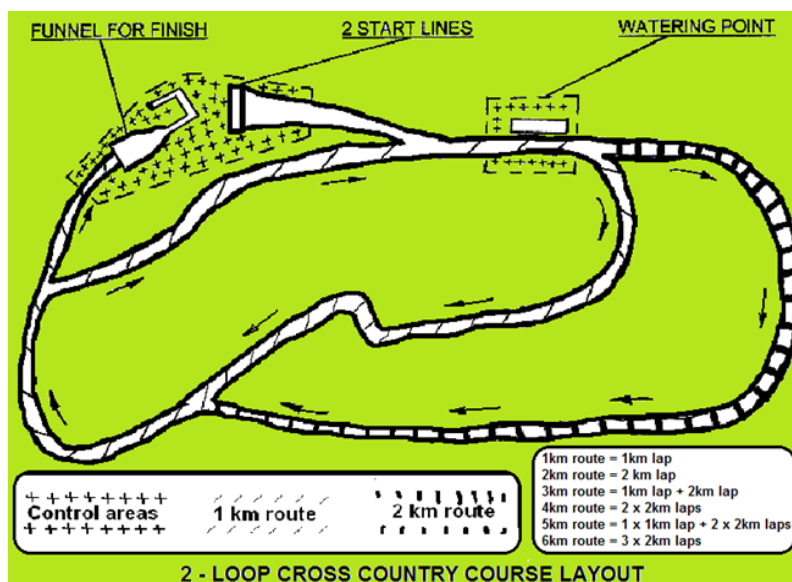
The following Rules are intended as a guide and incentive to assist Members to develop Cross-Country Running, Mountain Running and Trail Running.

31 Rule 31 : CROSS COUNTRY

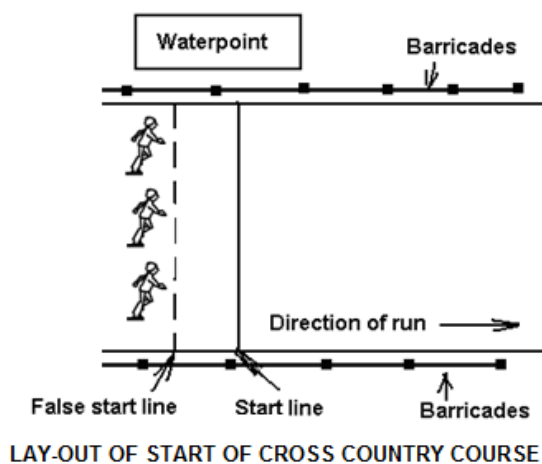
[Refer to IAAF Rule 250]

31.1 Cross Country Course Layout

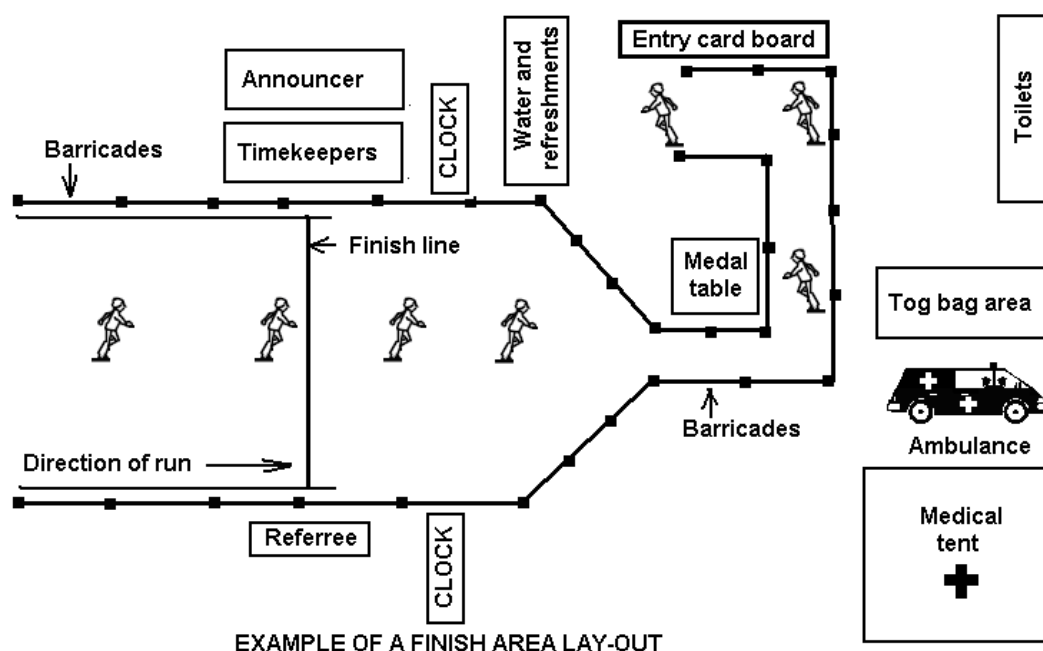
- 31.1.1 Wherever practical, and for all National, Provincial, Inter-provincial and prestige cross country competitions, it is recommended that the prime method of measurement is the Calibrated Bicycle method of measurement using an off-road bike (MTB), or as a second option a calibrated measuring wheel. Any sections of the route that cannot be measured by bicycle may be measured by tape or measuring wheel. The measurement report and map should be lodged with the Provincial Athletics Body.
- 31.1.2 The course measurement reports and certificates for all National Cross Country, Provincial Cross Country championships, Inter-provincial and ASA Permit races, must be lodged with ASA prior to the meeting.
- 31.1.3 The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".
- 31.1.4 The course must be designed on an open or woodland area, covered as far as possible by grass, with natural obstacles, which can be used by the course designer to build a challenging and interesting race course. The area must be wide enough to accommodate not only the course but also all the necessary facilities.
- 31.1.5 For Championships and national events and, wherever possible, for other competitions a 2-loop course must be designed, with the 1st loop measuring 1km and the 2nd loop 2km. The 1km loop (small loop) is required to adjust the distances catered for in the various age groups. It is recommended that each long loop should have a total ascent of at least 10m.



- 31.1.6 Existing natural obstacles shall be used if possible. However, very high obstacles (higher than 0.5m) should be avoided, as should deep ditches (deeper than 0.5m), dangerous and hidden ascents / descents, thick undergrowth and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition. It is preferable that artificial obstacles should not be used but if such use is unavoidable, they should be made to simulate natural obstacles met within open country. In races where there are large numbers of athletes, narrow gaps or other hindrances which would deny the athletes an unhampered run shall be avoided in the small loop and the first 500m of the larger loop.
- 31.1.7 The crossing of roads or any kind of macadamised surfaces shall be avoided or at least kept to a minimum. When it is impossible to avoid such conditions in one or two areas of the course, the areas must be covered by grass, earth or mats.
- 31.1.8 Apart from the start and finish areas, the course should not contain any other long straight. A “natural”, undulating course with smooth curves and short straights is the most suitable.
- 31.1.9 The course shall be clearly marked with tape on both sides.
- 31.1.10 It is recommended that all along one side of the course a 1m wide corridor, heavily fenced from the outside of the course, shall be installed for the use of organisation officials and media only (obligatory for Championship events). Crucial areas must be heavily fenced; in particular the start area (including the warm- up area and the call room) and finish area (including any mixed zone). Only accredited people will be allowed access to these areas.
- 31.1.11 The general public shall only be allowed to cross the course, when appropriate, at well organised cross-over points, marshalled by stewards.
- 31.1.12 It is recommended that, apart from the start and finish areas, the course be a width of 5 metres, including the obstacle areas.
- 31.1.13 The start – There must be a start line clearly marked in the course surface with chalk, grass point or other suitable material. A false start line should be marked 1m-5m before the start line, before the first participants arrive. The start area should be at least 10m wide to allow for a free flow of movement.



- 31.1.14 The finish - The finish may be within an athletic arena, on a field or any other suitable open space. The finish area should consist of a funnel starting immediately after the finish line and a tunnel area starting not less than 35 m after the finish line laid out as illustrated in the diagram below.



31.2 Calculation of Team Results

- 31.2.1 In team competitions the following rules will be applied to calculating the team positions.
- 31.2.2 The team size will be stated in the competition manual or meeting flyer. Team sizes will be equal for men and women.
- 31.2.3 Competitors competing as individuals shall be removed from the finishing list when calculating the team prize. Similarly athletes in other categories shall be removed so as not to impact the finishing positions.
- 31.2.4 The team position will be calculated by adding all the finishing positions of the first runners from the one club or province that complete the team size and meet the entry requirements.
- 31.2.5 In the event of a tie between two or more teams, the order will be determined by the finishing position of the last scoring team member. The team whose last placed scoring member finishes closest to first place will win in the case of a tie.

32 Rule 32 : MOUNTAIN RACES

[Refer to IAAF Rule 251]

32.1 The nature of the event

- 32.1.1 Mountain Running/Races are known by many different names such as "hill running (uphill)" or "fell running (downhill)".
- 32.1.2 Because of the similarity/ambiguity between Mountain Races (IAAF Rule 251) and Trail Running (IAAF Rule 252), for purposes of these ASA rules, Mountain Races shall be deemed to be Classic Mountain Races (IAAF Rule 251.2.a). For all other off-road events, refer to ASA rule 33 Trail Running (IAAF Rule 252).

32.2 The Course

- 32.2.1 Mountain Races are run over of a variety of terrain from forest tracks to rough open mountain sides but all include a significant element of ascent and/or descent.
- 32.2.2 The course distance may be run in laps, or as a single circuit, or as a point to point race.
- 32.2.3 The course must be clearly marked throughout, often resembling a Cross Country course with tape or fencing on both sides.
- 32.2.4 KM markers should be supplied.
- 32.2.5 The distances and ascent shown below should be used as a guide. These parameters should not be exceeded by more than 20%.

	Mainly Uphill		Up and down races	
	Distance	Ascent	Distance	Ascent
Senior Men	12km	1200m	12km	600m/750m
Senior Women	8km	800m	8km	400m/500m
U20 Men	8km	800m	8km	400m/500m
U20 Women	4km	400m	4km	200m/250m
U18 Boys	5km	500m	5km	250m/300m
U18 Girls	3km	300m	3km	150m/200m

- 32.2.6 Although the course may be technically challenging and include natural obstacles it should not contain any dangerous sections such as loose rock terrain (particularly on a downhill).
- 32.2.7 No more than 20% of the total distance should be on asphalted roads.
- 32.2.8 No section of a downhill course should be steeper than a 30% grade (ie 30 metres per 100m)

32.3 Safety

- 32.3.1 Participants must accept primary responsibility for his/her own safety during the race.
- 32.3.2 Race Organisers may set rules specific to the event which may include carrying compulsory kit (eg a windbreaker). Participants must comply with the requirements of the Race Organiser.
- 32.3.3 Experienced Marshalls should be positioned at strategic places on the course, ensuring that the route is in full view of Officials at all times. The downhill sections require more regulating than uphill sections due to injury risk.
- 32.3.4 Medical treatment must be available on the route without delay. Marshals can carry first aid kits if they have appropriate training.

33 Rule 33 : TRAIL RUNNING

[Refer to IAAF Rule 252]

33.1 Courses for Trail Running

- 33.1.1 Trail Races take place on a variety of terrain (including dirt roads, forest paths and single track footpaths) within a natural environment in open country (such as mountains, desert, forests or plains) that is mainly off-road.
- 33.1.2 Sections of macadamised surfaces or concrete are acceptable but should be the minimum possible for the desired course and must not exceed 20% of the total distance of the race. There shall be no set limit on distance or altitude gain or loss.
- 33.1.3 The Organisers shall, prior to the race, announce the distance and total ascent / descent of the course which must have been measured and provide a map and detailed profile of the course together with a description of the technical difficulties to be confronted during the race.
- 33.1.4 The course must represent the logical discovery of a region.
- 33.1.5 The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.
- 33.1.6 To distinguish Trail Running from other running disciplines trail routes should include at least 10% of the distance on footpaths, mtb single track or undeveloped jeep-tracks.
- 33.1.7 Given the wide variety of routes and terrain that are possible, an essential element of a trail running event is the experience with nature the participant realizes during the activity.
- 33.1.8 Steep inclines and rough sections requiring hiking or scrambling are permissible. Narrow and restricted sections or obstacles, although allowed, should not hinder fair competition.
- 33.1.9 In line with World Championships, events shall be classified as Short, Medium, Long and Ultra.
 - 33.1.9.1 Short 1km to 15km
 - 33.1.9.2 Medium 16km to 34km
 - 33.1.9.3 Long 35km to 45km
 - 33.1.9.4 Ultra > 45km
- 33.1.10 However this classification does not restrict organisers from putting on events of any distance to suit the available terrain and the intended participants.
- 33.1.11 Courses do not have to be accurately measured but should be reasonably close to the distance advertised, as measured by GPS or Google map plot.

33.2 Equipment

- 33.2.1 Trail Running does not specify the use of a particular technique or specific equipment in its progression.
- 33.2.2 The Organiser may, however, impose or recommend obligatory security (safety) equipment applicable to the conditions expected or possibly to be encountered during the race which would allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.
- 33.2.3 A wind proof jacket, survival blanket, whistle, supply of water and a food reserve are the minimum elements which each athlete should possess and carry throughout the event.
- 33.2.4 Unless specifically disallowed by the Organisers, athletes may use poles such as hiking poles.
- 33.2.5 Marshals and other race crew must also be kitted to suit the expected weather conditions, bearing in mind they may be stationary for long periods.
- 33.2.6 Compulsory kit should be based on the worst-case (Bad) weather expected. Organisers may relax the compulsory kit requirement at any time up to the Start.
- 33.2.7 For all events besides the lowest risk safety grade, organisers shall issue participants with a race bib linked to a database in order to identify runners in the event of an injury and for administrative purposes.
- 33.2.8 The race bib must be visible at all times – normally on the front chest but this is not obligatory unless required by the race regulations.
- 33.2.9 ASA licences (permanent or temporary) do not need to be displayed but the athlete must be able to present the licenses when requested by the Referee/Organizer.

33.3 Start

- 33.3.1 Trail races shall be started by the firing of a gun or making any other distinctive sound. the commands for races longer than 400m shall be used (Rule 162.2(b)). in races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.
- 33.3.2 To reduce congestion on the course, participants may be started in batches, with their finish times adjusted accordingly. Aspirant prize winners must start in the same (first) batch to ensure competition on a gun-to-mat basis.

33.4 Safety

- 33.4.1 The Organisers shall ensure the safety of athletes and officials and must have a race specific plan for health, safety and rescue, including the means to provide assistance to athletes and other participants in distress.
- 33.4.2 The deployment of marshals on the course - to supplement route markings - shall be at the discretion of the organiser in accordance with the Safety Plan.
- 33.4.3 In accordance with the Safety at Sports and Recreational Events Act (2 of 2010) a Safety Officer (preferably familiar with trail running) must be appointed for all events.
- 33.4.4 For safety reasons the use of personal music players with headphones during trail races is not allowed. Persons using them in contravention of IAAF Rule 144.3b will not be eligible for performance prizes and may be disqualified if they fail to obey a reasonable instruction from a race official.
- 33.4.5 For the safety of runners, convenience of the public and efficiency of medical/race personnel the race should have a cut-off. This should be stated on the information supplied to the runners. For some (longer) events, realistic intermediate cut-offs should be set at various points along the course to keep runners moving toward the finish in a timely manner. The procedure for dealing with runners who do not make any time limits should be determined as part of the safety plan.
- 33.4.6 Competitors who miss the cut off must not be allowed to continue on the course "on their own responsibility" as it totally defeats the point of having the cut off in the first place.
- 33.4.7 Some trail races may be potentially dangerous for tiring competitors, particularly at night or in adverse weather conditions. In these circumstances the Race Director may authorise "individual Trail Guides" for each competitor on specific sections in the interests of safety. The Race Director must carefully define rules for the duration and type of support permitted. The Race Director or Referee may disqualify any competitor whose guide fails to obey those rules.
- 33.4.8 Such guides may not carry any food, fluid or equipment for the competitors that the competitor would not normally carry if they were on their own.
- 33.4.9 Assistance at natural obstacles is permitted. Such assistance should be provided only by the race organiser and shall be detailed in pre-race instructions.

33.5 Aid Stations

- 33.5.1 Since trail Running is based on self-sufficiency, each athlete shall be autonomous between aid stations in relation to clothing, communications, food and drink. Accordingly, aid stations shall be sufficiently spaced out according to the organisers' plan so as to respect the autonomy of athletes but taking in account health and safety.

33.6 Race Conduct

- 33.6.1 If the Referee is satisfied on the report of a Judge or umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.
- 33.6.2 Assistance from non-competitors (seconds) may only be provided at aid stations.
- 33.6.3 Participants may receive minor assistance from other competitors at any time.
- 33.6.4 Direct physical assistance in order to intentionally improve the result of another competitor is specifically excluded, including but not limited to pushing, the use of ropes, poles and bungee cords for towing, and carrying the compulsory kit for another participant.

- 33.6.5 Treatment by the event appointed medical staff may take place at any point on the course and shall not be deemed to be assistance except if fluids or medicines are administered intravenously – such intravenous treatment shall make the recipient ineligible for position and performance prizes.
- 33.6.6 In the case of multi-day events, this restriction on intravenous treatment shall apply for the full duration of the event.
- 33.6.7 An athlete shall retire from an event if ordered to do so by the official medical staff, identified by armbands, vests or similar distinctive apparel.
- 33.6.8 The Organisers of each trail race shall publish specific Regulations setting out the circumstances that may result in the penalisation or disqualification of an athlete.
- 33.6.9 Age category tags are not required for trail running unless specified in the event rules, although organisers might consider other ways such as different coloured bibs to allow the different age groups to be identified both for the officials recording results as well as for the participants themselves so that they know who they are competing against.
- 33.6.10 When prize money is offered it shall be made known before the race. The amount of prize money and how it is divided is at the organisers discretion provided that prize money must be the same for men and women and prizes for the overall race winner must be regardless of the age of the competitor.

SECTION X: RECORDS

[Refer IAAF Chapter 5, SECTION X]

34 Rule 34 : South African Records

[Refer to IAAF Rule 260]

- 34.1** The process for ratifying a South African record must follow the principles and procedures stated in IAAF rule 260 – World records, but using the relevant ASA forms and abiding by all doping requirements.
- 34.2** Only the Presidium of ASA is authorised to recognise National Records.
- 34.3** Only the Presidium/Board of a Provincial Athletics Body is authorised to recognise a Provincial record.
- 34.4** ASA will supply the official South African record certificates for presentation to the National Record Holders.
- 34.5** Where incentives are on offer for athletes that set a new ASA Record, these incentives will be paid after the end of the international season, e.g. after the Olympic Games, IAAF World Championships, etc. In the case where an ASA record is broken more than once during the same season, the best performance will be recognized as the official ASA record and the incentive paid accordingly.

SECTION XI: MASTERS ATHLETICS

35 Rule 35 : MASTERS ATHLETICS

35.1 SAMA Age Categories

- 35.1.1 Any athlete who has reached his/her 35th birthday can participate as a master athlete
- 35.1.2 A Master athlete's age group shall be determined by his/her age on the date of competition.
- 35.1.3 Master competitions shall be conducted only in the following age groups denominated as follows :

Age	Male age-group	Female age-group
35 - 39	M35	W35
40 - 44	M40	W40
45 - 49	M45	W45
50 - 54	M50	W50
55 - 59	M55	W55
60 - 64	M60	W60
65 - 69	M65	W65
70 - 74	M70	W70
75 - 79	M75	W75
80 - 84	M80	W80
85 - 89	M85	W85
90 - 94	M90	W90
95 - 99	M95	W95
100+	M100	W100

35.2 SAMA Technical Standards

35.2.1 Throwing Implements Specifications

WMA / SAMA Throwing Implements Specifications						
WOMEN						
Age Group	Shot Put	Discus	Hammer	Javelin	Heavy Throw	Greek Discus
30-49	4,00kg	1,00kg	4,00kg	600g	9,08kg	3.75kg
50-59	3,00kg	1,00kg	3,00kg	500g	7,26kg	2.5kg
60-74	3,00kg	1,00kg	3,00kg	500g	5,45kg	2.5kg
75+	2,00kg	0.75kg	2,00kg	400g	4,00kg	2.0kg
MEN						
Age Group	Shot Put	Discus	Hammer	Javelin	Heavy Throw	Greek Discus
30-49	7,26kg	2,00kg	7,26kg	800g	15,88kg	5.0kg
50-59	6,00kg	1,50kg	6,00kg	700g	11,34kg	3.75kg
60-69	5,00kg	1,00kg	5,00kg	600g	9,08kg	3.75kg
70-79	4,00kg	1,00kg	4,00kg	500g	7,26kg	2.5kg
80+	3,00kg	1,00kg	3,00kg	400g	5,45kg	2.5kg

35.2.2 Track and Field

WMA / SAMA Hurdles Specifications						
WOMEN						
Age Group	Race Distance	Hurdle Height	To1 st Hurdle	Between Hurdles	Distance to Finish	No. of Hurdles
30-39	100m	0.840m	13.00m	8.5m	10.5m	10
40-49	80m	0.762m	12.00m	8.0m	12.00m	8
50-59	80m	0.762m	12.00m	7.00m	19.00m	8
60+	80m	0.686m	12.00m	7.00m	19.00m	8
30-49	400m	0.762m	45.00m	35.00m	40.00m	10
50-59	300m	0.762m	50.00m	35.00m	40.00m	7
60-69	300m	0.686m	50.00m	35.00m	40.00m	7
70+	200m	0.686m	50.00m	35.00m	40.00m	5
30+	2000m SC	0.762m	18 barriers and 5 water jumps			
MEN						
Age Group	Race Distance	Hurdle Height	To1 st Hurdle	Between Hurdles	Distance to Finish	No. of Hurdles
30-49	110m	0.991m	13.72m	9.14m	14.02m	10
50-59	100m	0.914m	13.00m	8.50m	10.50m	10
60-69	100m	0.840m	12.00m	8.00m	16.00m	10
70-79	80m	0.762m	12.00m	7.00m	19.00m	8
80+	80m	0.686m	12.00m	7.00m	19.00m	8
30-49	400m	0.914m	45.00m	35.00m	40.00m	10
50-59	400m	0.840m	45.00m	35.00m	40.00m	10
60-69	300m	0.762m	50.00m	35.00m	40.00m	7
70-79	300m	0.686m	50.00m	35.00m	40.00m	7
80+	200m	0.686m	50.00m	35.00m	40.00m	5
30-59	3000m SC	0.914m	28 barriers and 7 water jumps			
60+	2000m SC	0.762m	18 barriers and 5 water jumps			

35.2.3 Cross Country

AGE CATEGORIES	DISTANCE	
Men 35- 69	8km	
Women 35-69	8km	
Men 70+	6km	Effective 1/1/2018
Women 70+	6km	Effective 1/1/2018

35.2.4 SAMA events list for SAMA National Championships

EVENT	MEN	WOMEN	EVENT	MEN	WOMEN
100m	X	X	Heptathlon		X
200m	X	X	• 100m/80m Hurdles		X
400m	X	X	• High Jump		X
800m	X	X	• Shot Put		X
1500m	X	X	• 200m		X
5000m	X	X	• Long Jump		X
10000m	X	X	• Javelin Throw		X
80m Hurdles	X	X	• 800m		X
100m Hurdles	X	X	Decathlon	X	
110m Hurdles	X		• 100m	X	
200m Hurdles	X	X	• Long Jump	X	
300m Hurdles	X	X	• Shot Put	X	
400m Hurdles	X	X	• High Jump	X	
2000m Steeplechase	X	X	• 400m	X	
3000m Steeplechase	X		• 110m/100m/80m Hurdles	X	
5000m Track Race Walk	X	X	• Discus Throw	X	
10km Road Race Walk	X	X	• Pole Vault	X	
20km Road Race Walk	X	X	• Javelin Throw	X	
8km/6km Cross Country	X	X	• 1500m	X	
Marathon	X	X	Throws Pentathlon	X	X
Half Marathon	X	X	• Hammer Throw	X	X
Long Jump	X	X	• Shot Put	X	X
Triple Jump	X	X	• Discus Throw	X	X
High Jump	X	X	• Javelin Throw	X	X
Pole Vault	X	X	• Weight Throw	X	X
Shot Put	X	X			
Discus Throw	X	X			
Javelin Throw	X	X			
Hammer Throw	X	X			
Weight Throw	X	X			

SECTION XII: SCHOOLS ATHLETICS

36 Rule 36 : SCHOOLS ATHLETICS

36.1 Primary function of schools athletics

- 36.1.1 The primary function of Schools Athletics is to introduce learners to the sport of athletics with the objective to develop the learner's life skills, physical skills and psychological skills.
- 36.1.2 The targeted skills are best developed in a protected peer group environment. The emphasis of Schools Athletics will therefore be to engage the learner in team based athletics. In the protected environment of team athletics, the learner can develop sport specific skills.
- 36.1.3 In preparing young, growing learners for participation in team athletics, and developing the various skills in the process, IAAF Competition Rules in some cases are not conducive to mass participation, or the novice athlete, and have to be adapted accordingly.
- 36.1.4 The adaption of the IAAF Competition Rules will:
 - 36.1.4.1 Enable athletes to participate in more items;
 - 36.1.4.2 Focus on reducing the injury risk of the athlete participating in several events during the competition;
 - 36.1.4.3 Focus on making athletics more attractive to entry level athletes;
 - 36.1.4.4 Focus on reducing the duration of the athletics programme which has to cater for the entire range and categories of Track & Field and Cross Country;
 - 36.1.4.5 Focus on the increase of spectator value. The winner will be determined much faster and a greater variety of items will take place in a shorter time frame to entertain spectators;
 - 36.1.4.6 Finally, due to the shorter programme, allow for more time to honour athletes for their achievements after the last item was concluded.

36.2 Primary schools and High schools

ASA differentiates between Primary and High Schools, each with a distinctive approach to capacitate the sport of athletics.

36.2.1 Primary Schools

- 36.2.1.1 Primary schools serve as platform to populate athletics at entry level of the sport.
- 36.2.1.2 In general Primary Schools cater for the ages 10 to 13 years.
- 36.2.1.3 Primary School athletics encourages development of basic skills of all disciplines of athletics with the exception of long distance running (longer than 1500m) .
- 36.2.1.4 The focus should be on participation rather than excellence.
- 36.2.1.5 Primary school athletes are not encouraged to become eligible athletes, e.g. to obtain licenses or register to a club.

36.2.2 High Schools

- 36.2.2.1 High Schools athletics serves as a feeder programme to ASA senior and junior Preparation Squads in preparation for international competition.
- 36.2.2.2 In general High schools cater for athletes in the age group 14 to 19 years of age.
- 36.2.2.3 At High School level the athlete is exposed to specific skills e.g. sprints, jumps, throws and distance races with the objective to achieve excellence.
- 36.2.2.4 High Schools are encouraged to register as development clubs in the domicile province, and participate in their school colours at provincial Championships on condition they obtain license numbers through their local club.
- 36.2.2.5 High schools are introduced to become eligible athletes in accordance with the ASA licensing system.

36.3 Payments to athletes – Amendment to IAAF rule 6

- 36.3.1 No Athlete registered to a school may be paid in cash or in kind in any way for appearing, participating or performing in any athletics competition or to engage in any commercial activity related to their participation in Athletics.

36.4 Athlete's Representatives – Amendment to IAAF rule 7 / ASA rule 10

- 36.4.1 No Athlete registered to a school may use the services of an Athletes' Representative other than their Schools representative to assist them in the negotiation of their athletics programme and in such other matters as they may agree.

36.5 Age/Discrepancy rule

- 36.5.1 Athletes may only take part in the age group that corresponds with the year of birth e.g. if an athlete turns 13 this year the athletes can only participate in events for 13 year old athletes.
- 36.5.2 An athlete must at all times be able to provide proof of his/her age through presentation of a valid identification document 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.

36.6 Age / Gender categories

- 36.6.1 Athletes will not be allowed to compete in two different age groups in the same competition. The only exception will be when an item is not catered for in his/her age category. In such cases the athlete may participate in one age group higher where such item is catered for.
- 36.6.2 Competitions must cater for both girls and boys categories as appropriate.

36.7 Event participation restrictions

36.7.1 Primary School Competitions:

- 36.7.1.1 Up to, but excluding, competitions at District level an athlete may participate in 5 events, of which only two may be longer than 200m, plus relays; or
- 36.7.1.2 From District to National Level an athlete may participate in
 - 36.7.1.2.1 4 items, of which only one may be longer than 200m, plus relays; or
 - 36.7.1.2.2 2 items longer than 200m plus a relay.

36.7.2 High School Competitions:

- 36.7.2.1 Up to, but excluding, competitions at District level an athlete may participate in
 - 36.7.2.1.1 5 items, of which only two may be longer than 200m, plus relays; or
 - 36.7.2.1.2 3 items longer than 200m plus a relay.
- 36.7.2.2 From District to National Level an athlete may participate in
 - 36.7.2.2.1 4 items, of which only one may be longer than 200m, plus relays; or
 - 36.7.2.2.2 2 items longer than 200m plus a relay. For Secondary School competitions all competitors must be bona fide School Learners.

36.8 Ceremony protocol

36.8.1 Opening Ceremony

- 36.8.1.1 If the Organizing Committee of a SCHOOL Event wishes to stage an Opening Ceremony, it must obtain the participating schools' approval. Such request for approval should motivate the principle and the script of any such ceremony.
- 36.8.1.2 If there is a parade of participating Schools, the parade may consist of athletes or volunteers of the same school.
- 36.8.1.3 Participating schools should wear the school clothing and insignia.
- 36.8.1.4 The opening ceremony must be finished and the competition area must be cleared at least 30 minutes prior to the start of the first event.

36.8.1.5 In the 30 minutes leading up to the first event the announcer should present the programme of the day and prepare the spectators for the start of the first event of the day.

36.8.2 Medal Ceremony

- 36.8.2.1 Ideally, time should be set aside on the competition programme for medal ceremonies. Alternatively, the medal ceremony will be held according to the medal ceremony programme distributed at the technical meeting.
- 36.8.2.2 Medal ceremonies must take place in regular intervals during the day.
- 36.8.2.3 Any changes to the medal ceremony schedule, and which items will be presented, must be placed on the notice board 30 minutes before each medal ceremony. The announcer must inform the athletes and the public accordingly.
- 36.8.2.4 The first three athletes and the first three relay teams in each final event must report to the medal table 15 minutes before the time of the medal ceremony.
- 36.8.2.5 Athletes must be dressed in their team colours, as the medal ceremony is part of the competition.
- 36.8.2.6 The medal table and awards podium should, whenever possible, be located close to each other and outside the infield
- 36.8.2.7 The medal ceremony shall begin once all athletes and the presenting person are in position behind the awards podium. The medal ceremony shall consist of each athlete or team being presented their medals.
- 36.8.2.8 The athlete/team will mount the awards podium.
- 36.8.2.9 For relay teams, the four athletes of each team who competed in the Final shall mount the awards podium. Other athletes (maximum two) who competed for any of these teams in the competition will subsequently receive their medals. It is the LOC's duty to ensure that each team is given the correct number of medals.
- 36.8.2.10 The medals will be presented by a person appointed by the Organizing Committee.
- 36.8.2.11 Medals will be presented in descending order: First. Second, third
- 36.8.2.12 The playing/singing of an anthem or raising the team flag is optional and must be cleared with the organizing committee.
- 36.8.2.13 Failure to comply with the medal ceremony procedures will result in the athlete not being allowed to be part of the ceremony.
- 36.8.2.14 Once the athlete is awarded a medal, the athlete must wear the medal until the athletes have left the competition arena. Failure to honour this rule may lead to the confiscation of the medal.
- 36.8.2.15 Athletes who do not honour the medal ceremony will not be issued with a medal afterwards. The only exception to this rule is when the athlete, during the time of the medal ceremony, is:
 - i. In the doping room in the process of testing; or
 - ii. Incapacitated as a result of an injury; or
 - iii. Participating in another item.The Team Manager must present written proof of such exceptions to the Competition Manager.
- 36.8.2.16 If for some reason the medal ceremony cannot take place e.g. rain, time constraints, team Managers must collect the medals from the medal table and present it to the athletes at an appropriate time and venue.

36.8.3 Victory Ceremony

- 36.8.3.1 The Victory ceremony should always be the last item of the day.
- 36.8.3.2 Ideally, time should be set aside on the competition programme for the Victory Ceremony.
- 36.8.3.3 During the Victory Ceremony the following announcements will be made:
 - i. The best individual performance(s) of the day
 - ii. The best All-rounder
 - iii. The winning team/district/province, etc.
- 36.8.3.4 The awards will be presented by a person appointed by the Organizing Committee

- 36.8.3.5 Awards will be presented in ascending order: Third, second, first.
- 36.8.3.6 The playing/singing of an anthem or raising the team flag is optional and must be cleared with the organizing committee.
- 36.8.3.7 Failure to comply with the award ceremony procedures will result in the athlete/team not being allowed to be part of the ceremony.
- 36.8.3.8 Athletes who do not honour the award ceremony will not be issued with an award afterwards. The only exceptions to this rule is when the athlete, during the time of the medal ceremony is:
 - i. In the doping room in the process of testing; or
 - ii. Incapacitated as a result of an injury;The Team Manager must present written proof of such exceptions to the Competition Manager.
- 36.8.3.9 If for some reason the Victory Ceremony cannot take place e.g. rain, time constraints, team Managers must collect the awards from the medal table and present them to the athlete/team at an appropriate time and venue.

36.8.4 **Closing Ceremony**

- 36.8.4.1 The closing ceremony can be immediately following after the Victory Ceremony, or can be held at another venue on another time/date at a banquet.
- 36.8.4.2 There should be a simple ceremony to hand over the flag/insignia to the following organisers.
- 36.8.4.3 However, if the LOC wishes to stage a more elaborate Closing Ceremony, the Organizing Committee's approval must be sought and the script of any such Ceremony approved.

36.9 SCHOOL TECHNICAL STANDARDS

Key: (*) Events not catered for at SCHOOL National Champs

SCHOOL T&F Primary School Table - Events per age group - Main Stream & LSEN

EVENT	BOYS/ Age								GIRLS/ Age							
	6	7	8	9	10	11	12	13	6	7	8	9	10	11	12	13
60m	x*	x*	x*	x*					x*	x*	x*	x*				
80 m	x*	x*	x*	x*	x	x			x*	x*	x*	x*	x	x		
100 m					x	x	x	x					x	x	x	x
150 m							x								x	
200 m								x								x
800 m								x								x
1,200 m					x	x	x						x	x	x	
1,500m								x								x
70 mH					x	x							x	x		
75 mH							x								x	x
80 mH								x								
150 mH							x								x	
200 mH								x								x
Shot-put					x	x	x	x					x	x	x	x
Discus							x	x							x	x
High Jump					x	x	x	x					x	x	x	x
Long Jump					x	x	x	x					x	x	x	x
Javelin							x	x							x	x
Race Walk 1500m								x								x
Relay 4 x 100m					x	x	x	x					x	x	x	x

SCHOOL T&F Secondary School Table - Events per age group – Main Stream & LSEN

EVENT	BOYS/ Age					GIRLS/ Age				
	14	15	16	17	19	14	15	16	17	19
100 m	x*	x*	x*	x	x	x*	x	x*	x	x
200 m	x*	x*	x*	x	x	x*	x	x*	x	x
400 m	x*	x*	x*	x	x	x*	x	x*	x	x
800 m	x*	x*	x*	x	x	x*	x	x*	x	x
1,500 m	x*	x*	x*	x	x	x*	x	x*	x	x
3,000 m		x*	x*	x	x			x*	x	x
5,000 m					x					x
2,000 m Steeple			x*	x						x
3,000 m Steeple					x					
80 m H										
90 m H						x*	x			
100 m H	x*	x*						x*	x	x
110 m H			x*	x	x					
200 m H										
300 m H	x*	x*				x*	x			
400 m H			x*	x	x			x*	x	x
Shot-put	x*	x*	x*	x	x	x*	x	x*	x	x
Discus	x*	x*	x*	x	x	x*	x	x*	x	x
High Jump	x*	x*	x*	x	x	x*	x	x*	x	x
Long Jump	x*	x*	x*	x	x	x*	x	x*	x	x
Triple Jump	x*	x*	x*	x	x	x*	x	x*	x	x
Javelin	x*	x*	x*	x	x	x*	x	x*	x	x
Hammer		x*	x*	x	x		x	x*	x	x

Pole-vault	x*	x*	x*	x	x	x*	x	x*	x	x
Relay 4 x 100m	x*	x*	x*	x	x	x*	x	x*	x	x
1000m Medley Relay	x*	x*	x*	x		x*	x	x*	x	
Relay 4 x 400m			x*		x					x
Walk 5,000 m		x*					x	x*	x	
Walk 10,000 m			x*	x	x					x

WEIGHTS OF IMPLEMENTS USED AT SCHOOL PRIMARY SCHOOLS ATHLETICS CHAMPS - MAIN STREAM AND LSEN

PRIMARY SCHOOL FIELD EVENTS – WEIGHTS

EVENT	BOYS/Age				GIRLS/Age			
	10	11	12	13	10	11	12	13
Shot	2.0 Kg	2.0 Kg	3.0 Kg	4.0 Kg	2.0 Kg	2.0 Kg	3.0 Kg	3.0 Kg
Discus			750 g	1.0 Kg			750 g	750 g
Javelin			500 g	600 g			500 g	500 g

SECONDARY SCHOOL FIELD EVENTS – WEIGHTS

EVENT	BOYS/Age				GIRLS/Age			
	14	15	17	19	14	15	17	19
Shot	4.00Kg	4.00Kg	5.00Kg	6.00Kg	3.00Kg	3.00Kg	3.00Kg	4.00Kg
Discus	1.00Kg	1.00Kg	1.50Kg	1.75Kg	1.00Kg	1.00Kg	1.00Kg	1.00Kg
Javelin	600g	600g	700g	800g	500g	500g	500g	600g
Hammer	4.00Kg	4.00Kg	5.00Kg	6.00Kg	3.00Kg	3.00Kg	3.00Kg	4.00Kg

BOYS - PRIMARY SCHOOL FIELD EVENTS – HURDLES - HEIGHTS AND DISTANCES

Age	Distance Meter	Height Cm	Start to First Hurdle	Between Hurdles	Last Hurdle to Finish	Total
10	70 mH	68,0 cm	10,00 m	7,00 m	11,00 m	8
11	70 mH	68,0 cm	10,00 m	7,00 m	11,00 m	8
12	75 mH	76,2 cm	11,00 m	7,50 m	11,50 m	8
	150 mH	68,0 cm	23,00 m	19,00 m	13,00 m	7
13	80 mH	76,2 cm	12,00 m	8,00 m	12,00 m	8
	200 mH	68,0 cm	16,00 m	19,00 m	13,00 m	10

GIRLS

Age	Distance Meter	Height Cm	Start to First Hurdle	Between Hurdles	Last Hurdle to Finish	Total
10	70 mH	68,0 cm	10,00 m	7,00 m	11,00 m	8
11	70 mH	68,0 cm	10,00 m	7,00 m	11,00 m	8
12	75 mH	68,0 cm	11,00 m	7,50 m	11,50 m	8
	150 mH	68,0 cm	23,00 m	19,00 m	13,00 m	7
13	75 mH	76,2 cm	11,00 m	7,50 m	11,50 m	8
	200 mH	68,0 cm	16,00 m	19,00 m	13,00 m	10

BOYS - SECONDARY SCHOOL FIELD EVENTS – HURDLES - HEIGHTS AND DISTANCES

Age	Distance Meter	Height Cm	Start to First Hurdle	Between Hurdles	Last Hurdle to Finish	Total
14	100 mH	84,0	13,00 m	8,50 m	10,50 m	10
	300 mH	84,0	13,00 m	8,50 m	10,50 m	10
15	100 mH	84,0	13,00 m	8,50 m	10,50 m	10
	300 mH	84,0	50,00 m	35,00 m	40,00 m	7
17	110 mH	91,4	13,72 m	9,14 m	14,02 m	10
	400 mH	84,0	45,00 m	35,00 m	40,00 m	10
19	110 mH	99,5	13,72 m	9,14 m	14,02 m	10

	400 mH	91,4	45,00 m	35,00 m	40,00 m	10
GIRLS						
Age	Distance Meter	Height Cm	Start to First Hurdle	Between Hurdles	Last Hurdle to Finish	Total
14	90 mH	76,2	13,00 m	8,00 m	13,00 m	9
	300 mH	76,2	50,00 m	35,00 m	40,00 m	7
15	90 mH	76,2	13,00 m	8,00 m	13,00 m	9
	300 mH	76,2	50,00 m	35,00 m	40,00 m	7
17	100 mH	76,2	13,00 m	8,50 m	10,50 m	10
	400 mH	76,2	45,00 m	35,00 m	40,00 m	10
19	100 mH	84,0	13,00 m	8,50 m	10,50 m	10
	400 mH	76,2	45,00 m	35,00 m	40,00 m	10

36.10 Approved SCHOOL Cross Country Distances- Main Stream & LSEN

It is recommended that similar distances be used at all levels of SCHOOL competitions.

AGE CATEGORIES	Km's	AGE CATEGORIES	Km's
Junior Men: 19 Years	6km	Junior Women: 19 Years	6km
Youth Boys: 17 Years	6km	Youth Girls: 17 Years	4km
Sub-Youth Boys: 16 Years	6km	Sub-Youth Girls: 16 Years	4km
Sub-Youth Boys: 15 Years	4km	Sub-Youth Girls: 15 Years	4km
Sub-Youth Boys: 14 Years	4km	Sub-Youth Girls: 14 Years	4km
Primary Youth Boys: 13 Years	4km	Primary Youth Girls: 13 Years	3km
Primary Youth Boys: 12 Years	3km	Primary Youth Girls: 12 Years	3km
Sub Primary Youth Boys: 11 Years	3km	Sub Primary Youth Girls: 11 Years	3km
Sub Primary Youth Boys: 10 Years	2km	Sub Primary Youth Girls: 10 Years	2km
Sub Primary Youth Boys: 9 Years	2km	Sub Primary Youth Girls: 9 Years	2km
Sub Primary Youth Boys: 8 Years	1 km	Sub Primary Youth Girls: 8 Years	1km

SECTION XIII: ATHLETES WITH DISABILITIES

37 Rule 37 : ATHLETES WITH DISABILITIES

Under construction. Please refer to IPC rules and Regulations.

CHAPTER 4 : TECHNICAL OFFICIATING

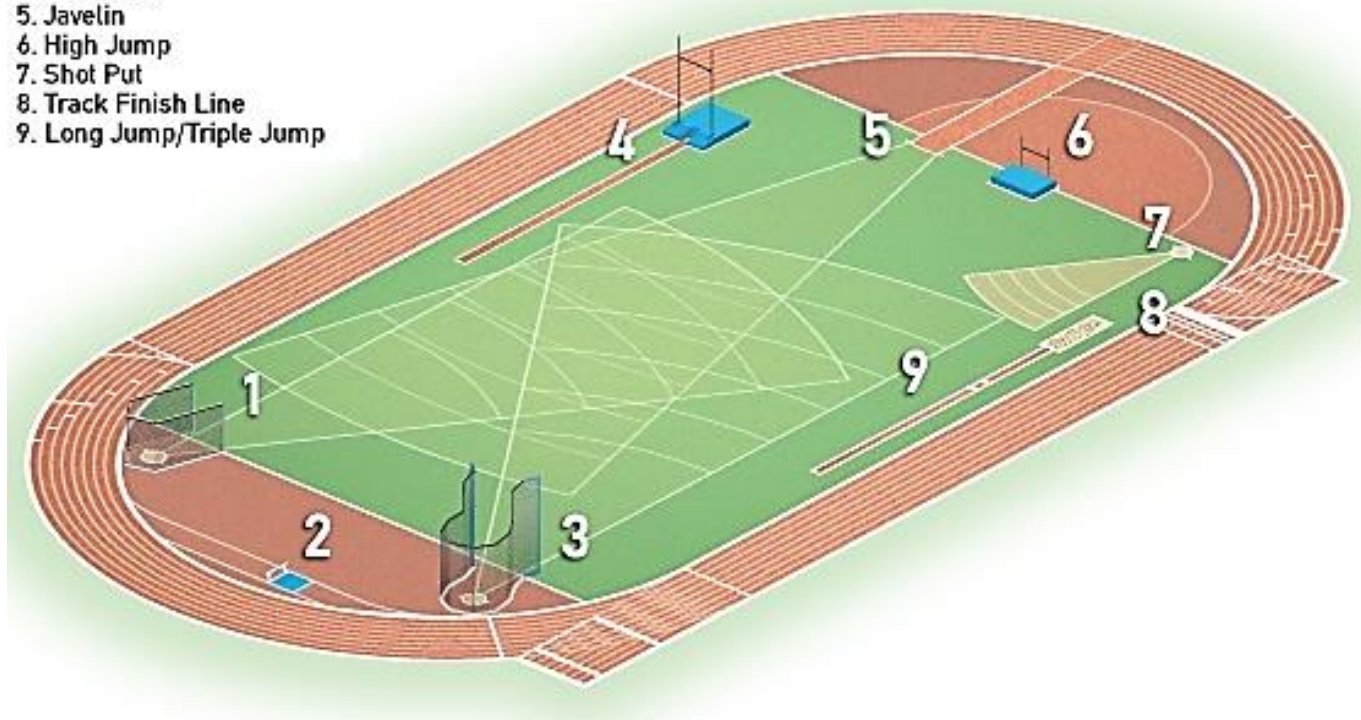
EVENT SPECIFIC RULES FOR EACH PORTFOLIO IN TECHNICAL OFFICIATING

VENUE PREPARATION

1. For provincial and national competitions, the Competition area should conform in all respects with the requirements of IAAF Rules and must hold a Class 2 IAAF Athletic Facility Certificate.
 - 1.1. The infield shall be natural grass or covered in a synthetic surface approved by the IAAF.
 - 1.2. Before the start of the competition the following must be checked:
 - 1.2.1. Are all the track markings in place, correct and clearly visible?
 - 1.2.2. Are the field event markings in place, correct and clearly visible?
 - 1.2.3. Is the grass on the infield of the track cut short and at an even height?
 - 1.2.4. Is the grass on the embankment cut short and at an even height?
 - 1.2.5. How the safety in competition area is, e.g. manholes are covered, electrical cables uncovered, slippery areas, sharp objects close to competition area, etc.?
 - 1.2.6. Does the competition area appear tidy, e.g. hurdles neatly stacked, infield with objects such as tents that obstruct the view of spectators and Technical Officials?
 - 1.2.7. Is the competition area swept clean and without slippery areas, rubble, etc.?
 - 1.2.8. Is the competition area crowded with Athletes, Technical Officials and volunteers who are not competing or performing a specific purpose?
 - 1.2.9. Note: Track and Field Lay-outs will vary. The example below demonstrates how field event sectors 1, 3, and 5, may overlap and may pose a security risk. In compiling a competition programme these risks must be taken in consideration.

Track and Field Layout

1. Discus
2. Steeplechase Water Jump
3. Hammer Throw
4. Pole Vault
5. Javelin
6. High Jump
7. Shot Put
8. Track Finish Line
9. Long Jump/Triple Jump



THE TECHNICAL DELEGATE

The following IAAF Rules regulate the duty of a Technical Delegate – IAAF Rules 112; 146.1; 165.20(Note); 166.2; 180.10; 180.18; 181.8(d); 200.8

1. The duties of Technical Delegates must not be confused with the duties of the Competition Director.
2. The Technical Delegate is an Official representing the National/Provincial Athletics Federation, deployed at a meeting, with the objective to verify the credibility of results of the event during competition. 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 the IAAF Technical Rules and the IAAF Track and Field Facilities Manual.
3. The Technical Delegates shall submit written reports as appropriate on the preparations for the competition and shall cooperate with the Organisational Delegate(s).
4. In addition, the Technical Delegates shall:
 - 4.1. Submit to the appropriate body proposals for the timetable of items and the entry standards.
 - 4.2. Determine the list of implements to be used and whether athletes may use their own implements or those provided by a supplier.
 - 4.3. Ensure that the Technical Regulations are issued to all competing Members in good time before the competition.
 - 4.4. Be responsible for all other technical preparations necessary for the holding of the athletics item events
 - 4.5. Control the entries and have the right to reject them for technical reasons or in accordance with the IAAF Rule 146.1. (Rejection for reasons other than technical must result from a ruling of the IAAF or appropriate Area Council.)
 - 4.6. Determine the qualifying standards for the Field events, and the basis on which preliminary rounds shall be arranged for Track events.
 - 4.7. Arrange preliminary rounds and the groups for the combined events competitions.
 - 4.8. In competitions under IAAF Rules 1.1(a), (b), (c) and (f), chair the Technical Meeting and brief the Technical Officials.

Equipment For Delegate
Programme/items List
Federation Item events records
List of LOC Members
List of responsibilities of LOC
LOC Meeting Schedule
Minutes of all LOC Meetings
Entry ticket into competition area
VIP Ticket + VIP parking

5. OTHER IAAF RULES RELATED TO THE DUTIES OF A TECHNICAL DELEGATE

- 5.1. In Protests and appeals - IAAF Rule 146.1 - Protests concerning the status of an athlete to participate in a competition must be made, prior to the commencement of such competition, to the Technical Delegate(s). Once the Technical Delegate(s) make a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete “under protest” and the matter be referred to the Council or the relevant body.
- 5.2. In Timing - IAAF Rule 165.20 - Note: Where two or more Photo Finish cameras are used, one should be designated as official by the Technical Delegate
- 5.3. In Seedings, draws and qualification - IAAF Rule 166.2 - The preliminary rounds shall be arranged by the appointed Technical Delegates. If no Technical Delegates have been appointed they shall be arranged by the Organising Committee.
- 5.4. In Field events - IAAF Rule 180.10 - The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Technical Delegate(s). If no Technical Delegate(s) have been appointed the conditions shall be decided by the Organising Committee. For competitions conducted under IAAF Rules 1.1(a), (b), (c) and (f), there should be at least 12 athletes in the final.
- 5.5. In Field events - IAAF Rule 180.18 - The Technical Delegate or appropriate Referee shall have the authority to change the place or time 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. Note: Neither the wind strength nor its change of direction is sufficient condition to change the place nor time of the

competition.

- 5.6. In Vertical Jumps – IAAF Rule 181(d0 -) If it concerns the first place, a jump-off between these athletes shall be conducted in accordance with IAAF 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. Note: This IAAF Rule (d) will not apply to combined events.

THE COMPETITION DIRECTORATE

The following IAAF Rules regulate the duty of a Competition Director and his/her team - IAAF RULE 121, 145.2

- | Equipment For Delegate |
|------------------------------------|
| Programme/Item List |
| Federation Events records |
| List of LOC Members |
| List of responsibilities of LOC |
| LOC Meeting Schedule |
| Minutes of all LOC Meetings |
| Entry ticket into competition area |
| VIP Ticket to the event |
| VIP Parking |
1. The Competition Directorate consist of the Competition Director, the Event Presentation Manager and the Competition Secretary.
 2. The Competition Directorate shall plan the technical organisation of a competition in cooperation with the Technical Delegate(s), where applicable, ensuring that this plan is accomplished and resolve any technical problems together with the Technical Delegate(s).
 3. The Directorate shall direct the interaction between the participants in the competition and, through the communication system, shall be in contact with all key officials.
 4. The Competition Directorate implements the planned technical organization during the competition, and will do so with the support of the Event Presentation Manager, Competition Secretary. The Competition Directorate will operate from a Technical Information Centre (TIC)
 5. In the case of unsporting or improper behaviour of a serious nature, the Competition Director will report such incident to the appropriate governing body, after the Referee disqualified the athlete from participation in all further items, according to IAAF Rule 60.4(f).

6. THE TEAM OF THE COMPETITION DIRECTOR

6.1. The Event Presentation Manager - A summary of IAAF Rule 124

- 6.2. The Event Presentation Manager shall support the Competition Director with the presentation of the competition, as planned, and will resolve any relevant problems together with the Competition Director and the relevant Delegate(s).
- 6.3. He shall also direct the interaction between the members of the event presentation team, using the communication system to be in contact with each of them.

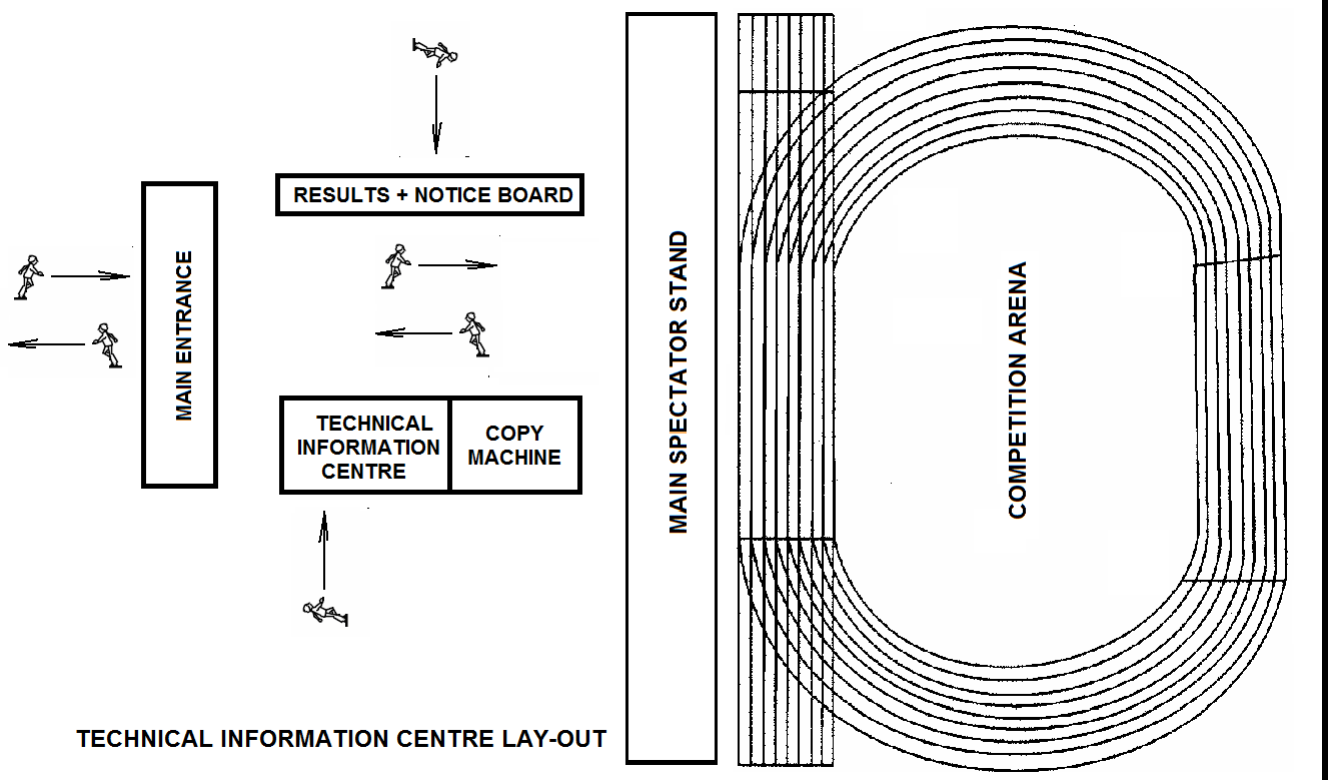
7. The Competition Secretary - A summary of IAAF Rule 132, 125.3, 136

- 7.1. The Competition Secretary shall collect the full results of each item, details of which shall be provided by the Referee, the Chief Timekeeper or Chief Photo Finish Judge and the Wind-Gauge Operator.
- 7.2. The Competition Secretary shall record/file the original results and convey a copy of the result to the TIC for distribution to the announcer, media, notice board, etc.
- 7.3. The Competition Secretary will operate from the TIC and will use the infrastructure of the TIC to collect delayed results cards and distribute information, and ultimately support the Competition Director.
- 7.4. Where a computerised results system is used the computer recorder at each Field Event site shall ensure that the full results of each event are entered into the computer system.
- 7.5. The track results shall be input under the direction of the Chief Photo Finish Judge. The Announcer and the Competition Director shall have access to the results via a computer.

8. The Technical Information Centre (TIC)

- 8.1. A Technical Information Centre (TIC) will be established for competitions held under 1.1(a), (b), (c), (f), and (g) and is recommended for other competitions held over more than one day.
- 8.2. The TIC will be positioned close to the notice board where results are posted.
- 8.3. The primary function of the TIC is to ensure smooth communication between each Team Delegation, the Organisers, the Technical Delegates and the Competition Administrators regarding technical and other matters relating to the competition.
- 8.4. The secondary function of the TIC is to serve as information centre of the general public during the competition.

9. Lay-out of TIC



THE MEETING MANAGER

The following IAAF Rules regulate the duty of a Meeting Manager – IAAF RULE 122

1. The Meeting Manager shall be responsible for the correct conduct of the Competition.
2. He shall check that all officials have reported for duty, appoint substitutes when necessary and have authority to remove from duty any official who is not abiding by the IAAF Rules.
3. In cooperation with the appointed Marshal, he shall arrange that only authorised persons are allowed in the centre of the arena.
4. Note: For competitions of longer than four hours or over more than one day, it is recommended that the Meeting Manager has an adequate number of Assistant Meeting Managers.

Equipment For Delegate
Programme/Items List
Federation Events records
List of LOC Members
List of responsibilities of LOC
LOC Meeting Schedule
Minutes of all LOC Meetings
Entry ticket into competition area
VIP Ticket to the Event
VIP Parking

5. THE DUTY OF THE MEETING MANAGER

- 5.1. The Meeting Manager will prepare the documents required to record the results during competition, and ensure that each official are issued the relevant recording documents before they enter the competition arena.
- 5.2. The Meeting Manager should have the following recording documents ready before the start of the competition:
 - 5.2.1. Order Of Draw (Result Sheet) - Track events
 - 5.2.2. Wind Meter Reading Form – Track Item events
 - 5.2.3. Time Keepers Report Card For Track events
 - 5.2.4. Electronic Time Keepers Report Card For Track events
 - 5.2.5. Lap Scorer's Card
- 5.3. Order Of Draw (Result Sheet) Horizontal Jumps
- 5.4. Wind Meter Reading Form – Horizontal Jumps
- 5.5. Order Of Draw (Result Sheet) Vertical Jumps
- 5.6. Order Of Draw (Result Sheet) Throwing events
- 5.7. Result Sheet – Road Races, Cross Country Races, Race Walking
- 5.8. Time Keepers Report Card For Non Track events (Road, Cross Country, Race Walking)
- 5.9. Protest Form (To Appeal Against A Decision Taken During An Athletics Meeting)
- 5.10. Notice Of New Record Set
- 5.11. Assize Certificate – Shot
- 5.12. Assize Certificate – Hammer
- 5.13. Assize Certificate – Javelin
- 5.14. Chief Wind Meter Card– Track events
- 5.15. Chief Timekeeper's Card
- 5.16. Chief Electronic Timekeeper's Card
- 5.17. Chief Lap Scorer's Card
- 5.18. Chief Wind Meter Card - Horizontal Jumps
- 5.19. Chief Judge – Results Summary
- 5.20. Race Walking Judge Warning/Disqualification Sheet
- 5.21. Referee: Track events - Umpire Violation Report Form – (Relays Excluded)
- 5.22. Referee: Track events – Relays - Umpire Violation Report Form
- 5.23. Chief Jury Of Appeal – Results Summary
- 5.24. Competition Secretary – Summary Of New Records Set
- 5.25. Application Form: Changes In Entries
- 5.26. Teams Score Card - Track And Field events

THE TECHNICAL MANAGER

The following IAAF Rules regulate the duty of a Technical Manager - IAAF RULE 123

THE DUTY OF THE TECHNICAL MANAGER

- | |
|--|
| Equipment required |
| Programme/Items List |
| List of LOC Members |
| Check list of facilities and equipment |
| Entry ticket into competition area |
| VIP Ticket and parking ticket to the event |
1. The Technical Manager will firstly consult with the Technical Delegate as to what is the required quality, standard and level of competition.
 2. The Technical Manager will consult with the Stadium Manager as to what facilities and equipment the stadium can provide.
 3. Where the stadium has limitations, the Technical Manager will request the Stadium Manager to consult with other neighbouring stadiums, to provide the equipment and facilities not available at the stadium where the event will take place.
 4. The Technical Manager will do regular spot checks on the progress made by the Stadium Manager in preparing the competition venue.
 5. The Technical Manager will do regular spot checks on the presentation of the competition venue in the days leading up to the day of the competition
 6. The Technical Manager will sign of the Stadium as ready for participation at least 6 hours before the start of the 1st event to allow for the Joint Operational Committee to do a final security check of the venue before spectators arrive.
 7. The Technical Manager will:
 - 7.1. Ensure that the track, runways, circles, arcs, sectors, landing areas for Field events and all equipment and implements are in accordance with the IAAF Rules.
 - 7.2. Ensure the placement and removal of equipment and implements according to the technical organisational plan for the competition as approved by the Technical Delegates.
 - 7.3. Ensure the technical presentation of the competition areas is in accordance with such plan.
 - 7.4. Check and mark any personal implements permitted for the competition according to IAAF Rule 187.2.
 - 7.5. Ensure that he has received the necessary certification under IAAF Rule 135 before the competition.
 8. **CHECK LIST**

The Technical Manager will prepare a detailed check list consisting of 5 categories. In each category the technical correctness and safety factors will be verified.
 9. **Facilities**

The check of facilities will include the seating arrangement of VIP's and spectators; flag poles and flags; communication area for TV, radio and newspapers; direction boards and signage to e.g. toilets, TIC, parking areas, etc.; meeting rooms for LOC, JOC, selectors, officials, results, appeals, etc.; identification tags to provide officials to restricted areas.
 10. **Markers and other forms of signage in competition area**

The check of markers according to the programme e.g. finishes line, starting lines, relay markers, hurdle markers, steeple chase markers.
 11. **Equipment and facilities in the competition area**

The check of the availability of equipment of officials such as the starter and assistants, track judges, umpires, timekeepers, electronic time, wind meters, hurdle Stewarts, race walking, throws, jumps.
 12. **Equipment contributing to quality and standard of competition**

Check the availability of equipment and facilities of the security room, warm-up area, call room, mixed zone, gate official's rooms, refreshments, placing, results, lane draws, team coaches, invited athletes.
 13. **Equipment in place at pre-competition site inspection**

Check the availability of equipment and facilities of the assize room, first aid and medical, doctor, announcers warm up area, finish area, run-up areas for javelin and jumps, throw areas and safety nets, toilets, seats and entrances, parking and electric equipment.

REFEREES

The following IAAF Rules regulate the duty of Referees – IAAF RULE 125; 138; 139; 146.3; 163.2

1. The panel of Referees needed during capacity building meetings are at the Call Room, for Track events, for Field events, for Combined events and for Running and Race Walking events outside the stadium
2. In Road Running, Race Walking, Cross Country, Mountain Running where more than one race takes place at the same time, 1 Referee per race must be appointed.

Equipment For Referee
Programme/items list
List of records
Black ball point pen
Clip board
Two way radio
Entry ticket into competition area

3. Competition Rule

- 3.1. One (or more) Referee(s), as appropriate, shall be appointed for the Call Room, for Track events, for Field events, for combined events and for Running and Race Walking Item events outside the stadium.
- 3.2. The Referees for Track events and for events outside the stadium shall have no jurisdiction over matters within the responsibilities of the Chief Judge of Race Walking events.
- 3.3. Referees shall ensure that the IAAF Rules (and applicable Technical Regulations) are observed and shall decide upon any matters which arise during the competition (including in the 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 IAAF Rules (or any applicable Technical Regulations).
- 3.4. In case of a disciplinary matter, the Call Room Referee has authority starting from the 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.
- 3.5. The respective Referees for Track events and for events outside the stadium shall have jurisdiction to decide placing in a race only when the Judges of the disputed place(s) are unable to arrive at a decision. The relevant Track Referee has the power to decide on any facts related to the starts if he does not agree with the decisions made by the start team except in the cases when it regards a false start 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.
- 3.6. A Track Referee appointed to oversee the starts is designated the Start Referee.
- 3.7. The Referee shall not act as a Judge or Umpire but may take any action or decision according to the IAAF Rules based on his own observations.
- 3.8. The appropriate Referee shall check all final results, shall deal with any disputed points and, in conjunction with the Measurement Judge (Scientific) where appointed, shall supervise the measurements of Record performances. At the conclusion of each item, the result card shall be completed immediately, signed by the appropriate Referee and conveyed to the Competition Secretary.
- 3.9. The appropriate Referee shall IAAF Rule on any protest or objection regarding the conduct of the competition, including any matter arising in the Call Room.
- 3.10. He shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees.
- 3.11. 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 be undertaken only prior to the Victory Ceremony for the relevant event or any applicable decision by the Jury of Appeal.
- 3.12. If, in the opinion of the appropriate Referee, circumstances arise at any competition such that justice demands that any event or any part of an event should be contested again, he shall have authority to declare the event void and it shall be held again, either on the same day or on some future occasion, as he shall decide.

- 3.13. The Combined events Referee shall have jurisdiction over the conduct of the combined events competition. He shall also have jurisdiction over the conduct of the respective individual events within the combined events competition.

4. Other relevant IAAF Rules

- 4.1. IAAF Rule 138 – Call Room Judges: The Judges shall refer any unresolved issues or matters arising to the Call Room Referee.
- 4.2. IAAF Rule 139 – The Athletics Facility: The Advertising Commissioner (when appointed) will supervise and apply the current Advertising IAAF Rules and Regulations and shall determine any unresolved advertising issues or matters arising in the Call Room in conjunction with the Call Room Referee.
- 4.3. IAAF Rule 146.3 – Protests and Appeals: Any protest shall 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 may protest only if they are competing in the same round of the item to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team point's score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.
- 4.4. IAAF Rule 163.2 – The Race: Obstruction - Any competing athlete who jostles or obstructs another athlete, so as to impede his progress, shall be liable to disqualification from that item. The Referee shall have the authority to order the race to be re- held excluding any disqualified athlete or, in the case of a preliminary round, to permit any athlete(s) seriously affected by jostling or obstruction (other than any disqualified athlete), to compete in a subsequent round of the item. Normally, such an athlete should have completed the item with bona fide effort.
- 4.5. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if he considers it just and reasonable to do so.

STARTING

The following IAAF Rules regulate the duty of a Starter – IAAF RULE 129

Please study the following IAAF Rules as well before attempting to do duty as a Starter:

Aborting - 129.7, 162.5	Protests - 146.4
Commands - 162.2	Race Walk - 230.7
Cross-Country- 250.7	Reaction time - 161.2
Delay in responding to commands - 162.5(b)	Road Races - 240.6
False start - 129.2; 130.5; 162.6-9	Split start - 162.10
Language of commands - 162.2	Start line - 162.1
Protests - 146.4	Start Coordinator – duties- 129.1; 129.7
Race Walk - 230.7	Starter / Recallers – duties - 129.2-3; 129.5; 129.7; 162.3-5; 164.3
Language of commands - 162.2	Starter's Assistants – duties - 130; 162.5; 162.8

Deviation from the IAAF Rule for School and Talent Identification meetings:

To ensure a positive experience of the athlete at entry level, the false starts (IAAF Rule 162.6-9) at entry level age group competitions, etc. 6 – 13 year age categories (Primary Schools) are modified to allow for a warning for the 1st false starter and thereafter disqualification for any athlete at fault. Note: This deviation will not affect the official standing of results and will be regarded as a legal result.

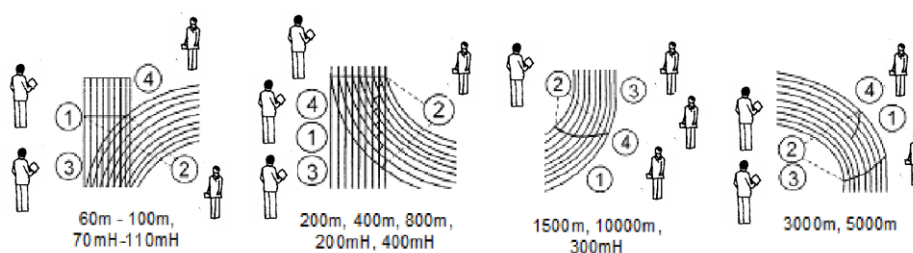
START COORDINATOR, STARTER, RECALLERS

The Start Coordinator shall:

1. Allocate the duties of the start team judges
2. Inform the Starter, after receiving the relevant order from the Competition Director, that everything is in order to initiate the start procedure (e.g. that the Timekeepers, the Judges and, when applicable, the Chief Photo Finish Judge and the Wind Gauge Operator are ready).
3. Act as an interlocutor between the technical staff of the timing equipment company and the Judges.
4. Keep all papers produced during the start procedure including all documents showing the reaction times and/or false start waveform images if available.
5. Ensure that what is IAAF Ruled under IAAF Rule 162.8 is fulfilled.
6. The Starter shall have entire control of the athletes on their marks.
7. When a false start control apparatus is used, the Starter and/or an assigned Recaller shall wear headphones in order to hear clearly any acoustic signal emitted in the case of a false start (see IAAF Rule 161.2)
8. The Starter shall position himself so that he has full visual control over all athletes during the start procedure. The panel of Starters will consist of a Start Co-ordinator (elite meetings only), Starter (2), Recaller (3) and Starter's Assistants (1&4).
9. It is recommended, especially for staggered starts, that loudspeakers in the individual lanes be used for relaying the commands and the start and any recall signals to all athletes at the same time.
10. Note: The Starter shall place himself so that the whole field of athletes falls into a narrow visual angle. For races using crouch starts it is necessary that he is so placed that he can ascertain that all athletes are currently steady in their set positions before the gun is fired or approved starting apparatus is activated. (All such starting apparatus is termed "gun" for the purpose of the IAAF Rules.) Where loudspeakers are not used in races with a staggered start, the Starter shall so place himself, that the distance between him and each of the athletes is approximately the same. Where, however, the Starter cannot place himself in such a position, the gun shall be placed there and discharged by electric contact.

Equipment For Starting Team
Programme/items list
List of records
Black ball point pen
Clip board
Two way radio
2 x Starting pistol
Blank ammunition for pistol
Flag (white/red)
Cards (Red, yellow and green)
Loudspeaker
Entry ticket into competition area

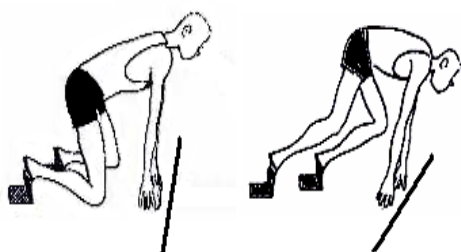
11. One or more Recallers shall be provided to assist the Starter.
12. Note: For items of 200m, 400m, 400m Hurdles, 4x100m, 4x200m, the Medley Relay and 4x400m Relays, there shall be at least two Recallers.
13. Each Recaller shall place himself so that he can see each athlete assigned to him.
14. The warning and disqualification under IAAF Rule 162.7 may be made only by the Starter.
15. The Start Coordinator shall assign a specific task and position to each Recaller, who is obliged to recall the race if any infringement of the IAAF Rules is observed. After a recalled or aborted start the Recaller shall report his observations to the Starter who decides whether and to whom a warning or disqualification shall be issued. (See also IAAF Rules 161.2 and 162.9.)
16. To assist in races using crouch starts, an IAAF approved false start control apparatus as described in IAAF Rule 161.2 should be used.



17. Other relevant IAAF Rules

- 17.1. IAAF Rule 162.2 (b) – The start - At all Competitions, except as noted below, the commands of the Starter shall be given in English.
- 17.2. In races up to and including 400m (including 4x200m, the Medley Relay as defined in IAAF Rule 170.1 and 4x400m), the commands shall be "On your marks" and "Set".
- 17.3. In races longer than 400m (except 4x200m, the Medley Relay and 4x400m), the command shall be "On your marks".

On your marks and set positions for up to 400m on the track



Set position for longer than 400m on the track. No "On your marks" position for distance longer than 400m.



- 17.4. All races shall be started by the report of the Starter's gun held upwards.
- 17.5. Note: In all competitions the commands of the Starter shall be given in English only.

TRACK JUDGES

The following IAAF Rules regulate the duty of a Track Judge – IAAF RULE 126

1. Note1: In competitions where electronic timing is not used, a video camera must be used to assist the Chief Track Judge with placements and appeals. The video recordings must be available to the Appeals Board when appeals are made on placements.
2. Note 2: Athletes (both Primary and High Schools) must remain in their lanes after the race until the track judges indicate that they have made a decision.
3. Note 3: Where athletes qualify for the next level of competition, e.g. where athletes in regional competitions have to qualify for the Provincial Championships, the athlete must be provided with such notice in writing during the time they are standing in their lanes, waiting for the outcome of the placing. Alternatively the athlete should be provided with a token to hand in at the TIC, where relevant information for the next competition will be provided.
4. The panel of Track Judges consists of 1 Chief Judge, Judges and a Recorder. The Chief Judge shall co-ordinate the work of the Judges as well as allocates duties if it is not done yet.

5. DUTY OF CHIEF TRACK JUDGE - IAAF Rule 126

- 5.1. The Chief Track Judge shall co-ordinate the work of the Track Judges.
- 5.2. The Chief Track Judge will allocate the duties of the Track Judges.
- 5.3. The Chief Judge will keep the Track Referee, Starter, Chief Timekeeper and Announcer informed of the state of readiness of the Judges by means of a red and green flag/light.
- 5.4. The Chief Judge will keep the Judges alert during competition.

Equipment For Chief Judge

Order of draw list
Programme/items list
Result cards - position placing
Black ball point pen
Clip board
Flag (white/red)
Umbrella
Two way radio
Entry ticket into competition area

6. DUTY OF TRACK JUDGES - IAAF Rule126.

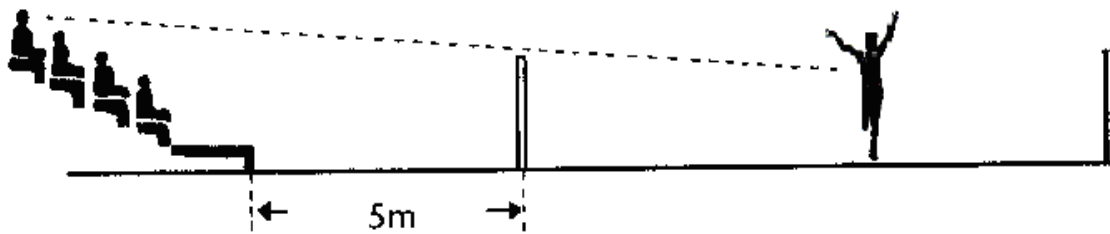
- 6.1. Track Judges shall decide the order in which the athletes have finished.
- 6.2. If Judges can not arrive at a decision of the final placing of athletes, the Referee shall decide.

7. DUTY OF RECORDER

- 7.1. The recorder shall record the official placing, complete the official result card and send it to the Competition Secretary.
- 7.2. The recorder shall keep a copy of the official result card.
- 7.3. The Recorder will keep a written record of all decisions taken, or instructions given, by the Chief Track Judge.
- 7.4. The Appeal Board must have access to the written recordings during appeal cases.

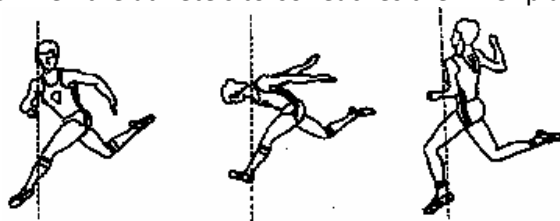
8. POSITION OF TRACK JUDGES AND RECORDER

- 8.1. Must be on the same side of the track
- 8.2. In direct line with the finish.
- 8.3. Operate from an elevated platform.
- 8.4. At least 5m from the track edge.



9. GENERAL RULES

- 9.1. Each Place Judge must perform his/her duty independently, and may not discuss his/her position with anyone else.
- 9.2. Each Judge must do what he/she is asked to do.
- 9.3. Judges may also be appointed as Lap Scorers.
- 9.4. Three (3) Judges, one of whom shall be the Chief Judge, shall judge the winner.
- 9.5. For all other medal/price placing, there shall be two Judges
- 9.6. For all non-medal/price placing, only one Judge is required.
- 9.7. The Judges must be alert at all times during competition
- 9.8. Placing shall be done when the athlete's torso reaches the inner plane of the finish line.



- 9.9. Only when the Judges cannot arrive at a decision, shall the Referee decide.

10. TIPS

- 10.1. Place Judging can be controversial. Keep clear records of all decisions taken.
- 10.2. Place Judging is a specialised task and Place Judging skills only improve with practice.
- 10.3. The 2nd position is the most challenging to judge. Use experienced Judges to place the 2nd position.

TIMEKEEPERS

The following IAAF Rules regulate the duty of a Timekeeper – IAAF RULE 128

1. Please study the following IAAF Rules before attempting to do duty as a Timekeeper:
 - 1.1. Timekeepers – duties -128; 165.4-12; 165.22
 - 1.2. Chief Timekeeper
 - 1.3. Appointment-128.1
 - 1.4. Duties -128.1; 165.8-9; 165.12
 - 1.5. Combined **events** -200.9(b)
 - 1.6. Liaison with Starter -129.1(c)
 - 1.7. Reading and recording times-165.10; 165.11
 - 1.8. World Records -260.22(a)

2. The panel of Timekeepers consists of 1 Chief Timekeeper, Timekeepers and a Recorder. The Chief Timekeeper shall co-ordinate the work of the Timekeepers as well as allocates duties if it is not done yet.

3. DUTY OF CHIEF TIMEKEEPER

- 3.1. The Chief Timekeeper shall co-ordinate the work of the Timekeepers.
- 3.2. The Chief Timekeeper will allocate the duties of the Timekeeper.
- 3.3. The Chief Timekeeper will keep the Chief Track Judge informed of the state of readiness of the Timekeepers by means of a red and white flag/light
- 3.4. The Chief Timekeeper will keep the Timekeepers alert during competition.
- 3.5. The Timekeeper will appoint a recorder to record all times

Equipment	For	Chief
Stop watch x 12 + batteries		
Programme/items list		
List of records		
Result card times		
Black ball point pen		
Clip board		
Flag (white/red)		
Umbrella		
Two way radio		
Entry ticket into competition area		

4. DUTY OF TIMEKEEPERS

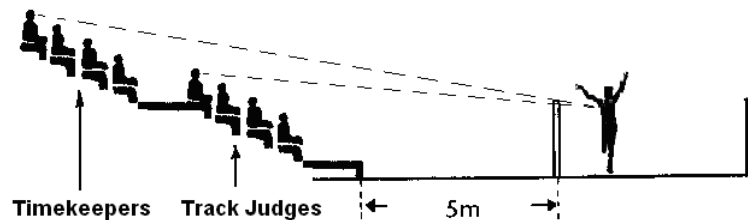
- 4.1. Timekeepers shall take the time of the designated athlete, as the athlete cross the finish line.
- 4.2. The Timekeeper will keep the time on the watch until the Chief Timekeeper give the instruction to clear the watch.
- 4.3. In the case of a record, the Timekeeper will keep the time on the watch until the Track Referee give the instruction to clear the watch.

5. DUTY OF RECORDER

- 5.1. The recorder shall record all times recorded, complete the official timekeeping card and send it to the Chief Track Judge.
- 5.2. The recorder shall keep a copy of the official timekeeping card.
- 5.3. The Recorder will keep a written record of all decisions taken, or instructions given, by the Chief Timekeeper.
- 5.4. The Appeal Board must have access to the written recordings during appeal cases.

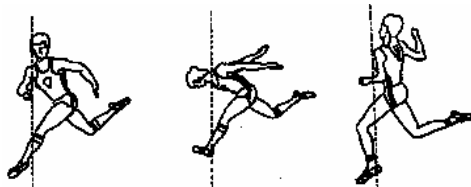
6. POSITION OF TIMEKEEPERS

- 6.1. Must be on the same side of the track and directly behind the Track Judges
- 6.2. In direct line with the finish.
- 6.3. Operate from an elevated platform.
- 6.4. At least 5m from the track edge.



7. GENERAL RULES

- 7.1. Each Timekeeper must perform his/her duty independently, and may not discuss his/her time with anyone else.
- 7.2. Each Timekeeper must do what he/she is asked to do.
- 7.3. Three (3) Timekeepers, one of whom shall be the Chief Timekeeper, shall take the time of the winner. The 2nd of the three times will be the official time
- 7.4. For all other medal/price placing, there shall be two Timekeepers. The slowest time will be the official time.
- 7.5. For all non-medal/price placing, only one Timekeeper is required.
- 7.6. Placing shall be done when the athlete's torso reaches the inner plane of the finish line.



- 7.7. Hand-times must be rounded of upwards to 1 decimal point e.g. 1.13 become 1.2.
- 7.8. The Judges must be alert at all times during competition

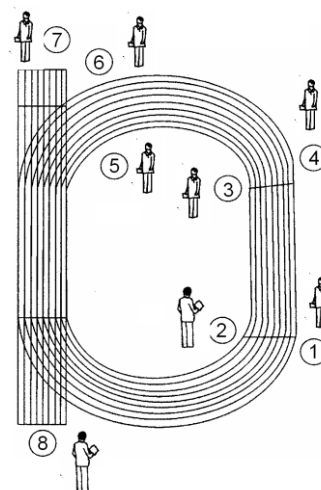
UMPIRES AT TRACK EVENTS

The following IAAF Rules regulate the duty of Umpires – IAAF RULE 127

The panel of Umpires consist of 1 Chief Umpire, Umpires and a Recorder. The Chief Umpire shall co-ordinate the work of the Umpires as well as allocates duties if it is not done yet. The Umpire(s) shall report to the Referee any breach of the IAAF Rules, even if the athlete (or team, for relay races) does not to finish the race.

1. DUTIES OF OFFICIALS

- 1.1. A minimum of 8 Umpires are required to umpire effectively. The function and position of each umpire is:
- 1.2. Judges 1 & 2: Takeover 1 - bend from 400m to 300m; see that athletes cut in after the break line (800m and second leg of 4 x 400m relay)
- 1.3. Judges 3 & 4: Takeover 2 - back straight from 300m to 200m
- 1.4. Judges 5 & 6: Takeover 3 - bend from 200m to 100m
- 1.5. Judges 7 & 8: Straight - 100m to finish
- 1.6. Judges 1 to 8: May also be placed by the Track Referee on different places for different races.
- 1.7. The Track Judges must record all decisions taken, or instructions given, by the Chief Judge.
- 1.8. These notes must be accessible during and after the competition for reference.



2. Indicating a foul

- 2.1. A foul is indicated by raising a red flag and keep the red flag up until the Referee give the instruction to drop it.
- 2.2. Record the incident on the report card.
- 2.3. When an Umpire observes that an athlete has run in a different lane from his own, step out of the sector, or that a relay take-over has taken place outside the take-over zone, the Umpire should immediately mark on the track or sector with suitable material the place where the infringement took place.

Equipment For Chief Umpire

Order of draw list
Programme/Items list
Result card times
Black ball point pen
Clip board
Flag (white/red)
Umbrella
Two way radio
Map of route for Race Walking
Warning boards for race walk
Entry ticket into competition area

3. GENERAL RULES

3.1. The Track Umpire

- 3.1.1. Assists the Referee, without authority to make final decisions.
- 3.1.2. Observes the competition closely.

3.2. Relay races

- 3.2.1. Supervise the take-over zones in relay races to ensure that changeovers take place inside the takeover zones.
- 3.2.2. It is only the position of the baton that is decisive and not the position of the body.

3.3. Track races

- 3.3.1. Observe that no runner runs on the inside lines of the bend or outside his/her allocated lane or cheat/intimidate/disrupt/disturb other competitors.

3.4. Hurdle races - A competitor:

- 3.4.1. May not trail his/her foot or leg below the horizontal plane of the top of any hurdle at the instance of clearance.
- 3.4.2. May not jump any hurdle not in his/her own lane.
- 3.4.3. Must stay in his/her lane.
- 3.4.4. May not run around a hurdle, deliberately knock a hurdle down or crawl underneath any hurdle.

3.5. Steeplechase - A competitor:

- 3.5.1. May not trail his/her foot or leg below the horizontal plane of the top of any hurdle at the instance of clearance.
- 3.5.2. May not run around, crawl underneath a hurdle, or run around the water pit.

3.6. Race Walk - A competitor:

- 3.6.1. Must walk and not run, or must not cheat/intimidate/disrupt/disturb other competitors.
- 3.6.2. Must have at least one foot on the ground at all times during the race.
- 3.6.3. Must ensure the leading foot makes contact with the ground before the other foot leaves the ground.
- 3.6.4. Must have the supporting leg straight for at least one moment when in the vertical position.
- 3.6.5. Will receive a yellow card as warning when the Judge is not completely satisfied with the athlete's technique.
- 3.6.6. Will receive a red card, irrespective how many yellow cards were issued, when the Judge is satisfied that an offence was committed.
- 3.6.7. Will be disqualified when the competitor receives 3 warnings (Red cards) from different Judges. The 3 warnings do not have to be for the same offence.
- 3.6.8. Can be disqualified by the Chief Judge, in the last 100m regardless of the number of red cards issued. The walker may finish the race after disqualification. (Only relevant for walkers).

LONG JUMP

The following IAAF Rules regulate the duty of Officials doing duty at Long Jump – IAAF RULE 184; 185

The panel of Judges consists of 1 Chief Judge, Judges and a Recorder. The Chief Judge shall co-ordinate the work of the Judges as well as allocates duties if it is not done yet.

1. DUTIES OF OFFICIALS

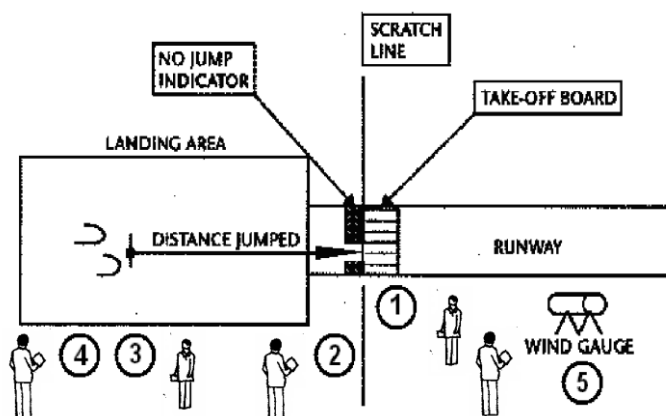
A minimum of 5 Judges are required to judge effectively. The function and position of each Judge is:

- 1.1. Judge 1 (Chief) – Card 1: Call-up, take-off board, warning horn, time lapse, measure.
- 1.2. Judge 2 (Recorder): Take-off board, checks measure and exit from runway. The Recorder records all decisions taken, or instructions given, by the Chief Judge. These notes must be accessible during and after the competition for reference.
- 1.3. Judge 3: Landing area judge, spike, zero end of tape.
- 1.4. Judge 4: Landing area judge, spike, and rake.
- 1.5. Judge 5: Wind meter reader

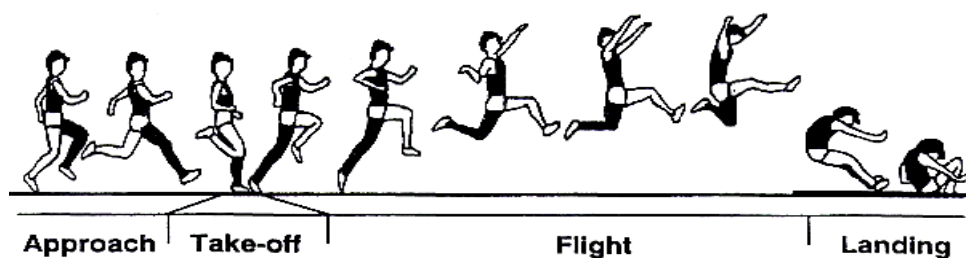
2. GENERAL RULES

- 2.1. Recommendation: In all inter-schools meetings (Primary and High School) up to National Level, attempts are limited to 3 trials only. The best out of three trials will be used as the best result of each athlete.
- 2.2. Note: This deviation will not affect the credibility of results. It will reduce the injury risk of the athlete which has to participate in several items during the competition; it will reduce the length of the competition; and will increase spectator value.

Equipment For Chief Judge
Order of draw list
Programme/Items list
Entry ticket into competition area
Result cards
Black ball point pen
Clip board
Flag (white/red)
20 m measuring tape
Skewer for tape
Markers for athletes' run-up area
Umbrella
Two way radio
Table and chair
Cones to indicate take-off area
Sand rake and fork
Wind sock
Distance board next to sand pit
Performance board
Record flags x 2
Stopwatch + batteries



- 2.2.1.1. Time allowed for a trial is 1 minute.
- 2.2.1.2. If two to three competitors continue the time remains 1 minute.
- 2.2.1.3. If only one competitor is left the time should be increased to 2 minutes.
- 2.2.1.4. For consecutive trials by the same athlete, the time is 2 minutes.
- 2.2.1.5. The Long Jump shall consist of one jump from the take-off until landing in the sand pit.



- 2.2.1.6. At the competition area and before the start of the item, each competitor may have practice trials, in draw order and always under supervision of the judges.
- 2.2.1.7. A competitor may place two markers alongside the runway.
- 2.2.1.8. Once the competition has begun competitors are not permitted to use the runway or take-off area for practice purposes.
- 2.2.1.9. Measurement of each jump shall be made immediately after the jump from the nearest break in the landing area made by any part of the body or limb to the take-off line, or take-off line extension.
- 2.2.1.10. It shall be taken perpendicular to the take-off line or extension.
- 2.2.1.11. The trial will only be legal if a wind meter reading is recorded as well.
- 2.2.1.12. The Chief Judge shall vary the distance against the national/provincial/competition record and clearly indicate the distance as a new record on the results sheet before releasing it to the Competition Secretary.

2.2.2. A competitor fails if he/she:

- 2.2.2.1. 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;
- 2.2.2.2. Takes off from outside either end of the board, whether beyond or before the extension of the take-off line;
- 2.2.2.3. Touches the ground between the take-off line and the landing area;
- 2.2.2.4. Employs any form of somersaulting whilst running up or in the act of jumping;
- 2.2.2.5. 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
- 2.2.2.6. 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.
- 2.2.2.7. Note-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 IAAF Rule 185.1(f)). Note: This first contact is considered leaving the landing area.

TRIPLE JUMP

The following IAAF Rules regulate the duty of Officials doing duty at Triple Jump – IAAF RULE 184; 185

The panel of Judges consists of 1 Chief Judge, Judges and a Recorder. The Chief Judge shall co-ordinate the work of the Judges as well as allocates duties if it is not done yet.

1. DUTIES OF OFFICIALS

A minimum of 5 Judges are required to judge effectively. The function and position of each Judge is:

- 1.1. Judge 1 (Chief) – Card 1: Call-up, take-off board, warning horn, time lapse, measure.
- 1.2. Judge 2 (Recorder): Take-off board, checks measure and exit from runway. The Recorder records all decisions taken, or instructions given, by the Chief Judge. These notes must be accessible during and after the competition for reference.
- 1.3. Judge 3: Landing area judge, spike, zero end of tape.
- 1.4. Judge 4: Landing area judge, spike, and rake.
- 1.5. Judge 5: Wind meter reader

2. GENERAL RULES

- 2.1. Recommendation: In all inter-schools meetings (Primary and High School) up to National Level, attempts are limited to 3 trials only. The best out three trials will be used as the best result of each athlete.
- 2.2. Note: This deviation will not affect the credibility of results. It will reduce the injury risk of the athlete which has to participate in several items during the competition; it will reduce the length of the competition; and will increase spectator value.

- 2.3. Time allowed for a trial is 1 minute.
- 2.4. If two to three competitors continue the time remains 1 minute.
- 2.5. If only one competitor is left the time should be increased to 2 minutes.
- 2.6. For consecutive trials by the same athlete when more than three athletes are still competing the time is 2 minutes.
- 2.7. The Triple Jump shall consist of a hop, step and jump in that order. The hop shall be made so that the competitor lands first upon the same foot as from which he has taken off; in the step he shall land on the other foot from which the jump is performed.



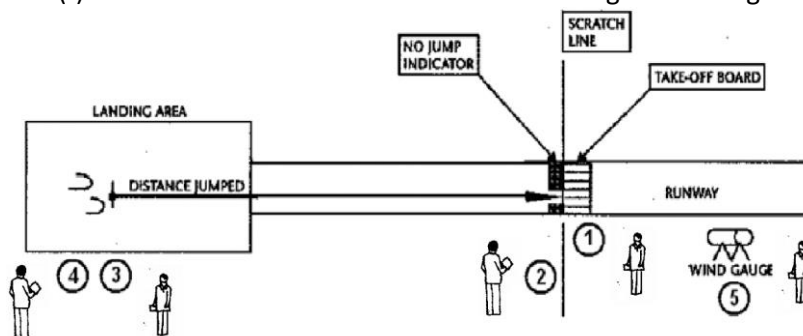
- 2.8. At the competition area and before the start of the item, each competitor may have practice trials, in draw order and always under supervision of the judges.
- 2.9. A competitor may place two markers alongside the runway.

Equipment For Chief Judge
Order of draw list
Programme/Items list
Entry ticket into competition area
Result cards
Black ball point pen
Clip board
Flag (white/red)
20 m measuring tape
Skewer for tape
Markers for athletes' run-up area
Umbrella
Two way radio
Table and chair
Cones to indicate take-off area
Sand rake and fork
Wind sock
Distance board next to sand pit
Performance board
Record flags x 2
Stopwatch + batteries

- 2.10. It is not a failure if the 'sleeping' leg touches the ground while jumping.
- 2.11. Once the competition has begun competitors are not permitted to use the runway or take-off area for practice purposes.
- 2.12. Measurement of each jump shall be made immediately after the jump from the nearest break in the landing area made by any part of the body or limb to the take-off line, or take-off line extension.
- 2.13. It shall be taken perpendicular to the take-off line or extension.
- 2.14. The trial will only be legal if a wind meter reading is recorded as well.
- 2.15. The Chief Judge shall vary the distance against the national/provincial/competition record and clearly indicate the distance as a new record on the results sheet before releasing it to the Competition Secretary.

3. A competitor fails if he/she:

- 3.1. 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;
- 3.2. Takes off from outside either end of the board, whether beyond or before the extension of the take-off line;
- 3.3. Touches the ground between the take-off line and the landing area;
- 3.4. Employs any form of somersaulting whilst running up or in the act of jumping;
- 3.5. 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
- 3.6. 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.
- 3.7. Note-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 IAAF Rule 185.1(f). Note: this first contact is considered leaving the landing area.



HIGH JUMP

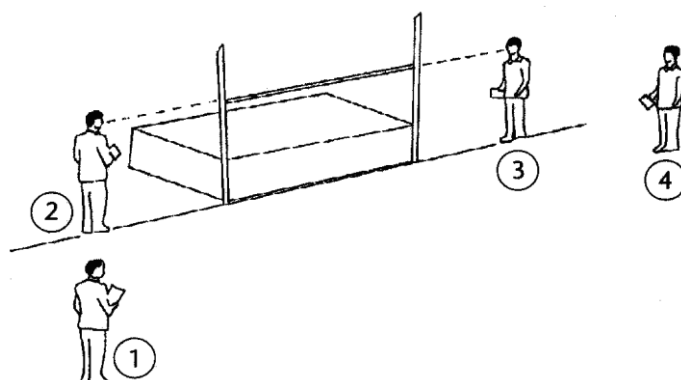
The following IAAF Rules regulate the duty of Officials doing duty at High jump – IAAF RULE 181; 182

1. DUTIES OF OFFICIALS

A minimum of 4 Judges are required to judge effectively. The function and position of each Judge is:

- 1.1. Judge 1 (Chief): Keeps record of trials, warning horn, time lapse, measures.
- 1.2. Judge 2: Measures – Hold end of tape at ground, checks take-off, setting up and replacing bar.
- 1.3. Judge 3: Measures – reading of height, checks take-off, setting up and replacing bar, flags.
- 1.4. Judge 4 (Recorder): Call-up, keeps record of trials, supervises warm-up. The Recorder records all decisions taken, or instructions given, by the Chief Judge.

Equipment For Chief Judge
Order of draw list
Programme/Items list
Entry ticket into competition area
Result cards
Black ball point pen
Clip board
Flag (white/red)
Step-ladder
Measuring tape 3 m
Markers
Performance board
Markers/powder for run-up area
Stopwatch + batteries



2. GENERAL RULES

- 2.1. **Recommendation:** In all inter-schools meetings (Primary and High School) up to National Level, attempts are limited to 2 trials per height only.
- 2.2. Note: This deviation will not affect the credibility of results. It will reduce the injury risk of the athlete which has to participate in several items during the competition; it will reduce the length of the competition; and will increase spectator value.
- 2.3. Although a competitor may commence jumping at any height at his/her own discretion:
- 2.4. Two consecutive failures, regardless of the height, disqualify a competitor from further jumping except in the case of a tie for the first place.
- 2.5. If a competitor forgoes a trial at a certain height, he/she may not make any subsequent attempt at that height, except in the case of a tie for the first place.
- 2.6. At the competition area and before beginning the item, each competitor may have practice trials, in draw order and always under supervision of the judges.
- 2.7. Once the competition has begun, competitors are not permitted to use the runway or take-off area for practice purposes.

3. A competitor fails if:

- 3.1. He/she touches the ground, including the landing area, without first clearing the bar beyond the plane of the nearer edge of the uprights, either between or outside the uprights, with any part of his/her body, whether running up without jumping or in the act of jumping.
- 3.2. After the jump, the bar does not remain on the supports because of the action of the competitor whilst jumping.
- 3.3. Measurement of each height shall be made before competitors attempt such height. In the case of records it shall be re-checked before and after each attempt.
- 3.4. The Chief Judge shall vary the height against the national/provincial/competition record and clearly indicate the height as a new record on the results sheet before releasing it to the Competition Secretary.
- 3.5. A competitor may place two markers alongside the runway.
- 3.6. Before the start of the competition, starting height and the subsequent heights shall be announced to the competitors.
- 3.7. The bar should never be raised by less than 2 cm after each round.
- 3.8. The increment of the raising of the bar should never increase. When only 1 athlete is remaining in competition this rule is waved.
- 3.9. In a combined event competition each increase shall be uniformly 3 cm throughout the competition.
- 3.10. After a competitor has won the competition, the heights to which the bar is raised shall be decided by the competitor.
- 3.11. The crossbar must be marked in some way so that after a failure it can always be replaced with the same side facing the runway and the same side at the top.
- 3.12. The competitor shall take off from one foot.
- 3.13. Time allowed for a trial is 1 minute.
- 3.14. When two to three competitors continue the time should be increased to 2 minutes.
- 3.15. If only one competitor is left the time should be increased to 5 minutes.
- 3.16. For consecutive trials by the same athlete when more than three athletes are still competing the time is 2 minutes, and 3 minutes if only 1 athlete is participating.

POLE VAULT

The following IAAF Rules regulate the duty of Officials doing duty at Pole Vault – IAAF RULE 183; 181

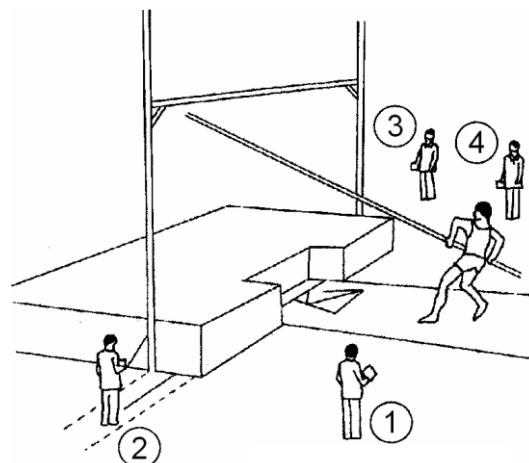
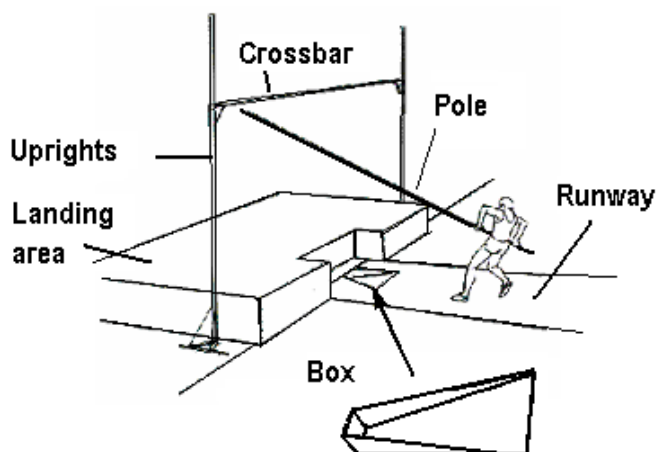
1. DUTIES OF OFFICIALS

A minimum of 4 Judges are required to judge effectively. The function and position of each Judge is:

- 1.1. Judge 1 (Chief): Keeps record of trials, warning horn, time lapse, measures.
- 1.2. Judge 2 (Recorder): Measures – reading of height, checks take-off, setting up and replacing bar, flags, serves as Recorder. The Recorder records all decisions taken, or instructions given, by the Chief Judge. These notes must be accessible during and after the competition for reference.
- 1.3. Judge 3: Measures – end of tape at ground, checks take-off, setting up and replacing bar.
- 1.4. Judge 4: Call-up, keeps record of trials, supervises warm-up.

Equipment For Chief Judge

Order of draw list
Programme/Items list
Entry ticket into competition area
Result cards
Black ball point pen
Clip board
Flag (white/red)
Measuring pole 7 m long
Forked stick to adjust bar
Step ladder
Performance board
Markers/ powder for run-up area
Stopwatch + batteries



2. GENERAL RULES

- 2.1. **Recommendation:** In all inter-schools meetings (Primary and High School) up to National Level, attempts are limited to 2 trials per height only.
- 2.2. Note: This deviation will not affect the credibility of results. It will reduce the injury risk of the athlete which has to participate in several items during the competition; it will reduce the length of the competition; and will increase spectator value.
- 2.3. Although a competitor may commence jumping at any height at his/her own discretion:
- 2.4. Two consecutive failures, regardless of the height, disqualify a competitor from further jumping except in the case of a tie for the first place.
- 2.5. If a competitor forgoes a trial at a certain height, he/she may not make any subsequent attempt at that height, except in the case of a tie for the first place.
- 2.6. At the competition area and before the start of the item, each competitor may have practice trials, in draw order and always under supervision of the judges.
- 2.7. Once the competition has begun, competitors are not permitted to use the runway or take-off area for practice purposes.

- 2.8. Measurement of each height shall be made before competitors attempt such height. In the case of records it shall be re-checked before and after each attempt. The Chief Judge shall vary the height against the national/provincial/competition record. In the case of a record, the measurement must be ratified by the Referee.
- 2.9. A competitor may place two markers alongside the runway.
- 2.10. Before the beginning of the competition the starting height and subsequent heights shall be announced to the competitors.
- 2.11. The bar should never be raised by less than 5 cm after each round. The increment of the raising of the bar should never increase.
- 2.12. In a combined event competition each increase shall be uniformly 10 cm throughout the competition.
- 2.13. After a competitor has won the competition, the heights to which the bar is raised shall be decided by the competitor.
- 2.14. Competitors may have the uprights, or supports, moved not more than 40 cm in the direction of the runway or not more than 80 cm to the landing area.
- 2.15. The crossbar must be marked in such a way that after a failure it can always be replaced with the same side facing the runway and the same side at the top.
- 2.16. Competitors may put a substance on their hands and/or pole.
- 2.17. Time allowed for a trial is 1 minute.
- 2.18. If two to three competitors continue the time should be increased to 2 minutes.
- 2.19. If only one competitor is left the time should be increased to 5 minutes.
- 2.20. For consecutive trials by the same athlete when more than three athletes are still competing the time is 3 minutes.

3. A competitor fails if:

- 3.1. He/she touches the ground, including the landing area, without first clearing the bar beyond the plane through the upper part of the stop board, either between or outside the uprights, with any part of his/her body or pole, whether running up without jumping or in the act of jumping.
- 3.2. After the jump, the bar does not remain on the supports because of the action of the competitor whilst jumping.
- 3.3. After leaving the ground the athlete places his/her lower hand above the upper one or moves the upper hand higher on the pole.
- 3.4. During the jump the athlete replaces deliberately with his/her hands or fingers the bar, which is about to fall off the supports.
- 3.5. The athlete touches the pole unless it is falling away from the bar or uprights. If the pole is touched and the Judges' opinion is that the bar should have been knocked off, the vault shall be recorded as a failure.

SHOT PUT

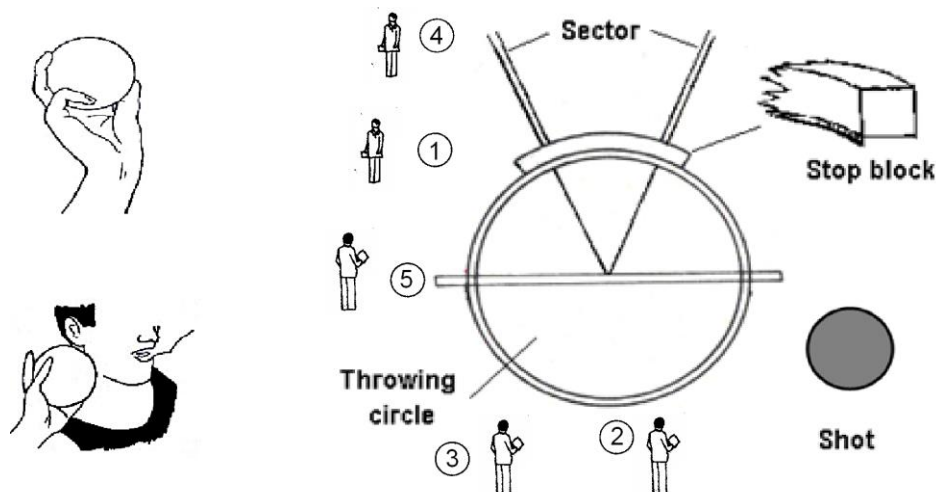
The following IAAF Rules regulate the duty of Officials doing duty at Shot Put – IAAF RULE 187; 188

1. DUTIES OF OFFICIALS

A minimum of 5 Judges are required to judge effectively. The function and position of each Judge is:

- 1.1. Judge 1 (Chief Judge): Checks measurements and keeps record of each trial. Monitors overstepping from the circle during execution.
- 1.2. Judge 2: Rear Circle Judge: Checks technique, monitors exit from the circle and pulls measuring tape through centre of circle. Controls lapse time.
- 1.3. Judge 3: Call-up Judge: Calls up athletes according to order of draw. Checks correctness of implement. Keeps record of order of trials.
- 1.4. Judge 4: Sector judge with spike at zero end of tape: Verifies correct landing of implement.
- 1.5. Judge 5 (Recorder): Record all decisions taken by Chief Judge

Equipment For Chief Judge
Broom to sweep sector
Rag to clean sector and equipment
Performance board
Record flags x 2
Measuring tape x 25 m
Stopwatch + batteries
Order of draw list
Programme/Items list
Entry ticket into competition area
Result cards
Black ball point pen
Clip board
Flag (white/red)



2. GENERAL RULES

- 2.1. **Recommendation:** In all inter-schools meetings (Primary and High School) up to National Level, attempts are limited to 3 trials only. The best out three trials will be used as the best result of each athlete.
- 2.2. **Note:** This deviation will not affect the credibility of results. It will reduce the injury risk of the athlete which has to participate in several items during the competition; it will reduce the length of the competition; and will increase spectator value.
- 2.3. Time allowed for a trial is 1 minute.
- 2.4. If two to three competitors continue the time remains 1 minute.
- 2.5. If only one competitor is left the time should be increased to 2 minutes.
- 2.6. For consecutive trials by the same athlete, the time is 2 minutes.

- 2.7. All measurements must be made from the nearer edge of the first mark in the ground by the implement, to the inner edge of the circle rim along a line drawn from the mark to the centre of the circle.
- 2.8. At the competition area and before beginning the item, each competitor may have practice trials, in draw order and always under supervision of the Judges.
- 2.9. Once the competition has begun competitors are not permitted to use implements for practice purposes.
- 2.10. The throw shall be made from the circle. The competitor shall commence the throw from a stationary position.
- 2.11. It shall be a foul throw if the competitors, after he/she has stepped into the circle and begun to make a throw, touches with any part of his/her body the ground outside the circle or the top of the iron band.
- 2.12. A competitor may interrupt a trial once started and lay the implement down inside or outside the circle and leave the circle. When leaving the circle he/she shall step out as in point 8, before starting again as in point 4 and within his/her time limit.
- 2.13. For a valid trial, the shot shall fall completely within the inner edges of the landing sector.
- 2.14. The competitor shall not leave the circle until the implement has touched the ground. When leaving the circle, the first contact with the iron band or the ground outside the circle shall be completely behind the white line drawn outside the circle.
- 2.15. The Chief Judge shall vary the distance against the national/provincial/competition record. In the case of a record, the measurement must be ratified by the Referee.
- 2.16. Note: If athlete use own equipment, the owner of the equipment is not under an obligation to make the equipment available to the other athletes in the competition, unless the organizing committee takes full responsibility to replace the equipment at their cost if the equipment is damaged during the competition.

DISCUS THROW

The following IAAF Rules regulate the duty of Officials doing duty at Discus Throw – IAAF RULE 187; 190

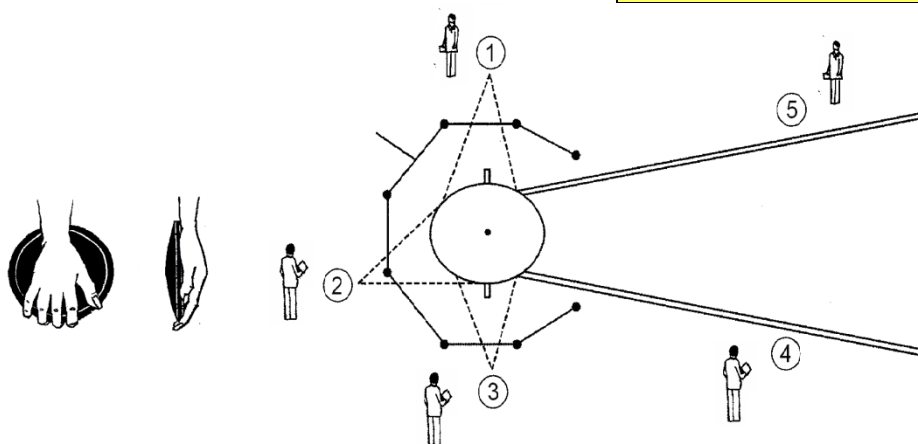
1. DUTIES OF OFFICIALS

A minimum of 6 Judges are required to judge effectively. The function and position of each Judge is:

- 1.1. Judge 1 (Leader): Call-up, rear and front of circle, warning horn, time lapse, measure.
- 1.2. Judge 2 (Recorder): Rear of circle, checks measure, implements, and exit from circle. The Recorder records all decisions taken, or instructions given, by the Chief Judge. These notes must be accessible during and after the competition for reference.
- 1.3. Judge 3: Front of circle, tape through circle, supervises warm-up, flags.
- 1.4. Judge 4: Sector judge, spike, zero end of tape.
- 1.5. Judge 5: Sector judge, spike.

Equipment For Chief Judge

Broom to sweep sector
Rag to clean sector and equipment
Carpet for athletes to clean feet
Performance board
Record flags x 2
Measuring tape x 100 m
Skewer for measuring tape
Stopwatch + batteries
Order of draw list
Programme/Items list
Entry ticket into competition area
Result cards
Black ball point pen
Clip board
Flag (white/red)



2. GENERAL RULES

- 2.1. **Recommendation:** In all inter-schools meetings (Primary and High School) up to National Level, attempts are limited to 3 trials only. The best out three trials will be used as the best result of each athlete.
- 2.2. **Note:** This deviation will not affect the credibility of results. It will reduce the injury risk of the athlete which has to participate in several items during the competition; it will reduce the length of the competition; and will increase spectator value.
- 2.3. Time allowed for a trial is 1 minute.
- 2.4. If two to three competitors continue the time remains 1 minute.
- 2.5. If only one competitor is left the time should be increased to 2 minutes.
- 2.6. For consecutive trials by the same athlete, the time is 2 minutes.
- 2.7. All measurements must be made from the nearer edge of the first mark in the ground by the implement, to the inner edge of the circle rim along a line drawn from the mark to the centre of the circle.

- 2.8. At the competition area and before the start of the item, each competitor may have practice trials, in draw order and always under supervision of the Judges.
- 2.9. Once the competition has begun competitors are not permitted to use implements for practice purposes.
- 2.10. The throw shall be made from the circle. The competitor shall commence the throw from a stationary position.
- 2.11. It shall be a foul throw if the competitors, after he/she has stepped into the circle and begun to make a throw, touches with any part of his/her body the ground outside the circle or the top of the iron band.
- 2.12. A competitor may interrupt a trial once started, may lay the implement down inside or outside the circle and may leave the circle. When leaving the circle he/she shall step out as in point 8, before starting again as in point 4 and within his/her time limit.
- 2.13. For a valid trial, the discus shall fall completely within the inner edges of the landing sector.
- 2.14. The competitor shall not leave the circle until the implement has touched the ground. When leaving the circle, the first contact with the iron band or the ground outside the circle shall be completely behind the white line drawn outside the circle.
- 2.15. The Chief Judge shall vary the distance against the national/provincial/competition record. In the case of a record, the measurement must be ratified by the Referee.
- 2.16. Note: If athlete use own equipment, the owner of the equipment is not under an obligation to make the equipment available to the other athletes in the competition, unless the organizing committee takes full responsibility to replace the equipment at their cost if the equipment is damaged during the competition.

HAMMER THROW

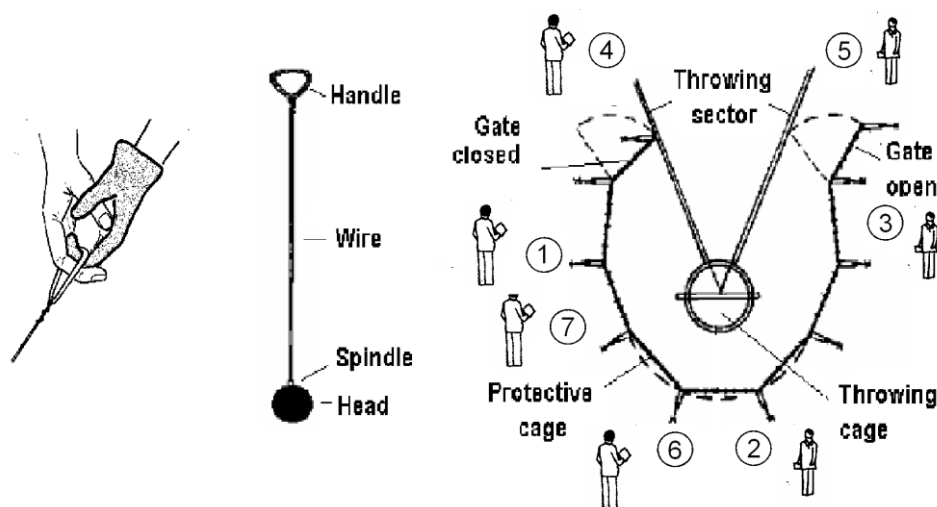
The following IAAF Rules regulate the duty of Officials doing duty at Hammer Throw – IAAF 187; 191,2-3;192

1. DUTIES OF OFFICIALS

A minimum of 6 Judges are required to judge effectively. The function and position of each Judge is:

- 1.1. Judge 1 (Chief Judge): Checks measurements and keeps record of each trial.
- 1.2. Judge 2 (Rear Circle Judge): Checks technique, monitors exit from the circle and pulls measuring tape through centre of circle.
- 1.3. Judge 3 (Front Circle Judge): Opens and closes relevant front panel, monitors overstepping from the circle during execution.
- 1.4. Judges 4 and 5: Sector judges with spike at zero end of tape, verify correct landing of implement.
- 1.5. Judge 6 (Call-up Judge): Calls up athletes according to order of draw, checks correctness of implement, keeps record of order of trials.
- 1.6. Judge 7 (Recorder): Records all decisions taken by Chief Judge.

Equipment For Chief Judge
Broom to sweep sector
Rag to clean sector and equipment
Carpet for athletes to clean feet
Performance board
Record flags x 2
Measuring tape x 100 m
Skewer for measuring tape
Stopwatch + batteries
Order of draw list
Programme/Items list
Entry ticket into competition area
Result cards
Black ball point pen
Clip board
Flag (white/red)



2. GENERAL RULES

- 2.1. **Recommendation:** In all inter-schools meetings (Primary and High School) up to National Level, attempts are limited to 3 trials only. The best out three trials will be used as the best result of each athlete.
- 2.2. **Note:** This deviation will not affect the credibility of results. It will reduce the injury risk of the athlete which has to participate in several items during the competition; it will reduce the length of the competition; and will increase spectator value.
- 2.3. Time allowed for a trial is 1 minute.
- 2.4. If two to three competitors continue the time remains 1 minute.
- 2.5. If only one competitor is left the time should be increased to 2 minutes.

- 2.6. For consecutive trials by the same athlete, the time is 2 minutes.
- 2.7. All measurements must be made from the nearer edge of the first mark in the ground by the implement, to the inner edge of the circle rim along a line drawn from the mark to the centre of the circle.
- 2.8. At the competition area and before the start of the item, each competitor may have practice trials, in draw order and always under supervision of the Judges.
- 2.9. Once the competition has started competitors are not permitted to use implements for practice purposes.
- 2.10. The throw shall be made from the circle.
- 2.11. The throw should start from a stationary position.
- 2.12. He is allowed to put the head of the hammer on the ground inside or outside the circle, prior to the preliminary swings or turns.
- 2.13. It shall not be considered a foul if the head of the hammer touches the ground, or the top of the iron band, when the competitor makes the preliminary swings or turns, but if, after having so touched the ground, or the top of the iron band, the competitor stops throwing so as to begin the throw again, this shall count as a failure.
- 2.14. It shall not be considered a failure if the head of the hammer touches the ground inside or outside the circle, or the top of the rim. The athlete may stop and begin the throw again, provided no other Rule has been breached.
- 2.15. If the hammer breaks during a throw or while in the air, it shall not count as a failure, provided the trial was otherwise made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a new trial.
- 2.16. It shall be a foul throw if the competitors, after he has stepped into the circle and begun to make a throw, touches with any part of his body the ground outside the circle or the top of the iron band.
- 2.17. For a valid trial, the hammerhead shall fall completely within the inner edges of the landing sector.
- 2.18. The competitor shall not leave the circle until the implement has touched the ground. When leaving the circle, the first contact with the iron band or the ground outside the circle shall be completely behind the white line drawn outside the circle.
- 2.19. The Chief Judge shall vary the distance against the national/provincial/competition record. In the case of a record, the measurement must be ratified by the Referee.
- 2.20. Note: If athlete use own equipment, the owner of the equipment is not under an obligation to make the equipment available to the other athletes in the competition, unless the organizing committee takes full responsibility to replace the equipment at their cost if the equipment is damaged during the competition.

3. ASSISTANCE

- 3.1. An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the item starts.
- 3.2. An athlete shall not use gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.
- 3.3. In order to obtain a better grip, an 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.

JAVELIN THROW

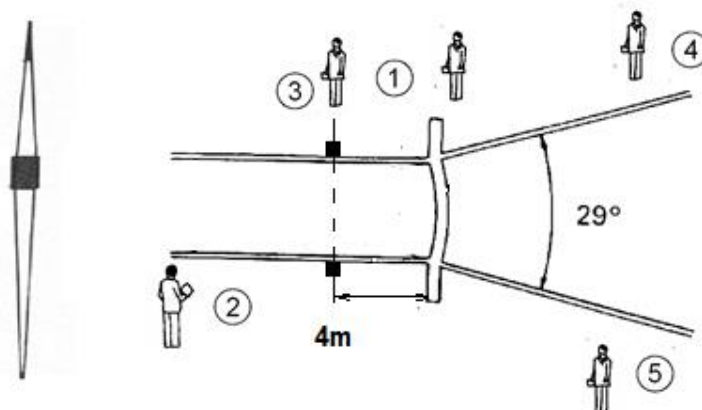
The following IAAF Rules regulate the duty of Officials doing duty at Javelin Throw – IAAF RULE 193; 187

1. DUTIES OF OFFICIALS

A minimum of 5 Judges are required to judge effectively. The function and position of each Judge is:

- 1.1. Judge 1 (Chief): Call-up, left of runway and arc, warning horn, time lapse, measure.
- 1.2. Judge 2: (Recorder) Right of runway and arc, checks measure, exit from runway. The Recorder records all decisions taken, or instructions given, by the Chief Judge. These notes must be accessible during and after the competition for reference.
- 1.3. Judge 3: Back of runway, tape through centre spot of circle (runway), implements.
- 1.4. Judge 4: Sector judge, spike, zero end of tape.
- 1.5. Judge 5: Sector judge, spike.

Equipment For Chief Judge
Rag to clean sector and equipment
Performance board
Record flags x 2
Measuring tape x 100 m
Skewer for tape
Markers/powder for athletes' run-up
Stopwatch + batteries
Order of draw list
Programme/Items list
Entry ticket into competition area
Result cards
Black ball point pen
Clip board
Flag (white/red)



2. GENERAL RULES

- 2.1. **Recommendation:** In all inter-schools meetings (Primary and High School) up to National Level, attempts are limited to 3 trials only. The best out three trials will be used as the best result of each athlete.
- 2.2. **Note:** This deviation will not affect the credibility of results. It will reduce the injury risk of the athlete which has to participate in several items during the competition; it will reduce the length of the competition; and will increase spectator value.
- 2.3. Time allowed for a trial is 1 minute.
- 2.4. If two to three competitors continue the time remains 1 minute.
- 2.5. If only one competitor is left the time should be increased to 2 minutes.
- 2.6. For consecutive trials by the same athlete, the time is 2 minutes.
- 2.7. At the competition area and before beginning the item, each competitor may have practice trials, in draw order and always under supervision of the judges.
- 2.8. Once the competition has started competitors are not permitted to use implements for practice purposes.
- 2.9. Valid throws:

- 2.9.1. The javelin shall be held at the grip, thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled; no non-orthodox styles are permitted.
- 2.9.2. For a valid trial the javelin must strike the ground with the tip of the metal head first before any other part of the javelin strikes the ground.
- 2.9.3. At no time during the throw, until the javelin has been discharged into the air, may the competitor turn completely around, so that his/her back is turned towards the throwing arc.
- 2.10. A competitor may not:
 - 2.10.1. Use a device of any kind that may assist him/her, e.g. the taping of two fingers, except to cover a cut or wound.
 - 2.10.2. Use gloves.
- 2.11. A competitor may:
 - 2.11.1. Use a substance on the hands only, for a better grip.
 - 2.11.2. Wear a belt to protect the spine from injury.
- 2.12. It shall be a foul if the competitor, after starting the throw, touches with any part of his/her body the lines demarking, or the ground outside the runway or improperly releases the javelin in making an attempt.
- 2.13. For a valid trial the tip of the javelin must fall completely within the inner edges of the landing sector.
- 2.14. Measurement of each throw shall be made immediately after the throw, from where the tip of the metal head first struck the ground to the inside edge of the arc of a long line from the point of landing to the centre of the circle of which the arc is a part.
- 2.15. It shall be a failure if the athlete leaves the circle or runway before the implement has touched the ground.
- 2.16. It shall be a failure if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines.
- 2.17. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc.
- 2.18. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
- 2.19. All measurements must be made from the nearer edge of the first mark in the ground by the implement, to the inner edge of the circle rim along a line drawn from the mark to the centre of the circle.
- 2.20. The Chief Judge shall vary the distance against the national/provincial/competition record. In the case of a record, the measurement must be ratified by the Referee.
- 2.21. Note: If athlete use own equipment, the owner of the equipment is not under an obligation to make the equipment available to the other athletes in the competition, unless the organizing committee takes full responsibility to replace the equipment at their cost if the equipment is damaged during the competition.

CHAPTER 5 : DOCUMENTATION USED TO RECORD ATHLETICS PERFORMANCES

1. It is the responsibility of the Technical Official to ensure that the decision taken during an athletics meeting is accurately and correctly recorded, in a standardized format that is understandable to everybody involved in athletics.
2. Once the results are recorded, it will be used by different people for different reasons during, and after the event. If the result of the event was recorded correctly and in a standardized format, it will speed up the process in which the results will be utilized by all the Officials involved in the sport.
3. The way in which the result of the event is recorded will affect the sport as follows:
 - 3.1. The Administrators can to distribute the results faster to all Officials that need the results
 - 3.2. The Coaches and Athletes can monitor their progress faster
 - 3.3. The Selectors will use the result to select representative teams
 - 3.4. The Statisticians will use the result to determine if a record is broken, if it is the best performance of the season, if it is the personal best performance of the athlete, etc.
 - 3.5. The Media will use the result to inform the public of the performance
 - 3.6. The Marketing Department will use the result to profile an athlete or the event.
4. Examples of documents that are used during the competition are:

(Must be submitted to the Competition Secretary directly after completion of the event)

MEETING:	<input type="text"/>	WORLD:	<input type="text"/>
VENUE:	<input type="text"/>	AFRICA:	<input type="text"/>
DATE:	<input type="text"/>	RSA:	<input type="text"/>
TIME:	<input type="text"/>	PROVINCIAL:	<input type="text"/>
EVENT:	<input type="text"/>	MEETING:	<input type="text"/>
EVENT NO:	<input type="text"/>	PAGE:	<input type="text"/>
		OF	<input type="text"/>
Heat:	<input type="text"/> of <input type="text"/>	Quarter-final:	<input type="text"/> of <input type="text"/>
		Semi-final:	<input type="text"/> of <input type="text"/>
		Final:	<input type="text"/> of <input type="text"/>

(TO BE USED WHEN LANE DRAWS ARE ALLOCATED PRIOR TO THE RACE)

[illegible]

(ONLY TO BE USED IN EVENTS WHERE PLACING IS DONE WITHOUT PRIOR LANE DRAWS – SEE ASA IAAF RULE 166)

[illegible]

Chief Track judge:		Chief Timekeeper:	
--------------------	--	-------------------	--

The event took place according to IAAF Rules.	Y	N	The winning performance was verified against that of the records listed above.	Y	N
The wind meter readings are recorded.	Y	N	The placing of the first 8 athletes is recorded correctly on the result sheet.	Y	N
The recorded time reflect an electronic time.	Y	N	The time of the first 8 athletes is recorded correctly on the result sheet.	Y	N
If any of the above questions are answered "NO", where the LOC and the athletes notified that the results are unofficial.				Y	N

Referee:		New record:		Time announced:	
----------	--	-------------	--	-----------------	--

Meeting Secretary: _____ Duplicating: _____ Announcer: _____ Television: _____ Radio: _____

Press: _____ **Selectors:** _____ **Team Managers:** _____ **Notice Board:** _____ **VIP Area:** _____

WIND METER READING FORM – TRACK EVENTS

(This wind meter readings statement must be attached to the relevant result sheet)

Meeting:		Venue:		Date:	
Event No.	Event	Age	Gender	+ or -	Wind meter Reading

Time started:	Time ended:
Name of judge:	Signature:

**TIME KEEPERS REPORT CARD FOR TRACK EVENTS
(TO BE SEND TO CHIEF PLACE JUDGE)**

MEETING DATE

NO. EVENT RECORD

AGE GENDER

Heat: of Quarter-final: of Semi-final: of Final: of

POS.	TIME 1 (Summary)	TIME 2 (Summary)	TIME 3 (Summary)
1			
2			
3			
4			
5			
6			
7			
8			

NAME OF CHIEF TIME KEEPER	<input type="text"/>	SIGNATURE	<input type="text"/>
---------------------------	----------------------	-----------	----------------------

**ELECTRONIC TIME KEEPERS REPORT CARD FOR TRACK EVENTS
(TO BE SEND TO CHIEF PLACE JUDGE)**

MEETING DATE

NO. EVENT RECORD

AGE GENDER

Heat: of Quarter-final: of Semi-final: of Final: of

Time 1	Time 2	Time 3	Time 4	Time 5	Time 6	Time 7	Time 8	Time 9	Time 10
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Time 11	Time 12	Time 13	Time 14	Time 15	Time 16	Time 17	Time 18	Time 19	Time 20
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Time 21	Time 22	Time 23	Time 24	Time 25	Time 26	Time 27	Time 28	Time 29	Time 30
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

NAME OF ELECTRONIC TIME KEEPER	<input type="text"/>	SIGNATURE	<input type="text"/>
--------------------------------	----------------------	-----------	----------------------

CHIEF TIMEKEEPER'S CARD

SUMMARY OF HAND TIMES TAKEN

(This Timekeepers summary must be submitted to the Competition Secretary at the end of the Competition for later cross references)

Meeting:	Venue:	Date:
Chief Timekeeper:	Signature:	

[illegible]

SUMMARY OF ELECTRONIC TIMES TAKEN

Meeting:	Venue:	Date:
Chief Timekeeper:	Signature:	

[illegible]

REFEREE: TRACK EVENTS - UMPIRE VIOLATION REPORT FORM – (RELAYS EXCLUDED)

Meeting:		Date:
NO.	INFRINGEMENT	
	Ran out of lane on the inside of the allocated lane (on the bend)	
	Ran out of allocated lane on a straight and hampered/ impeded another athlete	
	Finished the race outside the allocated lane.	
	Retired from the race	
	Obstruction to other teams or athletes – State number of athlete obstructed in detail below	
	Broke in before the break-line (800m – 10000m)	
	Trailed the leg below the horizontal plane of the top of the hurdle.	
	Did not go over the hurdle.	
	Did not go over or through the Steeple Chase Water Jump completely.	

[illegible]

REFEREE: TRACK EVENTS – RELAYS - UMPIRE VIOLATION REPORT FORM

Meeting:		Date:
NO.	INFRINGEMENT	
	Outgoing runner began run before Acceleration Zone	
	Received baton in the Acceleration Zone	
	Received the baton outside the Take Over Zone	
	Dropped the baton – Did not continue	
	Dropped baton - Not retrieved by athlete dropping it	
	Obstruction to other teams or athletes	
	Other infringement and further details:	

[illegible]

SUMMARY OF FINAL POSITION

Meeting:	Venue:	Lap Scoring Card no.:	of:
Chief Lap Scorer:		Signature:	

[illegible]

MANUAL TEAMS SCORE CARD - TRACK AND FIELD EVENTS

NO.	EVENT:	POINTS OF TEAM ↓						ACHIEVEMENT
NAME OF ATHLETE ↓	SYMBOL OF TEAM →							Rec.
SUB TOTAL:								

NO. EVENT:		POINTS OF TEAM ↓						ACHIEVEMENT
NAME OF ATHLETE ↓	SYMBOL OF TEAM →							Rec.
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
SUB TOTAL:								

NO. EVENT:		POINTS OF TEAM ↓						ACHIEVEMENT
NAME OF ATHLETE ↓ SYMBOL OF TEAM →								Rec.
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
SUB TOTAL:								

NO. EVENT:		POINTS OF TEAM ↓						ACHIEVEMENT
NAME OF ATHLETE ↓ SYMBOL OF TEAM →								Rec.
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
SUB TOTAL:								

TOTAL:							PAGE:
---------------	--	--	--	--	--	--	--------------

(Must be submitted to the Competition Secretary directly after completion of the event)

MEETING: **WORLD:**

VENUE: **AFRICA:**

DATE: TIME: ROSA:

EVENT: **PROVINCIAL:**

EVENT NO: PAGE: OF MEETING:

Heat: of Quarter-final: of Semi-final: of Final: of [illegible][illegible]

Chief Judge: **Time started** **Time ended**

The event took place according to IAAF / ASA IAAF Rules.	Y	N	The winning performance was verified against that of the records listed above.	Y	N
The wind meter readings are recorded.	Y	N	The placing of the first 8 athletes is recorded correctly on the result sheet.	Y	N
The wind meter reading sheet is attached.	Y	N	If any of the above questions are answered "NO", where the LOC and the athletes notified that the results are unofficial.	Y	N

Referee: New record: Time announced:

Meeting Secretary: _____ **Duplicating:** _____ **Announcer:** _____ **Television:** _____ **Radio:** _____

Press: _____ **Selectors:** _____ **Team Managers:** _____ **Notice Board:** _____ **VIP Area:** _____

WIND METER READING FORM – HORIZONTAL JUMPS

(This wind meter readings statement must be attached to the relevant result sheet.)

Meeting:	Venue:	Date:
-----------------	---------------	--------------

Heat: of Quarter-final: of Semi-final: of Final: of

NO.	COMPETITOR	Province/School	1	2	3

Time started:	Time ended:
Name of judge:	Signature:

(Must be submitted to the Competition Secretary directly after completion of the event)

(Must be submitted to the Competition Secretary directly after completion of the event)

Heat: of Quarter-final: of Semi-final: of Final: of [illegible][illegible]

The event took place according to IAAF / ASA IAAF Rules.	Y	N	The winning performance was verified against that of the records listed above.	Y	N
The implements used were the correct implements.	Y	N	The placing of the first 8 athletes is recorded correctly on the result sheet.	Y	N
The measuring equipment used was certified as correct.	Y	N	The performance of the first 8 athletes is recorded correctly on the result sheet.	Y	N
If any of the above questions are answered "NO", where the LOC and the athletes notified that the results are unofficial.				Y	N

Press: _____ **Selectors:** _____ **Team Managers:** _____ **Notice Board:** _____ **VIP Area:** _____

CHIEF WIND METER CARD - HORIZONTAL JUMPS

SUMMARY OF THE WIND METER READING OF THE BEST PERFORMANCE

(This wind meter readings summary must be submitted to the Competition Secretary at the end of the Competition for later cross references)

Meeting:		Venue:				Date:			
No.	Event	Wind meter reading of Athlete's best jump							
		1	2	3	4	5	6	7	8
Name of judge:				Signature:					

TIME KEEPERS REPORT CARD FOR NON TRACK EVENTS (Cross Country, Race Walking)
(This time readings statement must be attached to the relevant result sheet.)

NAME OF MEETING		RECORD	
-----------------	--	--------	--

AGE	GENDER	DATE
-----	--------	------

NUMBERS RANGING FROM TO PAGE OF

[illegible]

NAME OF CHIEF TIME KEEPER		SIGNATURE	
---------------------------	--	-----------	--

(Must be submitted to the Competition Secretary directly after completion of the event)

MEETING:

WORLD:	
---------------	--

VENUE: _____

AFRICA:

DATE: TIME:

RSA:

EVENT:

PROVINCIAL:

--

EVENT NO: PAGE: OF

MEETING:

--

[illegible]

Chief Judge:

Chief Timekeeper: _____

Is the gender of the athletes indicated	Y	N	The winning performance was verified against that of the records listed above.	Y	N
Is the age categories of athletes indicated	Y	N	The placing of the athletes is recorded correctly on the result sheet.	Y	N
If any of the above questions are answered "NO", where the LOC and the athletes notified that the results are unofficial.				Y	N

Referee: New record: Time announced:

COPIES OF THIS DOCUMENT TO 10 DESTINATIONS:

Meeting Secretary: _____ Duplicating: _____ Announcer: _____ Television: _____ Radio: _____

Press: _____ Selectors: _____ Team Managers: _____ Notice Board: _____ VIP Area: _____

CROSS COUNTRY TIME RECORDING CARD
This Time Recording Card must be attached to the relevant result sheet

NAME OF EVENT DATE OF EVENT

CURRENT RECORD NEW RECORD

AGE GENDER DATE

NUMBERS RANGING FROM TO PAGE OF

POS.	TIME
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

POS.	TIME
21.	
22.	
23.	
24.	
25.	
26.	
27.	
28.	
29.	
30.	
31.	
32.	
33.	
34.	
35.	
36.	
37.	
38.	
39.	
40.	

POS.	TIME
41.	
42.	
43.	
44.	
45.	
46.	
47.	
48.	
49.	
50.	
51.	
52.	
53.	
54.	
55.	
56.	
57.	
58.	
59.	
60.	

61.	
62.	
63.	
64.	
65.	
66.	
67.	
68.	
69.	
70.	
71.	
72.	
73.	
74.	
75.	
76.	
77.	
78.	
79.	
80.	

POS.	TIME
81.	
82.	
83.	
84.	
85.	
86.	
87.	
88.	
89.	
90.	
91.	
92.	
93.	
94.	
95.	
96.	
97.	
98.	
99.	
100.	

NAME OF CHIEF TIME KEEPER		SIGNATURE	
---------------------------	--	-----------	--

CROSS COUNTRY REGISTRATION FORM

Club/School: _____

REGION: _____

Registration fee: R5.00 per athlete

No.	Athlete	Date of Birth	ID Number or School Registration Card Number
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			

Total amount of athletes: _____

Amount due: _____

Team Manager: _____

Tel no: _____

Registrant: _____

MANUAL SYSTEM - POSITION CARD – CROSS COUNTRY

NUMBERS: _____ **TO** _____

Name tags to be placed in block according to position finished. Numbers reading from left to right

NAME OF EVENT: _____ **AGE CATEGORY:** _____ **GENDER:** _____

1	2
3	4
5	6
7	8
9	10

TEAM SCORE CARD CROSS - COUNTRY, RACE WALKING

NAME OF EVENT: _____ AGE CATEGORY: _____ GENDER: _____

Team	Points according to position						Total points	Position
	1	2	3	4	5	6		

NAME OF EVENT: _____ AGE CATEGORY: _____ GENDER: _____

Team	Points according to position						Total points	Position
	1	2	3	4	5	6		

NAME OF EVENT: _____ AGE CATEGORY: _____ GENDER: _____

Team	Points according to position						Total points	Position
	1	2	3	4	5	6		

NAME OF EVENT: _____ AGE CATEGORY: _____ GENDER: _____

Team	Points according to position						Total points	Position
	1	2	3	4	5	6		

NOTICE OF NEW RECORD SET

RECORD CERTIFICATE

Level: National/ Provincial/School

This is to certify that

Name of Athlete

set a new Record at

venue

Date

State Event

Age Category

Gender

Performance (time, distance, height)

Wind meter reading / weight of the implement

Signature of Chairperson

ASSIZE CERTIFICATE - SHOT

MEETING

Meeting: _____ Date of Meeting: _____

Item no: _____ Time of Item: _____

City: _____

ATHLETE

Athlete: _____

Province / Country: _____ Registration No: _____

Men: _____ Women: _____ Age group: _____

IMPLEMENT

SHOT

IAAF Rule 188.4 - 5

Name of Implement: _____

Construction Material: _____

Weight: _____ gr

Diameter: _____ mm

ASSIZER

ASA NO

DATE

ASSIZE CERTIFICATE – DISCUS

MEETING

Meeting: _____ Date of Meeting: _____

Item no: _____ Time of Item: _____

City: _____

ATHLETE

Athlete: _____

Province / Country: _____ Registration No: _____

Men: _____ Women: _____ Age group: _____

IMPLEMENT

DISCUS

IAAF Rule 189.1 - .2

Name of Implement: _____

Weight: _____ gr

Outside diameter of metal rim: _____ mm

Diameter of metal plate or flat centre area: _____ mm

Thickness of metal plate or flat centre area: _____ mm

Thickness of rim (6mm from edge): _____ mm

ASSIZER

ASA NO

DATE

ASSIZE CERTIFICATE - HAMMER

MEETING

Meeting: _____ Date of Meeting: _____

Item no: _____ Time of Item: _____

City: _____

ATHLETE

Athlete: _____

Province / Country: _____ Registration No: _____

Men: _____ Women: _____ Age group: _____

IMPLEMENT

HAMMER

IAAF Rule 191.4 - .9

Name of Implement: _____

Weight: _____ gr

Length of Hammer measured from inside of grip: _____ mm

Diameter of head: _____ mm

Thickness of wire: _____ mm

Length of Grip: _____ mm

Centre of gravity of head: Yes: ☐ No: ☐

ASSIZER

ASA NO

DATE

ASSIZE CERTIFICATE - JAVELIN

MEETING

Meeting: _____ Date of Meeting: _____

Item no: _____ Time of Item: _____

City: _____

ATHLETE

Athlete: _____

Province / Country: _____ Registration No: _____

Men: _____ Women: _____ Age group: _____

IMPLEMENT

JAVELIN

IAAF Rule 193.3 - 9

Name of Implement: _____ Weight: _____ gr

Lengths	Mm	Diameters	mm
Overall		In front of Grip	
Tip to Centre of Gravity		At rear of Grip	
Half from Tip to C of G		150mm from Tip	
Tail to Centre of Gravity		At rear of Head	
Half from Tail to C of G		Immediately behind Head	
Head		Half way Tip to C of G	
Grip		Over Grip	
		Half way Tail to C of G	
		150mm from Tail	
		At Tail	

ASSIZER

ASA NO

DATE

RACE WALKING JUDGE WARNING/DISQUALIFICATION SHEET
(This race tally sheet must be attached to the relevant result sheet)

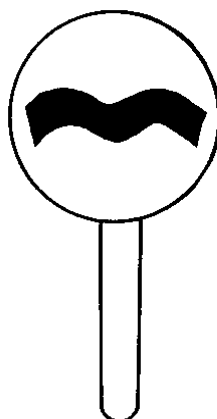
Venue:

Date:

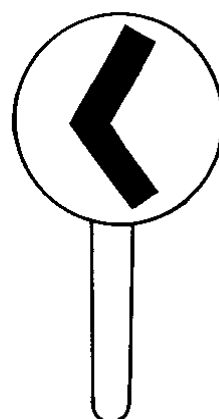
[illegible]

DO'S AND DON'TS OF RACE WALK JUDGING

1. If in doubt, give the benefit to the competitor.
2. If you form an opinion, act on it immediately.
3. When warning a competitor, make sure he / she sees your sign.
4. Do not judge from a moving vehicle.
5. If a competitor is disqualified today, do not pre-judge him for the next race.
6. You are in control of your section of judging territory, so make up your mind.
7. Avoid getting into conversation during the race with other judges to avoid influencing each other's opinion.
8. Do not convey to any competitor information as to the progress of the race.
9. Mark your card clearly when making a warning / disqualification, so there is no confusion when it is received by the Chief Judge or Recorder.
10. In track races judge from the outside of the track.
11. Do not let your judging intimidate the athlete. Always be more than 10m away from the athlete.
12. Do not follow or lead the athlete during judging. Stand still when the athlete is passing you.
13. Do not judge by lying down on the track or road.
14. Warning signs used during Race Walking Events



LOSS OF FOOT CONTACT



BENT KNEE

Signature: _____

CHIEF JURY OF APPEAL – RESULTS SUMMARY

(This summary must be submitted to the Competition Secretary at the end of the Competition for later cross references)

Meeting:		Venue:		Date:
No.	Event	Decision Taken		
		Appeal accepted	Appeal turned down	Time of decision
Name of Chief:		Signature:		

COMPETITION SECRETARY – SUMMARY OF NEW RECORDS SET

Meeting:		Venue:		Date:
No.	Event	Performance	Name of new record holder	Type of record
Name of Comp. Sec.:			Signature:	

PROTEST FORM

(TO APPEAL AGAINST A DECISION TAKEN DURING AN ATHLETICS MEETING)

Protest lodged by or on behalf of

Province:

Event No: Event:

According to the rule of this competition, all protests presented to the Referee must include a deposit of R200.00.

If the Protest fails, the money may not be returned.

I.A.A.F. rule(s) and or local competition rule(s) alleged to have been contravened

.....

Grounds for lodging protest

.....

.....

Signature: Date: Time:

Official Use Only

Time at which result was announced	Time at which protest was made to the Referee	Time Received

Jury's Decision:

.....

The fee will be: Returned Not Returned

Chairperson: Date: Time:



APPLICATION FOR A SOUTH AFRICAN RECORD

THIS FORM IS VALID FOR RATIFICATION ONLY IF COMPLETED AND SUBMITTED WITHIN 30 DAYS TO THE ASA OFFICE ATTENTION CEO.

PAGES 1,2 AND 3 MUST BE FILLED IN FOR TRACK EVENTS, ROAD RACES AND RACE WALKING.
PAGES 1, 4 MUST BE FILLED IN FOR FIELD EVENTS.

APPLICATION IS HEREBY MADE FOR A SOUTH AFRICAN RECORD, IN SUPPORT OF WHICH THE FOLLOWING INFORMATION IS SUBMITTED – (Please type or use block capitals)

Track event (State event e.g 100m)		Men / boys record	
Field event (State event e.g Shot Put)		Women / girls record	
Road running (State event e.g Marathon)		Senior record	
Race walking (State event e.g 20km)		Sub-senior record	
Outdoor record (Name of track)		Junior record	
Indoor record (Name of track)		Youth record	

Record claimed (State performance) Previous record (State performance)

Full name of competitor
(For relay events, the full names of all team members are required, in order of running)

Competitor's Province Date of Meeting Time of Event

Town where stadium is situated Name of country

RESULT OF COMPETITION

The names of the first three competitors were as follows: -	Performance
1.	
2.	
3.	

RECOMMENDATION BY ASA DELEGATE

The undersigned hereby certifies that it is satisfied with the accuracy of this application and recommends it for acceptance:

Name: Signature: Date:

ASA APPROVAL

The undersigned hereby certifies that it is satisfied with the accuracy of this application and recommends it for acceptance:

Name: Signature: Date:

THE FOLLOWING MUST BE ENCLOSED WITH ALL APPLICATIONS

1. The printed programme of the meeting,
2. The complete results of the event,
3. The Photo Finish photograph in the case of a track record where fully automatic time-keeping was in operation,
4. A copy of the Results Card and the official results,
5. A photograph of the athlete and press cuttings, if available.
6. A copy of the athlete's birth certificate or similar official document which confirms the athlete's date of birth.
7. Additional information desired for historical purposes:

A videotape of the record (format VHS)

Weather conditions Intermediate times

Brand of track Type of track

Condition of track

CERTIFICATION OF PERFORMANCE IN TRACK EVENT, ROAD RACE OR RACE WALK

STARTER

I hereby do certify that the start of the race was in accordance with IAAF / ASA Rules.

Name: Signature: Date:

CHIEF PHOTO-FINISH JUDGE

I hereby do certify that a fully automatic electrical timing device was used.

The official time recorded was

Name: Signature: Date:

TIMEKEEPERS – HAND TIMING

I, the undersigned official timekeeper of the event mentioned on this form, do hereby certify that the time set opposite my signature was exact time recorded by my watch and that the watch used by me has been certified and approved by ASA.

Time Name Signature.....

Time Name Signature.....

Time Name Signature.....

CHIEF TIMEKEEPER

I, the undersigned official timekeeper of the event mentioned on this form, do hereby certify that the time set opposite my signature was exact time recorded by my watch and that the watch used by me has been certified and approved by ASA.

Name: Signature: Date:

WIND GAUGE OPERATOR

I hereby do certify that a calibrated wind gauge was used.

The official wind speed in the direction of running was recorded as

Name: Signature: Date:

RACE WALKING REFEREE

I certify that I was the Chief Judge of Walking for the above event and that the competitor concerned complied with the definition of walking. I, the undersigned, certify that:

1. The above information is correct, accurate
2. The appropriate rules of ASA/IAAF were complied with.
3. Sufficient qualified officials, according to the rules were in attendance at the event.

Name: Signature: Date:

WALKING CHIEF JUDGE CERTIFICATE

I certify that I was the Chief Judge of Walking for the above event and that the competitor concerned complied with the definition of walking.

Name: Signature: Date:

TRACK / ROAD / RACE WALKING: QUALIFIED SURVEYOR

I hereby certify that I have measured the course over which this event was held and were in conformity with IAAF Rules.

Qualification of Surveyor:

Name: Signature: Date:

DOPING CONTROL

I, a member of the Doping Committee for the Meeting, certify that a sample for a doping test was obtained in accordance with IAAF rules from the above mentioned athlete in my presence and despatched to the following laboratory: -

Date and Time of doping control

Laboratory

Name: Signature: Date:

(NOTE: For relays, samples must be obtained from ALL members of the team)

GUARANTEE BY REFEREE

I hereby certify that the information recorded on this form is accurate, that the officials conducting the Meeting were duly qualified and the appropriate IAAF / ASA Rules of Competition were complied with.

Name: Signature: Date:

CERTIFICATION OF PERFORMANCE IN FIELD EVENT

EQUIPMENT OFFICER

I hereby do certify that the Shot / Discus / Hammer / Javelin used in the record claimed has been examined by me after the performance and conforms exactly with the relevant IAAF Rule. I further certify that the implement used was manufactured by:		
.....	Model:
Certification no: which is freely available worldwide.		
Name:	Signature:	Date:

FIELD JUDGES

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with IAAF Rules. We also certify that the circle or runway complied with IAAF specifications.		
Distance or height:	Name:	Signature:
Distance or height:	Name:	Signature:
Distance or height:	Name:	Signature:

DOPING CONTROL

I, a member of the Doping Committee for the Meeting, certify that a sample for a doping test was obtained in accordance with IAAF rules from the above mentioned athlete in my presence and despatched to the following laboratory: -		
Date and Time of doping control		
Laboratory		
Name:	Signature:	Date:
(NOTE: For relays, samples must be obtained from ALL members of the team)		

WIND GAUGE OPERATOR (LONG JUMP AND TRIPPLE JUMP ONLY)

I hereby do certify that a calibrated wind gauge was used.		
The official wind speed in the direction of running was recorded as		
Name:	Signature:	Date:

GUARANTEE BY REFEREE

I hereby certify that the information recorded on this form is accurate, that the officials conducting the Meeting were duly qualified and the appropriate IAAF / ASA Rules of Competition were complied with.		
Name:	Signature:	Date:

LAP SCORER'S CARD
(TO BE SEND TO CHIEF PLACE JUDGE)

Meeting:	Venue:	Lap Scoring Card no.:	of:
Event no.	Event	Lap scorer:	

800m: Start lap scoring from start (2 laps)	Notes: i. Write down time of each lap – do not tick – it will lead to wrong lap counting ii. Scratch out blocks that will not be used before the race start to avoid athletes running extra laps. iii. Each lap scorer must be dedicated to scoring the laps of only the 5 athletes allocated to him/her. iv. When an athlete did not complete the competition, the laps not completed, must be scratched out to avoid confusion later.
1000m: Lap 1 will be 200m long (200m + 2 laps)	
1200m: Start lap scoring from start (3 laps)	
1500m: Lap 1 will be 300m long (300m + 3 laps)	
1600m (mile): Start lap scoring from start (4 laps)	
2000m: Start lap scoring from start (5 laps)	
3000m: Lap 1 will be 200m long (200m + 7 laps)	
5000m: Lap 1 will be 200m long (200m + 12 laps)	
10000m: Start lap scoring from start (25 laps)	

Name/number of athlete	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

CHAPTER 6 : TECHNICAL STANDARDS

2017 TECHNICAL STANDARDS FOR TRACK EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION TABLE OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	60 m	80 m	100 m	150 m	200 m	400 m	800 m	1 200 m	1 500 m	3 000 m	5 000 m	10 000 m
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X		X	X	X		X		X	X
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)			X		X	X	X		X		X	X
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)			X		X	X	X		X	X		
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)			X		X	X	X		X	X		
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)			X		X	X	X		X	X		
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)			X		X	X	X		X	X		
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)			X		X		X		X			
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)			X	X				X				
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)		X	X					X				
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)		X	X					X				
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	X	X										
Sub Primary Youth Boys: 8 Years (Disparity Rule 7, 8 Years)	X	X										
Sub Primary Youth Boys: 7 Years (Disparity Rule 6, 7 Years)	X	X										
Sub Primary Youth Boys: 6 Years (Disparity Rule 5, 6 Years)	X	X										
Veteran to Grand Master: 30 to 80+			X		X	X	X		X		X	X

AGE CATEGORIES	60 m	80 m	100 m	150 m	200 m	400 m	800 m	1 200 m	1 500 m	3 000 m	5 000 m	10 000 m
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X		X	X	X		X		X	X
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)			X		X	X	X		X	X	X	X
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)			X		X	X	X		X	X		
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)			X		X	X	X		X	X		
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)			X		X	X	X		X	X		
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)			X		X	X	X		X	X		
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)			X		X		X		X			
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)			X	X				X				
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)		X	X					X				
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)		X	X					X				
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	X	X										
Sub Primary Youth Girls: 8 Years (Disparity Rule 7, 8 Years)	X	X										
Sub Primary Youth Girls: 7 Years (Disparity Rule 6, 7 Years)	X	X										
Sub Primary Youth Girls: 6 Years (Disparity Rule 5, 6 Years)	X	X										
Veteran to Grand Master: 30 to 60+			X		X	X	X		X		X	X

2017 TECHNICAL STANDARDS FOR TRACK RELAY EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION TABLE OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	4 x 50m	4 x 100m	4 x 200m	4 x 400m	4 x 800m	4 x 1 500m	Mixed Gender Relay 4 x 400m (men start)	Standard Medley Relay Race 100m, 200m, 300m, 400m	Mile Medley Relay Race 800m, 400m, 200m, 100m, 100m	2 000 m Medley Relay Race 800m, 400m, 2 x 200m, 4 x 100m
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)		X	X	X	X	X		X	X	X
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)		X	X	X	X	X		X	X	X
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)		X	X	X	X	X	X	X	X	X
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)		X						X		
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)		X	X					X	X	X
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)		X						X		
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)		X						X		
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)		X								
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)		X								
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)		X								
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	X									
Veteran to Grand Master: 30 – 60+		X		X						

AGE CATEGORIES	4 x 50m	4 x 100m	4 x 200m	4 x 400m	4 x 800m	4 x 1 500m	Mixed Gender Relay 4 x 400m (men start)	Standard Medley Relay Race 100m, 200m, 300m, 400m	Mile Medley Relay Race 800m, 400m, 200m, 100m, 100m	2 000 m Medley Relay Race 800m, 400m, 2 x 200m, 4 x 100m
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)		X	X	X	X	X		X	X	X
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)		X	X	X	X	X		X	X	X
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)		X	X	X	X	X	X	X	X	X
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)		X						X		
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)		X	X					X	X	X
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)		X						X		
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)		X						X		
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)		X								
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)		X								
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)		X								
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	X									
Veteran to Grand Master: 30 – 60+		X		X						

2017 TECHNICAL STANDARDS FOR STEEPLE CHASE EVENTS ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	1 500m STEEPLECHASE (Height: 76,2cm)	2 000m STEEPLECHASE (Height: 76,2cm)	3 000m STEEPLECHASE (Height: 91,4cm)
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)			X
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)		X	
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)		X	
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)	X		
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)			
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)			
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)			
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)			
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)			
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)			
Veteran and Master: 30 – 59			X
Grand Master: 60 +		X	

AGE CATEGORIES	1 500m STEEPLECHASE (Height: 76,2cm)	2 000m STEEPLECHASE (Height: 76,2cm)	3 000m STEEPLECHASE (Height: 76,2cm)
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)			X
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)		X	
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)		X	
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)	X		
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)			
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)			
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)			
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)			
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)			
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)			
Veteran to Grand Master: 3 - 60+		X	

2017 TECHNICAL STANDARDS FOR RACE WALKING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS (TRACK AND ROAD)

PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	1 500 m RACE WALK	3 000 m RACE WALK	5 000 m RACE WALK	10000m RACE WALK	20 km RACE WALK	30 km RACE WALK	50 km RACE WALK
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)					X		X
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)				X			
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)				X			
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)				X			
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)			X				
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)		X					
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	X						
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	X						
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)							
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)							
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)							
Veteran to Grand Master: 30 to 60+				X	X	X	X

AGE CATEGORIES	1 500 m RACE WALK	3 000 m RACE WALK	5 000 m RACE WALK	10000m RACE WALK	20 km RACE WALK	30 km RACE WALK	50 km RACE WALK
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)					X		
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)				X			
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)			X				
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)			X				
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)			X				
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)		X					
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	X						
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	X						
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)							
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)							
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)							
Veteran to Grand Master: 30 to 60+				X	X		

2017 TECHNICAL STANDARDS FOR SHORT HURDLE RACES ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS

AGE CATEGORIES	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	110	106,7	13,72	9,14	14,02	10
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)	110	99,5	13,72	9,14	14,02	10
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)	110	91,4	13,72	9,14	14,02	10
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)	110	84	13,72	9,14	14,02	10
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)	100	84	13	8,5	10,5	10
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)	100	84	13	8,5	10,5	10
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	80	76,2	12	8	12	8
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	75	76,2	11	7,5	11,5	8
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)	70	68	10	7	11	8
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)	70	68	10	7	11	8
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)						
Sub – Veteran: 30 – 39 Veteran: 40 - 49	110	99,5	13,72	9,14	14,02	10
Master: 50 - 59	100	91,4	13	8,50	10,50	10
Grand Master: 60 - 69	100	84	16	8	12	10
Grand Master: 70 - 79	80	76,2	12	7	19	8
80+	80	68,6	12	7	19	8

AGE CATEGORIES	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	100	84,0	13	8,5	10,5	10
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)	100	84,0	13	8,5	10,5	10
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)	100	76,2	13	8,5	10,5	10
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)	100	76,2	13	8,5	10,5	10
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)	90	76,2	13	8	13	9
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)	90	76,2	13	8	13	9
Primary Youth Girls: 13 Years (Disparity Rule 11, 12, 13 Years)	75	76,2	11	7,5	11,5	8
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	75	68	11	7,5	11,5	8
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)	70	68	10	7	11	8
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)	70	68	10	7	11	8
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)						
Sub - Veteran: 30 – 39	100	84,	13	8,5	10,5	10
Veteran: 40 - 49	80	76,2	12	8	12	10
Master: 50 – 59	80	76,2	12	7	19	8
Grand Master: 60+	80	68,6	12	7	19	8

2017 TECHNICAL STANDARDS FOR LONG HURDLE RACES ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS

AGE CATEGORIES	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	400	91,4	45	35	40	10
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)	400	91,4	45	35	40	10
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)	400	84	45	35	40	10
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)	400	84	45	35	40	10
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)	300	84	50	35	40	7
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)	300	84	13	8,5	10,5	10
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	200	68	16	19	13	10
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	150	68	23	19	13	7
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)						
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)						
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)						
Sub – Veteran: 30 – 39 Veteran: 40 - 49	400	91,4	45	35	40	10
Master: 50 - 59	400	84	45	35	40	10
Grand Master: 60 - 69	300	76,2	50	35	40	7
Grand Master: 70 - 79	300	68,6	50	35	40	7

AGE CATEGORIES	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	400	76,2	45	35	40	10
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)	400	76,2	45	35	40	10
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)	400	76,2	45	35	40	10
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)	400	76,2	45	35	40	10
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)	300	76,2	50	35	40	7
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)	300	76,2	50	35	40	7
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	200	68	16	19	13	10
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	150	68	23	19	13	7
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)						
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)						
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)						
Sub - Veteran: 30 – 39	400	76,2	45	35	40	10
Veteran: 40 - 49	300	76,2	50	35	40	7
Master: 50 – 59	300	68,6	50	35	40	7

2017 TECHNICAL STANDARDS FOR JUMPING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

LONG JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	Prov. Qualifying Distance For Finals In Brackets
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (7,00 m)
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)	X (7,60 m)
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)	X (6,20 m)
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)	X
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)	X (5,80)
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)	X
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	X (5,40)
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	
Veteran to Grand Master: 30 to 60+	X

TRIPLE JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	Prov. Qualifying Distance For Finals In Brackets		
	9m	11m	13m
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)			X (14,60m)
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)			X (13,80m)
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)		X (12,60m)	
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)		X	
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)	X (*)		
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)			
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)			
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)			
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)			
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)			
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)			
Veteran to Grand Master: 30 to 60+		X	

LONG JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	Prov. Qualifying Distance For Finals In Brackets
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (5,40 m)
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)	X (5,20 m)
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)	X (5,00 m)
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)	
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)	X (4,60)
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)	
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	X (4,20)
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	
Veteran to Grand Master: 30 to 60+	X

TRIPLE JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	Prov. Qualifying Distance For Finals In Brackets		
	9m	11m	13m
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)		X (12,60m)	
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)	X (*)	X (11,10m)	
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)	X (10,10m)		
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)			
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)			
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)			
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)			
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)			
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)			
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)			
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)			
Veteran to Grand Master: 30 to 60+	X		

(*) SA + PROVINCIAL HIGH SCHOOLS CHAMPS ONLY

2017 TECHNICAL STANDARDS FOR JUMPING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

HIGH JUMP PROGRESSION OF AGE GROUPS

AGE CATEGORIES	STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS
INCREMENTS FOR HIGH JUMP MEN AND WOMEN: 1st two rises 5 cm then 3 cm rises. The Referee may vary these increments	
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (1,90 M)
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)	X (1,75 M)
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)	X (1,65 M)
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)	X
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)	X (1,45)
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)	X
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	X (1,35)
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	
Veteran to Grand Master: 30 to 60+	X

AGE CATEGORIES	STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS
INCREMENTS FOR HIGH JUMP MEN AND WOMEN: 1st two rises 5 cm then 3 cm rises. The Referee may vary these increments	
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (1,45 m)
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)	X (1,35 m)
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)	X (1,35 m)
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)	X
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)	X (1,15)
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)	X
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	X (1,20)
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	X
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)	X
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)	X
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	
Veteran to Grand Master: 30 to 60+	X

POLE VAULT PROGRESSION OF AGE GROUPS

AGE CATEGORIES	STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS
INCREMENTS FOR POLE VAULT MEN AND WOMEN: 10 cm until last two competitors, then 5 cm rises	
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (4,50 M)
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)	X (3,70 M)
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)	X (3,20m)
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)	X
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)	X (2,70)
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)	X
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	X (1,70)
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)	
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)	
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)	
Veteran to Grand Master: 30 to 60+	X

AGE CATEGORIES	STARTING HEIGHT AT PROVINCIAL EVENTS IN BRACKETS
INCREMENTS FOR POLE VAULT MEN AND WOMEN: 10 cm until last two competitors, then 5 cm rises	
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X (3,00 m)
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)	X (3,00m)
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)	X (2,40m)
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)	X
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)	X (1,70)
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)	X
Primary Youth Girls: 13 Years (Disparity Rule 11, 12, 13 Years)	X (1,50)
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)	
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)	
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)	
Veteran to Grand Master: 30 to 60+	X

2017 TECHNICAL STANDARDS FOR THROWING EVENTS ACCORDING TO THE VARIOUS AGE GROUPS
PROGRESSION OF WEIGHTS AND AGE GROUPS

AGE CATEGORIES	SHOT PUT	HAMMER THROW	DISCUS THROW	JAVELIN THROW
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	7.26kg - Painted red	7.26kg - Painted red	2 kg - Painted red	800 g - No colour specification
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)	6 kg - Painted blue	6 kg - Painted blue	1.75 kg - Painted blue	800 g - No colour specification
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)	5 kg - Painted green	5 kg - Painted green	1.5 kg - Painted green	700 g - No colour specification
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)	5 kg - Painted green	5 kg - Painted green	1.5 kg - Painted green	700 g - No colour specification
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)	4 kg - Painted yellow	4 kg - Painted yellow	1 kg - Painted yellow	600 g - No colour specification
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)	4 kg - Painted yellow	4 kg - Painted yellow	1 kg - Painted yellow	600 g - No colour specification
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)	4 kg - Painted yellow		1 kg - Painted yellow	600 g - No colour specification
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)	3 kg - Painted orange		0.75 kg - Painted white	500 g - No colour specification
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)	2 kg - Painted white			
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)	2 kg - Painted white			
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)				
Veteran: 30 – 49	7.26kg - Painted red	7.26kg - Painted red	2 kg - Painted red	800 g - No colour specification
Master: 50 – 59	6 kg - Painted blue	6 kg - Painted blue	1.5 kg - Painted green	700 g - No colour specification
Grand Master: 60 – 69	5 kg - Painted green	5 kg - Painted green	1 kg - Painted yellow	600 g - No colour specification
Grand Master: 70 – 79	4 kg - Painted yellow	4 kg - Painted yellow	1 kg - Painted yellow	500 g - No colour specification
80+	4 kg - Painted yellow	4 kg - Painted yellow	1 kg - Painted yellow	400 g - No colour specification

AGE CATEGORIES	SHOT PUT	HAMMER THROW	DISCUS THROW	JAVELIN THROW
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	4 kg - Painted yellow	4 kg - Painted yellow	1 kg - Painted yellow	600 g - No colour specification
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)	4 kg - Painted yellow	4 kg - Painted yellow	1 kg - Painted yellow	600 g - No colour specification
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)	3 kg - Painted orange	3 kg - Painted orange	1 kg - Painted yellow	500 g - No colour specification
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)	3 kg - Painted orange	3 kg - Painted orange	1 kg - Painted yellow	500 g - No colour specification
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)	3 kg - Painted orange	3 kg - Painted orange	1 kg - Painted yellow	500 g - No colour specification
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)	3 kg - Painted orange	3 kg - Painted orange	1 kg - Painted yellow	500 g - No colour specification
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)	3 kg - Painted orange		0.75 kg - Painted white	500 g - No colour specification
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)	3 kg - Painted orange		0.75 kg - Painted white	500 g - No colour specification
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)	2 kg - Painted white			
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)	2 kg - Painted white			
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)				
Veteran: 30 – 49	4 kg - Painted yellow	4 kg - Painted yellow	1 kg - Painted yellow	600 g - No colour specification
Master: 50 - 59	3 kg - Painted orange	3 kg - Painted orange	1 kg - Painted yellow	500 g - No colour specification
Grand Master: 60+	3 kg - Painted orange	3 kg - Painted orange	1 kg - Painted yellow	400 g - No colour specification

2017 TECHNICAL STANDARDS FOR COMBINED EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF AGE GROUPS AND EVENTS

AGE CATEGORIES	DECATHLON Day 1: 100m, LJ, SP (7,26kg), HJ, 400m, Day 2: 110mH (1,06m), DT(2kg), PV, JT (800gm), 1500m	DECATHLON Day 1: 100m, LJ, SP (6kg), HJ, 400m, Day 2: 110mH (99.0m), DT(1,75kg), PV, JT (800gm), 1500m	DECATHLON Day 1: 100m, LJ, SP (5kg), HJ, 400m, Day 2: 110mH (91.4m), DT(1,50kg), PV, JT (700gm) 1500m	PENTATHLON Day 1: 100mH (84cm), HJ, SP (4kg), LJ, 800m	PENTATHLON Day 1: 80mH (76,2 cm), LJ, HJ, SP (3kg), 800m
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X				
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)		X			
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)			X		
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)			X		
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)				X	
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)				X	
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)					X

AGE CATEGORIES	HEPTATHLON Day 1: 100mH (84 cm), HJ, SP (4kg), 200m Day 2: LJ, JT (600gm), 800m	HEPTATHLON Day 1: 100mH (76,2 cm), HJ, SP (3kg), 200m Day 2: LJ, JT (500gm), 800m	PENTATHLON Day 1: 90mH (76,2 cm), HJ, SP (3kg), LJ, 800m	PENTATHLON Day 1: 80mH (76,2 cm), LJ, HJ, SP (2kg), 800m
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)	X			
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)	X			
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)		X		
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)		X		
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)			X	
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)			X	
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)				X

2017 TECHNICAL STANDARDS FOR ROAD RACES ACCORDING TO THE VARIOUS AGE GROUPS

ROAD RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	5 km ROAD RACE	10 km ROAD RACE	15 km ROAD RACE	20 km+ ROAD RACE	30 km+ ROAD RACE	40km+ ROAD RACE
Minimum age of participation for men and women	9 years and older	15 years and older	15 years and older	16 years and older	19 years and older	20 years and older

ROAD RELAY RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	15KM ROAD RELAY	21.1km RELAY	MARATHON RELAY
Athletes per team	5	4	6
Distances per athlete	5 X 3 km	5 km; 5 km; 5 km; 6.1 km	5km; 10 km; 5 km; 10km; 5km; 7.195km
Minimum age of participation for men and women	9 years and older	9 years and older	15 years and older

CUT-OFF TIMES OF ROAD RACES BASED ON THE STARTING TIME OF THE MEN'S RACE (NOT APPLICABLE FOR RELAYS)

RACE DISTANCE	CLUB RACES		PROVINCIAL RACES	
	½ WAY MARK	FULL DISTANCE	½ WAY MARK	FULL DISTANCE
Up to 15 km	No cut of time	No cut of time	No cut of time	No cut of time
20 km +	2 hours	4 hours	1½ hours	3 hours
30 km +	2½ hours	5 hours	2 hours	4 hours
Marathon	3 hours	6 hours	2½ hours	5 hours
Ultra-Marathon	1 hour/10km	1½ hours/10km	1 hour/10km	1½ hours/10km

Staggered starts based on gender				
DISTANCE	MEN	WOMEN	JUNIORS	MASTERS
Up to 15 km	0	5 minutes before men's race	5 minutes before men's race	5 minutes before men's race
20 km	0	10 minutes before men's race	10 minutes before men's race	10 minutes before men's race
30 km	0	15 minutes before men's race	Not allowed to compete over this distance	15 minutes before men's race
40 km	0	15 minutes before men's race	Not allowed to compete over this distance	15 minutes before men's race

Staggered starts based on distances	
DISTANCE	TIME DIFFERENCE
42.195 km	Official starting time
Fun runs (6km or shorter)	15 minutes after official start
15 km or shorter	20 minutes after official start
20 km or shorter	30 minutes after official start

START OF PRIZE GIVINGS AND OTHER CEREMONIAL DUTIES BASED ON FINISHING TIME OF MEN'S RUNNING EVENT

RACE DISTANCE	PROVINCIAL RACES (Running Events + Walking Events)	CLUB RACES (Running Events + Walking Events)
Up to 15 km	1 hour after the winner finished the race	1½ hour after the winner finished the race
20 km+	2 hours after the winner finished the race	2½ hours after the winner finished the race
Marathon – 42.195 km	3 hours after the winner finished the race	4 hours after the winner finished the race

2017 TECHNICAL STANDARDS FOR CROSS COUNTRY RACES ACCORDING TO THE VARIOUS AGE GROUPS

PROGRESSION OF DISTANCES AND AGE GROUPS

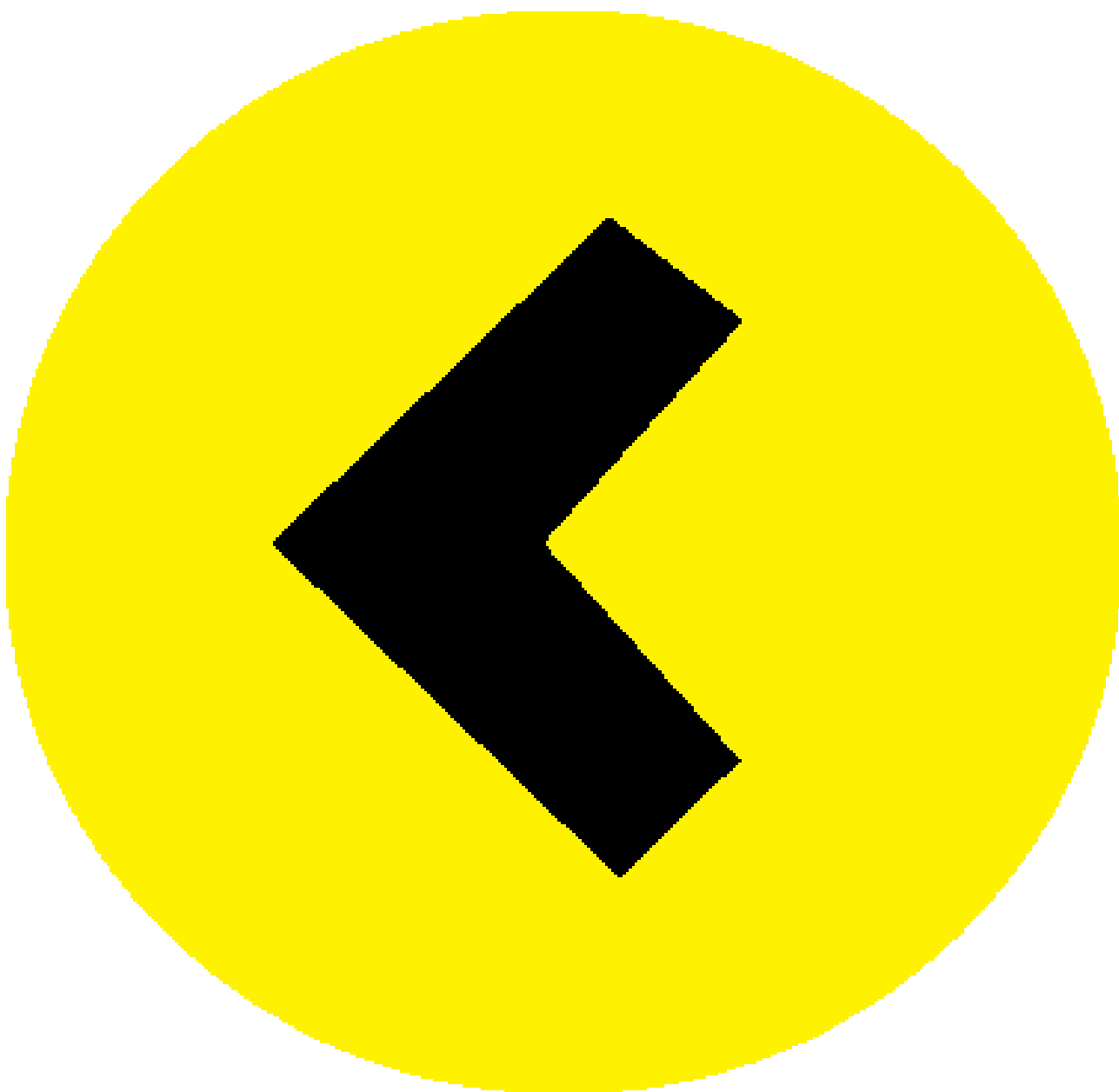
AGE CATEGORIES	1 km	2 km	3 km	4 km	5 km	6 km	8 km	10km	12 km
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)				X				X	
Senior Men 21 Years				X					
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)							X		
Youth Boys: 17 Years (Disparity Rule 15, 16, 17 Years)						X			
Sub-Youth Boys: 16 Years (Disparity Rule 14, 15, 16 Years)						X			
Sub-Youth Boys: 15 Years (Disparity Rule 13, 14, 15 Years)				X					
Sub-Youth Boys: 14 Years (Disparity Rule 12, 13, 14 Years)				X					
Primary Youth Boys: 13 Years (Disparity Rule 12, 13 Years)				X					
Primary Youth Boys: 12 Years (Disparity Rule 11, 12 Years)			X						
Sub Primary Youth Boys: 11 Years (Disparity Rule 10, 11 Years)			X						
Sub Primary Youth Boys: 10 Years (Disparity Rule 9, 10 Years)		X							
Sub Primary Youth Boys: 9 Years (Disparity Rule 8, 9 Years)		X							
Sub Primary Youth Boys: 8 Years (Disparity Rule 7, 8 Years)	X								
Masters: 35 – 39							X		
Masters: 40 – 44, 45 – 49, 50 – 54, 55 – 59							X		
Masters: 60 – 64, 65 – 69, 70+						X			

AGE CATEGORIES	1 km	2 km	3 km	4 km	5 km	6 km	8 km	10km	12 km
Senior Women: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)				X				X	
Senior Women 21 Years				X					
Junior Women: 19 Years (Disparity Rule 17, 18, 19 Years)						X			
Youth Girls: 17 Years (Disparity Rule 15, 16, 17 Years)				X					
Sub-Youth Girls: 16 Years (Disparity Rule 14, 15, 16 Years)				X					
Sub-Youth Girls: 15 Years (Disparity Rule 13, 14, 15 Years)				X					
Sub-Youth Girls: 14 Years (Disparity Rule 12, 13, 14 Years)				X					
Primary Youth Girls: 13 Years (Disparity Rule 12, 13 Years)			X						
Primary Youth Girls: 12 Years (Disparity Rule 11, 12 Years)			X						
Sub Primary Youth Girls: 11 Years (Disparity Rule 10, 11 Years)			X						
Sub Primary Youth Girls: 10 Years (Disparity Rule 9, 10 Years)		X							
Sub Primary Youth Girls: 9 Years (Disparity Rule 8, 9 Years)		X							
Sub Primary Youth Girls: 8 Years (Disparity Rule 7, 8 Years)	X								
Masters: 30 – 34, : 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70+				X					



**LOSS FOOT
CONTACT**

RACE WALK



BENT KNEE

RACE WALK

WARNING

NOT ATHLETE ERROR

DISQUALIFY



NATIONAL LOTTERIES COMMISSION

LOTTO FUNDED

Technical Standards for Master Athletes are contained in CHAPTER 3 : SECTION XI : Rule 35 : Master Athletics

Technical Standards for Schools are contained in CHAPTER 3 : SECTION XII : Rule 36 : Schools Athletics

This is an official publication of Athletics South Africa

Head Office

Office Hours: 08h30-16h30, Monday to Thursday. Fridays 08:30-15h30

☎ (+27) 11 880 5800

☎ (+27) 11 442 3091

Physical Address

Athletics House
No. 3, 11th Avenue
Houghton Estate
Johannesburg 2198

Postal Address

P O Box 2712
Houghton Estate
2041

www.athletics.org.za