



ATHLETICS SOUTH AFRICA (ASA) RULES and REGULATIONS 2015

(In force as from 1 January 2015)



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FOREWORD

Athletics South Africa (ASA) a disciplined member of the IAAF will implement all IAAF Rules in ASA National Championships and National and Provincial meetings.

The following shall be stated in all announcements, advertisements, programs and printed matter: "This meeting takes place under the rules of the IAAF and ASA".

Where there is a conflict between an ASA rule and an IAAF rule, the IAAF rule will take precedence.

These rules and regulations are added to the IAAF Competition Rules for implementation in South Africa only. The following rules and regulations and acts will apply and must be read in conjunction with each other.

The latest versions of:

1. IAAF Competition Rules
2. Regulations governing advertising and promotional displays at competitions held under IAAF Rules
3. The ASA Constitution
4. ASA Rules and Regulations
5. The IPC Athletics Rules and Regulations
6. The Safety at Sports and Recreational Events Act, 2 of 2010 and its Regulations
7. The Occupational Health and Safety Act, 85 of 1993 and its Regulations

INTRODUCTION

The ASA Competition Rules are only applicable in South Africa for athletics meetings held under ASA Rule 1(a) – 1(d)

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

Rule 1: Competitions at which the Rules shall apply

[Refer IAAF Rule 1]

1. At the following ASA Meetings the ASA Athletics Rules and Regulations shall apply: -
 - (a) SA National Championships
 - (b) Provincial and inter-provincial competitions
 - (c) District, zone and regional competitions
 - (d) Competitions between two or more clubs, schools, tertiary institutions, associate members and /or forces.
2. The Athletics South Africa athlete licensing system will apply at all athletics meetings held in South Africa.
3. All meetings 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.

Rule 2: Payments / Prizes at Meetings

[Refer IAAF Rule 6]

1. At Provincial Championships and other meetings organised by the Provincial Athletics bodies, the host Provincial Athletics Body will legislate the prize money to be awarded at the meetings.
2. In a meeting 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.
3. Equal prize money will be awarded to men and women
4. Only South African citizens and people with permanent residence permits are eligible for team prizes.
5. Organisers of Road and Cross Country meetings must provide awards for all 10-year age categories (35-39 ; 40-49 ; 50-59 ; 60-69 ; 70+) before introducing awards in 5-year age categories. All National and Provincial Athletics Championships may provide recognition in 5-year age categories from 35 years upwards.
6. Meeting organisers shall not be allowed to withhold any award earned by an athlete if that athlete is not present at the award ceremony. Arrangements shall be made through the provincial office to forward the award to the athlete.

7. Athletes may be required to provide proof of age before receiving age category prizes. If this cannot be done on the day of the meeting, the athlete will have 7 days to provide proof to the provincial office. Prize money should be forwarded to the provincial office where it will be kept until proof of age is supplied.

Rule 3: Advertising and Displays during Competition

[Refer IAAF Rule 8]

1. In Meetings as stipulated in rule 1(a) to 1(d), where the meeting is sponsored, the personal sponsors of athletes and clubs participating in the meetings must adhere to the IAAF Rule 8 and the applicable ASA Rules and Regulations on clothing and advertising.
2. The design of the club kit must adhere to the relevant requirements of the IAAF Regulations and ASA Rule 14.

Rule 4: Entry Forms

1. Entry forms for all meetings 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.
2. If the section for the information required in 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.
3. In a case where an ASA affiliated club signs a foreign athlete as a member of the club without adhering to the requirements of IAAF Rule 4.3, and the club or the athlete accepts a team prize, 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. Entry forms for all meetings must indicate that foreign athletes should strictly observe IAAF Rule 4.2. Foreign athletes, particularly those who hope to win any prize, should be informed that in order for them to take part in the meeting, they may require written approval (a permit) from their own federations.
5. All foreign athletes, particularly those who hope to win any prize, should hand over their permits (as per IAAF Rule 4.2) to the meeting organisers any time before the meeting takes place.
6. All foreign athletes who violate IAAF Rule 4.2 or who do not produce permits on demand will not be eligible to win any prize.

7. Meeting organisers reserve the right to stop any foreign athlete who does not hold a permit required under IAAF Rule 4, from taking part in their meetings.

CHAPTER 2: ELIGIBILITY

[IAAF Chapter 2]

Rule 5: Restriction of Competition to Eligible Athletes

[Refer IAAF Rule 21]

PARTICIPATION

1. Athletes' representatives 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.
2. No club, committee or any other party may enter an athlete in any athletics meeting 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.
3. Meeting 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.
4. Meeting 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. Meeting organisers may require participants to produce a certificate from a registered medical practitioner, certifying that the participant is fit to participate in the meeting.
6. Wheelchair competitors may only participate if the organisers make special provision for them and in the case of meetings 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.
7. The following documents will be accepted as proof of age: -
 - (a) A South African ID Document
 - (b) Passport
 - (c) Birth Certificate (since 1994)
 - (d) Driver's license
 - (e) Refugee Permit

8. 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.
9. Clubs are responsible for ensuring that only eligible athletes are licensed and allowed to participate in their club colours. Clubs are required to keep copies of documentation proving the eligibility of their licensed members.
10. Clubs registering foreign athletes as licensed athletes in their clubs must provide ASA, through the Provincial office, of a list of these athletes.
11. Foreign athletes must adhere to IAAF Rule 4.3 before joining a club in South Africa. Copies of the written approvals from their country of origin must form part of the registration documents at the club and province.
12. Meeting organisers may not accept an entry from any athlete suspended by his club, province or ASA. Should an entry already have been accepted prior to such suspension, the entry shall automatically become invalid.

The Domicilium Rule

For the purpose of this rule, Domicile shall be deemed to mean the place where an athlete is ordinarily resident.

13. A club shall only be a member of an ASA province wherein the club's offices are located.
14. An athlete shall only represent the ASA province wherein he/she is domicile.
15. 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.
16. 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.
17. No athlete may relocate from one province to another without being in possession of a written clearance certificate from his/her former province entitling him/her to compete in the new province. Failure to obtain such a clearance certificate shall render the athlete ineligible to compete in the new province.

CHAPTER 3: TECHNICAL RULES

[Refer IAAF Chapter 5]

Rule 6: General

[Refer IAAF Rule 100]

All Competitions, as defined in ASA Rule 1.1, shall be held under the IAAF Rules and the Rules of ASA and this shall be stated in all announcements, advertisements, programs and printed material.

SECTION I: OFFICIALS

[Refer IAAF Chapter 5 Section 1]

Rule 7: Technical Delegates

[Refer IAAF Rule 112]

1. ASA shall appoint a Technical Delegate to all National Championships and other National meetings, including all meetings held by associate members.
2. Athletics Provinces shall appoint a Technical Delegate to all Provincial Championships, and all meetings held by clubs and associate members in the province.
3. In Road Running and Cross Country meetings one of the appointed referees may also act as Technical Delegate.
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.

Rule 8: Medical Delegates

[Refer IAAF Rule 113]

1. A Medical Delegate, who must be a qualified medical doctor, must be appointed for all athletics meetings held in South Africa. The Local Organising Committee (LOC) of the meeting must appoint the Medical Delegate. At National Meetings, ASA will appoint the Medical Delegate.
2. The Medical Delegate must ensure that appropriate medical facilities and personnel are provided at the meeting.
3. Medical facilities and personnel shall be in accordance with any relevant local authority legislation, but as a minimum shall consist of a basic life support paramedic with appropriate equipment. A medical doctor and ambulance must be on standby during meetings and must be available on short notice.

4. Medical personnel may not compete in any meeting when they are on duty.

Rule 9: Jury of Appeal

[Refer IAAF Rule 119]

1. A Jury of Appeal, consisting of 3 or 5 Technical Officials, shall be appointed before any meeting or at the meeting from Technical Officials appointed/available at the meeting.
2. Preferably only IAAF qualified technical officials may serve on the Jury of Appeal, if not available ASA Level 2 qualified technical officials may be appointed.
3. Any appeal against the results of an event, must be made to the organisers, who will then call upon the Jury of Appeal to open an inquiry into the circumstances leading to the appeal.
4. The referee may be required to be present during any hearing of the Jury of Appeal.

Rule 10: Officials of the Competition

[Refer IAAF Rule 120]

1. The basic clothing for Technical Officials in South Africa is black/dark blue full length pants or black/dark blue skirt, with either;
 - (a) the sponsors golf shirt, or
 - (b) the National Technical Official golf shirt, or
 - (c) the Provincial Technical Official golf shirt, or
 - (d) a plain white golf shirt.
 - (e) No T-shirts or denim jeans will be allowed
2. All officials must display their current ASA or Provincial Technical Officials Cards.
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".
4. Additional clothing (white or sponsored top) may be worn over the standard clothing where the weather dictates.

SECTION II: GENERAL COMPETITION RULES

[Refer IAAF Chapter 5 – Section II]

Rule 11: New Meetings

1. All new meetings in the Provinces (i.e. meetings not in the provincial calendars as approved by ASA), must be submitted to ASA for formal sanctioning. This applies to all athletics meetings (road running, track and field, cross country and race walking). ASA reserves the right not to sanction any meeting where the details of the meeting are not submitted to ASA for approval at least three (3) months before the preferred date of the meeting.

Rule 12: Age Groups

[Refer IAAF Rule 141]

1. 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 or relay leg	<=5 km	5> =10 km	10> =15 km	15 >=21,1 km	21,1> =32 km	32> =42,2km	42,2km>
Recognised IAAF distance	5km	10km	15km	21,1km	30km	42,2km	Ultra
Minimum age on the day of competition	9 years	14 years	15 years	16 years	19 years	20 years	20 years

AGE GROUPS

Category	Discipline	Actual Age
Senior	RR	20 years and older on 31 st December in the year of competition up to 39 years old on the day of competition
Senior	TF	16 years and older on 31 st December in the year of competition
Junior	RR	19 years and younger on 31 st December in the year of competition
Junior	TF & CX	18 or 19 years on 31 st December in the year of competition
Youth	TF	16 or 17 years on 31 st December in the year of competition
Sub-Youth	TF	14 or 15 years on 31 st December in the year of competition
Open	RR	All athletes of the same gender irrespective of their age
Masters	All	Any athlete who has reached his/her 35 th birthday. All matters concerning Masters' competitions will be regulated by The South African Masters Association (SAMA)

Any age groups and age categories, as determined by the technical regulations for that specific competition/championship may be allowed by ASA on approval by the Presidium.

2. Athletes may not compete in more than one age category during the same meeting unless there is no corresponding event within the age group they initially select to compete.
3. In meetings 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).
4. Age category athletes may enter either their chronological age category or any age category younger than their chronological age down to senior level.
5. Age category athletes may not compete simultaneously in more than one individual or team category in the same meeting, and must declare at time of entry which category they are competing in.
6. If there is only one prize it shall be termed "OPEN" and all athletes shall be eligible regardless of their individual age category.
7. When team prizes are offered in more than one age category, the OPEN classification shall NOT be used and all teams must refer to a specific age group, e.g. Junior, Senior, Masters 40-49 etc. If no Junior team category is offered, juniors shall count towards the Senior team competition.
8. 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+.
9. If team prizes are offered in more than one age category, athletes will be eligible only for the team competition corresponding to the individual age category entered for and the age category tags displayed.
10. 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.
11. The official numerical age category tag must be clearly displayed on the front and back of the running top, for the duration of the event (not covered by rain jackets etc.). Athletes that fail to display their age category tags will be considered for the Open and Senior prizes only.
12. In the event where an athlete's age category tags do not match the category entered on the entry form, the athlete shall be excluded from all age category prizes and will only qualify for the Open prizes, unless it is proven that the error has been caused by the organizers, in which case the athlete will count for the prizes according to their age category tags.

13. The size of the lettering on all age category tags must be a minimum of 6cm and a maximum of 8cm in height and must be worn visibly above the Licence/Race bib on the upper body clothing, back and front. The lettering shall be red on a white background.

Rule 13: Entries

[Refer to IAAF Rule 142]

1. All athletes competing at a South African Championships must be authorised and entered by their Provincial athletics bodies. 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.
2. All athletes, from the age of 13, participating in a meeting 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 body, or must display temporary license bibs.
3. Any athlete selected for a National or Provincial team, who is not available, for whatever reason, to compete for that team, will not be permitted to participate in any other athletic competition within 8 days on either side of the date of the competition. The Board of ASA or the Board of the Province may waive this rule under exceptional circumstances.
4. Any registered athlete that consciously participating in any athletics meeting not sanctioned by ASA in terms of Rule 11, and is aware of it, may forfeit his/her license.
5. Organisers of meetings 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.

Rule 14: Clothing, Shoes and Number Bibs

[Refer to IAAF Rule 143]

Definitions:

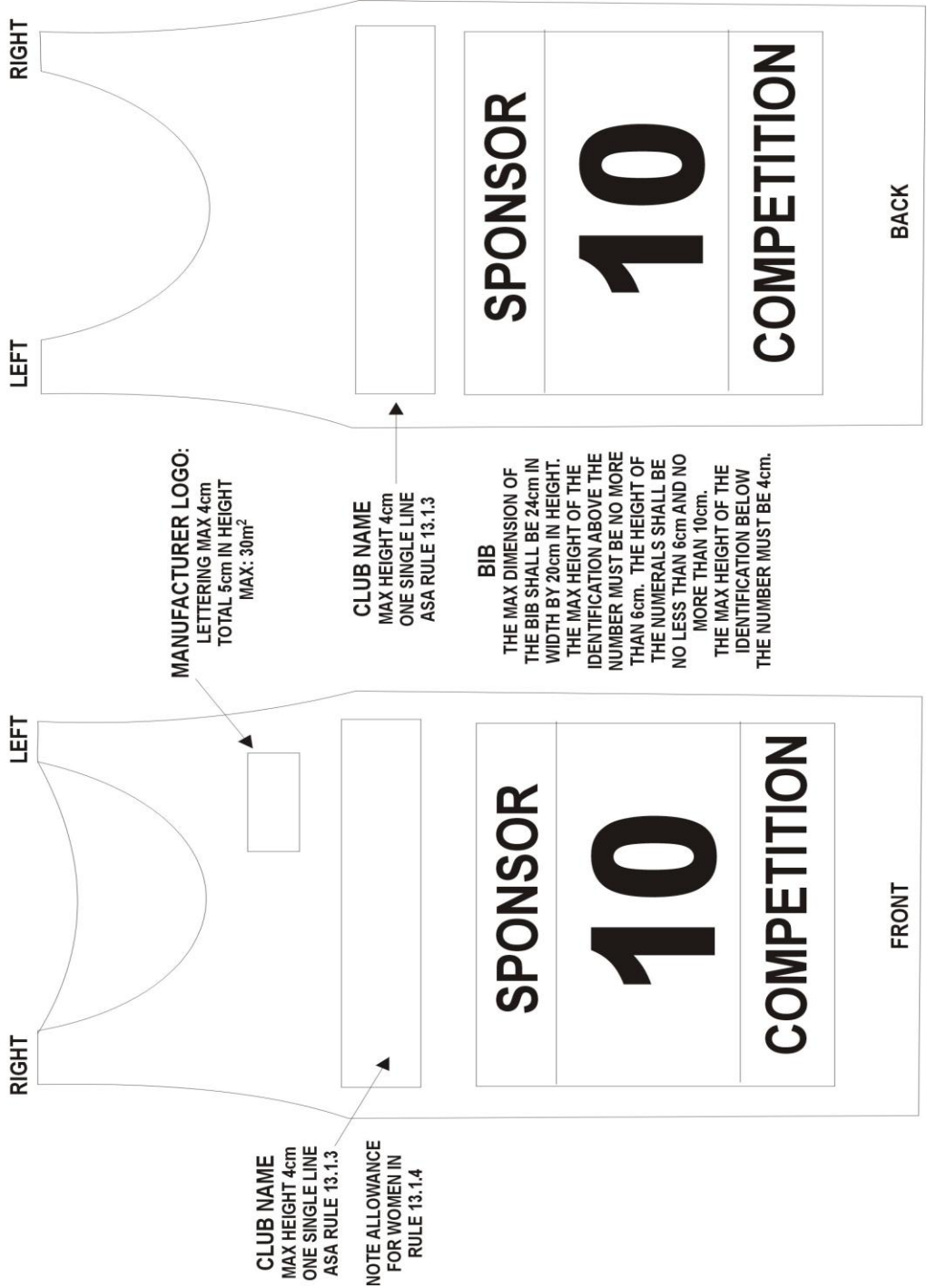
Bibs are the competition bibs that may be issued by a race organiser for a particular meeting, by special permission from ASA.

Licenses are the ASA registration licenses issued through the Provincial Athletics Bodies to club members.

14.1 Clothing

1. Club colours are optional and not compulsory for licensed athletes participating in competitions as specified in rule 1(b) and 1(c). 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 club colours.
2. Athletes/Clubs with personal sponsorships and sponsored teams to National, Provincial and permit meetings, must adhere to IAAF Advertising Regulations and the relevant amendments thereof by the ASA rules.
3. Clubs affiliated to an ASA provincial athletics body may include a title sponsor in the name of the club. The club name, including the club badge or logo and sponsor's name, 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 may be an overall maximum height of 4cm, regardless of whether the name is written as one or more lines.
4. In addition, if not included in the club name as described in 14.1.3 above, the Club Name, or Club Sponsor or Club Logo of athlete's personal sponsor 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.
5. In the case of women wearing a top where the licence number prevents the club name being displayed on the upper body garment, the club name may be displayed once only (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.
6. Clubs must register their kit with their Provincial Athletics body. Where a manufacturer's logo is displayed it must be in accordance with the rules. No change of club kit or manufacturer's logo, displayed on any garment in the club kit, will be acceptable unless the kit is re-registered with the Provincial Athletics body.
7. No advertising may be worn by athletes not wearing club colours as well as athletes competing in temporary licence bibs.
8. Any form of unauthorised marketing will not be allowed at any meeting sanctioned by ASA.

**ASA CLUB VEST
FOR COMPETITIONS UNDER ASA RULE 1(a) (b) (c)**



14.2 ASA License Bibs (Licences)

1. Licenses expire on 31 December each year.
2. Licenses are issued by ASA through the Provincial Athletics Bodies.
3. 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 issuing the licence in any team competition. Alternatively the athlete must be registered and licensed by a club in the province of their new domicile.
4. 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.
5. Where a Photo Finish System is in operation, athletes may be required to wear additional number identification of an adhesive type on the side of their shorts. These number stickers must be matt with black letters on a white background. The sticker must be a minimum of 10cm high with the lettering a minimum of 8cm high.

14.3 Licences and Special Number Bibs

1. Meeting organisers wishing to provide one or two special number bibs must request permission from ASA through their Provincial Athletics body.
2. Where meeting organisers require a special number bib to be worn, the athlete must comply.
3. Neither the special number bib nor an athlete's licence numbers are under any circumstances transferable.
4. Where special number bibs (race numbers) are provided by the meeting organiser it must be worn and it may cover the ASA license numbers. When only one special number bib is provided it must be worn on the front and the ASA licence number/temporary licence number must be displayed on the back of the upper body clothing.

14.4 Temporary Licences

To enable unlicensed athletes to compete in sanctioned meetings and to cater for licensed athletes who left their licence numbers at home, temporary licences may be issued subject to the following conditions: -

1. Temporary licenses are only valid for the meeting for which they were issued.
2. If two special number bibs are issued, unlicensed athletes must still pay for the temporary licence numbers, but need not display them.

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 only one temporary license number is issued it must be worn on the front of the upper body clothing, except for pole vault and high jump, where only one may be displayed, either on the front or on the back of the upper body clothing.
4. Provinces/Organisers must provide the necessary administration and facilities to enter temporary licensed athletes.
5. The host province in whose area the meeting takes place may levy an additional fee over and above the entry fee when issuing temporary licenses.
6. Athletes taking out temporary licenses must sign an indemnity accepting the conditions of the meeting organisers and the rules of ASA.
7. Athletes with temporary licenses must adhere to the advertising rules of the IAAF and ASA.
8. A temporary license may not be issued to an ineligible athlete without the approval of ASA.
9. Holders of temporary licenses will be eligible for prizes but may only 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.
10. Holders of temporary licenses may compete in the team competition provided they are wearing club colours.

Rule 15: Protests and Appeals

[Refer to IAAF Rule 146]

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 protest is not upheld.

SECTION III: TRACK EVENTS

[Refer IAAF Chapter 5: SECTION III]

Rule 16: Starting Blocks

[Refer to IAAF Rule 161]

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

SECTION IV: FIELD EVENTS

[Refer IAAF Chapter 5: SECTION IV]

Rule 17: General Conditions

[Refer to IAAF Rule 180]

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.
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.

SECTION V: COMBINED EVENTS COMPETITIONS

[Refer IAAF Chapter 5, SECTION V]

Rule 18: Combined Events Competitions

[Refer to IAAF Rule 200]

1. The IAAF Combined Event Scoring Table will be used to score Combined events for the Senior, Junior and Youth age categories

SECTION VII: RACE WALKING EVENTS

[Refer IAAF Chapter 5, SECTION VII]

Rule 19: Race Walking

[Refer to IAAF Rule 230]

19.1 General

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.
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.

19.2 The Course

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.
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 meetings, must be lodged with ASA at least 7 days prior to the meeting.
3. The certification and storing of course certificates will be undertaken in accordance with ASA document “Measurement and Certification of Road Races”.
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]

Rule 20: Road Races

[Refer to IAAF Rule 240]

20.1 The Course

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.
2. 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.
3. The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".
4. ASA reserves the right to order an independent measurement of any course by a recognised course measurer.
5. Any course starting and finishing above 1000m above sea level will be considered an altitude course.
6. A street mile will be considered a road race with the minimum age to compete being 9 years old.

20.2 Refreshment Stations and Seconding

1. Meeting 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.
2. Where permitted in race rules, seconds or team officials may assist athletes only at designated refreshment stations by handing them refreshments and water. Seconding is not allowed outside the designated refreshment stations, and seconds/officials shall not, under any circumstances, run beside an athlete while he/she is taking refreshment of water. The stand and hand rule shall apply.
3. Seconding may not be conducted directly from a vehicle (including two-wheeled) whether stationary or moving.

4. Where race organisers impose a restriction on personal seconding, they must provide refreshment stations at least at 3km kilometre intervals throughout the race.

20.3 Physical assistance

1. Pacing (non-competitive running), defined as someone running alongside another competitor to help him/her is not allowed. To avoid pacing in Road Running Meetings 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.
2. The following is also considered as pacing and is not permitted: -
 - (a) A pace setter that is not a bona fide entrant in the race
 - (b) An athlete that is about to be lapped, running with athletes in leading laps
 - (c) Athletes that re-join the race after having temporarily retired
 - (d) Athletes that do not start with the other athletes
 - (e) 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.

20.4 Safety

1. Runners are not permitted to run with animals.
2. Any road race held on local authority roads must have the approval of the relevant local authorities. Organisers of a meeting must recognise their responsibilities in ensuring the safety of participants, spectators, officials and other road users and are encouraged to undertake formal risk management appraisal of all aspects of their meeting to minimise the risk of any incident.
3. Where meeting 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.
4. Where the organiser and the traffic authority allow a competitive wheelchair event they must commence in a staggered start prior to the start of the able-bodied race.
5. Disabled or blind runners who require to be accompanied may only make use of guides who have officially entered the meeting.
6. For the safety of the athletes and to ensure proper communication between officials and athletes, the use of video or cassette recorders, CD players, radio transmitters, I-pods, mobile phones or similar devices are not allowed during a road race.

20.5 Calculation of Team positions

1. In team competitions the following rules will be applied to calculate the team positions: -
 - (a) The team size must be stated in the competition manual or meeting flyer. Team sizes must be equal for men and women.
 - (b) 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.
2. In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

20.6 Fun-Runs

1. The distance of Fun Runs may not exceed 5 km.
2. 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.
3. Fun Runs will only be sanctioned by ASA or the Provincial Body provided they are held under the auspices of an affiliated club.
4. 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.

20.7 Road Relays

1. Road relays must be organised under the direct auspices of provinces. The province has the sole right to appoint an LOC, and through this LOC take complete responsibility of the meeting.

SECTION IX: CROSS COUNTRY

[Refer IAAF Chapter 5, SECTION IX]

Rule 21: Cross-Country

[Refer to IAAF Rule 250]

21.1 Course

1. Wherever practical, and for all National, Provincial, Inter-provincial and prestige cross country meetings, 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.
2. The course measurement reports and certificates for all National Cross Country Championships, Provincial Cross Country championships, Inter-provincial and ASA Permit races, must be lodged with ASA prior to the meeting.
3. The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".

21.2 Calculation of Team positions

1. In team competitions the following rules will be applied to calculating the team positions:
 - a) The team size will be stated in the competition manual or meeting flyer. Team sizes will be equal for men and women.
 - b) Competitors competing as individuals may be removed from the finishing list when calculating the team prize.
 - c) 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. Athletes in other categories may be removed so as not to impact in finishing positions.
2. 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 the tie.

SECTION X: RECORDS

[Refer IAAF Chapter 5, SECTION X]

Rule 22: South African Records

[Refer to IAAF Rule 260]

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.

1. Only the Presidium of ASA are authorised to recognise National Records.
2. Only the Presidium of a Provincial Athletics Body is authorised to recognise a Provincial record.
3. ASA will supply the official South African record certificates for presentation to the National Record Holders.

THIS DOCUMENT HAS BEEN PREPARED
BY THE ATHLETICS SOUTH AFRICA
NATIONAL TECHNICAL OFFICIALS COMMITTEE



ATHLETICS SOUTH AFRICA (ASA)

TECHNICAL STANDARDS

2015

ATHLETICS SOUTH AFRICA TECHNICAL STANDARDS

AGE RESTRICTIONS IN ACCORDANCE WITH THE RULES

SENIOR EVENTS: (Track & Field)

To be able to compete in a Senior Track & Field competition, an athlete must be 16 years or older on 31st December in the year of the competition and as indicated in the specific Competition Rules. The following exceptions are applicable:

- 20km Race Walk and longer,
- The marathon road race and longer,

In these events an athletes must be 20 years or older on the day of competition.

JUNIOR EVENTS: (Track & Field)

To be able to compete in a Junior Track & Field event, an athlete must be 18 or 19 years on 31st December in the year of the competition.

YOUTH EVENTS: (Track & Field)

To be able to compete in a Youth Track & Field event, an athlete must be 16 or 17 years on 31st December in the year of the competition.

SUB - YOUTH EVENTS: (Track & Field)

To be able to compete in a Sub-Youth Track & Field event, an athlete must be 14 or 15 years on 31st December in the year of the competition.

PRIMARY SUB-YOUTH EVENTS: (6 - 13 years) (Track & Field)

To be able to compete in a Primary Sub-Youth Track & Field event, an athlete must be 6 years up to 13 years on 31st December in the year of the competition.

JUNIOR EVENTS: (Road Running)

To be able to compete as a Junior in a Road Running event, an athlete must be under the age of 20 on 31st December in the year of the competition.

IMPLEMENTS COLOUR CODING

Colour coding is not a fixed rule as each manufacturer has its own colours, therefore the mentioned colour coding can be done only for easy identification.

SHOTS and HAMMERS:

7,26kg	Red
6kg	Blue
5kg	Green
4kg	Yellow
3kg	Orange
2kg	White

DISCUSSES:

2kg	Red
1,75kg	Blue
1,5kg	Green
1kg	Yellow
0,75kg	White

TECHNICAL STANDARDS FOR TRACK EVENTS AND RACE WALKING ACCORDING TO THE VARIOUS AGE GROUPS

AGE CATEGORY	SUB-YOUTH (14 & 15 Years)		YOUTH (16 & 17 Years)		JUNIOR (18 & 19 Years)		SENIOR (16 years and older)	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
100m	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓	✓
3000m	✓	✓	✓	✓	x	✓	x	x
5000m	x	x	x	x	✓	✓	✓	✓
10000m	x	x	x	x	✓	x	✓	✓
90mH	x	✓ (76,2 cm)	x	x	x	x	x	x
100m H	✓ (83,8 cm)	x	x	✓ (76,2 cm)	x	✓ (83,8 cm)	x	✓ (83,8 cm)
110m H	x	x	✓ (91,4 cm)	x	✓ (99,1 cm)	x	✓ (106,7 cm)	x
300m H	✓ (83,8cm)	✓ (76,2 cm)	x	x	x	x	x	x
400m H	x	x	✓ (83,8cm)	✓ (76,2 cm)	✓ (91,4 cm)	✓ (76,2 cm)	✓ (91,4 cm)	✓ (76,2 cm)
1500m SC	✓ (76,2 cm)	x	x	x	x	x	x	x
2000m SC	x	x	✓ (91,4 cm)	✓ (76,2 cm)	x	x	x	x
3000m SC	x	x	x	x	✓ (91,4 cm)	✓ (76,2 cm)	✓ (91,4 cm)	✓ (76,2 cm)
4 x 100m Relay	✓	✓	✓	✓	✓	✓	✓	✓
4 x 200m Relay	✓	✓	✓	✓	✓	✓	✓	✓
4 x 400m Relay	x	x	x	x	✓	✓	✓	✓
4 x 800m Relay	x	x	x	x	✓	✓	✓	✓
4 x 1500m Relay	x	x	x	x	✓	✓	✓	✓
Standard Medley Relay	✓	✓	✓	✓	x	x	x	x
5000m Race Walk	✓	✓	x	✓	x	x	x	x
10000m Race Walk	x	x	✓	x	✓	✓	x	x
20 km Race Walk	x	x	x	x	x	x	✓	✓
50 km Race Walk	x	x	x	x	x	x	✓	x

TECHNICAL STANDARDS FOR PRIMARY SUB-YOUTH (SCHOOLS) TRACK EVENTS AND RACE WALKING ACCORDING TO THE VARIOUS AGE GROUPS

AGE CATEGORY	14 YEARS		13 YEARS		12 YEARS		11 YEARS		10 YEARS		9 YEARS		8 YEARS		7 YEARS		6 YEARS	
EVENTS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
60m	X	X	X	X	X	X	X	X	X	X	✓	✓	✓	✓	✓	✓	✓	✓
80m	X	X	X	X	X	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X
150m	X	X	X	X	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
200m	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400m	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
800m	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1200m	X	X	X	X	✓	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X
1500m	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3000m	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
70m H	X	X	X	X	X	X	✓ (68,0 cm)	✓ (68,0 cm)	✓ (68,0 cm)	✓ (68,0 cm)	X	X	X	X	X	X	X	X
75m H	X	X	X	✓ (76,2 cm)	✓ (76,2 cm)	✓ (68,0 cm)	X	X	X	X	X	X	X	X	X	X	X	X
80m H	X	✓ (76,2 cm)	✓ (76,2 cm)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
90m H	✓ (76,2 cm)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
150m H	X	X	X	X	✓ (68,0 cm)	✓ (68,0 cm)	X	X	X	X	X	X	X	X	X	X	X	X
200m H	✓ (76,2 cm)	✓ (68,0 cm)	✓ (68,0 cm)	✓ (68,0 cm)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4 X 50m Relay	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4 x100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X
Medley Relay	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1500m Race Walking	X	X	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X
3000m Race Walking	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

TECHNICAL STANDARDS FOR HURDLE RACES

NUMBER OF HURDLES AND DISTANCES BETWEEN HURDLES FOR DIFFERENT EVENTS

EVENT	HURDLE QUANTITY	DISTANCE FROM START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE
70m Hurdles	8	10m	7m	11m
75m Hurdles	8	11m	7,5m	11,5m
80m Hurdles	8	12m	8m	12m
90m Hurdles	9	13m	8m	13m
100m Hurdles	10	13m	8,5m	10,5m
110m Hurdles	10	13,72m	9,14m	14,02m
150m Hurdles	3	40m	35m	40m
200m Hurdles	5	20m	35m	40m
300m Hurdles	7	50m	35m	40m
400m Hurdles	10	45m	35m	40m

TECHNICAL STANDARDS FOR FIELD EVENTS AND COMBINED EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

AGE CATEGORY	SUB-YOUTH (14 & 15 Years)		YOUTH (16 & 17 Years)		JUNIOR (18 & 19 Years)		SENIOR (16 years and older)	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓ (9m)	x	✓ (11m)	✓ (9m)	✓ (13m)	✓ (11m)	✓ (13m)	✓ (11m)
Pole Vault	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓ (4,00 kg)	✓ (3,00 kg)	✓ (5,00 kg)	✓ (3,00 kg)	✓ (6 kg)	✓ (4,00 kg)	✓ (7,26 kg)	✓ (4,00 kg)
Discus Throw	✓ (1,00 kg)	✓ (1,00 kg)	✓ (1,5 kg)	✓ (1,00 kg)	✓ (1,75 kg)	✓ (1,00 kg)	✓ (2,00 kg)	✓ (1,00 kg)
Javelin Throw	✓ (600 gm)	✓ (500 gm)	✓ (700 gm)	✓ (500 gm)	✓ (800 gm)	✓ (600 gm)	✓ (800 gm)	✓ (600 gm)
Hammer Throw	✓ (4,00 kg)	✓ (3,00 kg)	✓ (5,00 kg)	✓ (3,00 kg)	✓ (6 kg)	✓ (4,00 kg)	✓ (7,26 kg)	✓ (4,00 kg)
Pentathlon	✓	✓	x	x	x	x	x	x
Heptathlon	x	x	x	✓	x	✓	x	✓
Decathlon	x	x	✓	x	✓	x	✓	x

Recommended increments for High Jump: 1st two increments 5cm, then 3cm increments (The referee may vary these increments)

Recommended increments for Pole Vault: 10cm increments until only two competitors are left, then 5cm increments (The referee may vary these increments)

Combined Events consist of the following events in the order of competition:

Pentathlon (over one day):

Day 1

100m Hurdles (Boys) / 90m Hurdles (Girls)
High Jump
Shot Put
Long Jump
800m

Heptathlon (over two days):

Day 1

100m Hurdles
High Jump
Shot Put
200m

Day 2

Long Jump
Javelin Throw
800m

Decathlon (over two days):

Day 1

100m
Long Jump
Shot Put
High Jump
400m

Day 2

110m Hurdles
Discus Throw
Pole Vault
Javelin Throw
1500m

TECHNICAL STANDARDS FOR PRIMARY SUB-YOUTH (SCHOOLS) FIELD EVENTS AND COMBINED EVENTS ACCORDING TO THE VARIOUS AGE GROUPS

AGE CATEGORY	14 YEARS		13 YEARS		12 YEARS		11 YEARS		10 YEARS	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	x	x	x	x	x	x	x	x	x	x
Pole Vault	✓	✓	✓	✓	x	x	x	x	x	x
Shot Put	✓ (4kg)	✓ (3kg)	✓ (4kg)	✓ (3kg)	✓ (3kg)	✓ (3kg)	✓ (2kg)	✓ (2kg)	✓ (2kg)	✓ (2kg)
Discus Throw	✓ (1kg)	✓ (1kg)	✓ (1kg)	✓ (0,75kg)	✓ (0,75kg)	✓ (0,75kg)	x	x	x	x
Javelin Throw	✓ (600g)	✓ (500g)	✓ (600g)	✓ (500g)	✓ (500g)	✓ (500g)	x	x	x	x
Hammer Throw	✓ (4kg)	✓ (3kg)	x	x	x	x	x	x	x	x
Pentathlon	✓	✓	✓	✓	x	x	x	x	x	x

Recommended increments for High Jump: 1st two increments 5cm, then 3cm increments (The referee may vary these increments)

Recommended increments for Pole Vault: 10cm increments until only two competitors are left, then 5cm increments (The referee may vary these increments)

Combined Events consist of the following events in the order of competition:

Pentathlon (over one day):

Day 1

100m Hurdles (Boys) / 90m Hurdles (Girls)

High Jump

Shot Put

Long Jump

800m

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	21,1 km ROAD RACE	32 km ROAD RACE	MARATHON ROAD RACE	ULTRA – MARATHON ROAD RACE
Minimum age of participation for men and women	X	X	X	X	X	X	X
	9 years and older	14 years and older	15 years and older	16 years and older	19 years and older	20 years and older	20 years and older

ROAD RELAY RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

AGE CATEGORIES	15KM ROAD RELAY	½ MARATHON RELAY	MARATHON RELAY
	5 Athletes: 5 X 3 km	4 Athletes: 5 km; 5 km; 5 km; 6,1 km	6 Athletes: 5km; 10 km; 5 km; 10km; 5km; 7,2km
Minimum age of participation for men and women	X	X	X
	9 years and older	9 years and older	14 years and older

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	6 km	8 km	12 km
Senior Men: (16 And Older)				✓			✓
Junior Men: (18, 19 Years)						✓	
Boys: 17 Years					✓		
Boys: 16 Years					✓		
Boys: 15 Years				✓			
Boys: 14 Years				✓			
Boys: 13 Years				✓			
Boys: 12 Years			✓				
Boys: 11 Years			✓				
Boys: 10 Years		✓					
Boys: 9 Years		✓					
Boys: 8 Years (Beginners)	✓						

AGE CATEGORIES	1 km	2 km	3 km	4 km	6 km	8 km	12 km
Senior Women: (16 And Older)				✓		✓	
Junior Women: (18, 19 Years)					✓		
Girls: 17 Years				✓			
Girls: 16 Years				✓			
Girls: 15 Years				✓			
Girls: 14 Years				✓			
Girls: 13 Years			✓				
Girls: 12 Years			✓				
Girls: 11 Years			✓				
Girls: 10 Years		✓					
Girls: 9 Years		✓					
Girls: 8 Years (Beginners)	✓						

**WORLD MASTERS ASSOCIATION (WMA)
SOUTH AFRICA MASTERS ASSOCIATION (SAMA)**

TECHNICAL SPECIFICATIONS

TECHNICAL STANDARDS FOR SHORT HURDLE RACES ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS

AGE CATEGORIES: MEN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
35 – 49	110	99,1	13,72	9,14	14,02	10
50 - 59	100	91,4	13	8,50	10,50	10
60 - 69	100	84,0	12	8	16	10
70 - 79	80	76,2	12	7	19	8
80+	80	68,6	12	7	19	8

AGE CATEGORIES: WOMAN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
35 – 39	100	84,0	13	8,5	10,5	10
40 - 49	80	76,2	12	8	12	8
50 - 59	80	76,2	12	7	19	8
60+	80	68,6	12	7	19	8

TECHNICAL STANDARDS FOR LONG HURDLE RACES ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF DISTANCES, HEIGHTS AND AGE GROUPS

AGE CATEGORIES: MEN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
35 – 49	400	91,4	45	35	40	10
50 - 59	400	84,0	45	35	40	10
60 - 69	300	76,2	50	35	40	7
70 - 79	300	68,6	50	35	40	7
80 +	200	68,6	20	35	40	5

AGE CATEGORIES: WOMAN	DISTANCE IN METER	HEIGHT IN CM	DISTANCE OF START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH LINE	HURDLE QUANTITY
35 – 49	400	76,2	45	35	40	10
50 - 59	300	76,2	50	35	40	7
60 - 69	300	68,6	50	35	40	7
70 +	200	68,6	20	35	40	5

TECHNICAL STANDARDS FOR FIELD IMPLEMENTS ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF WEIGHTS AND AGE GROUPS

AGE CATEGORIES: MEN	SHOT PUT	DISCUSS	HAMMER	JAVELIN	WEIGHT
35 – 49	7,62	2,00	7,26	800	15,88
50 - 59	6,00	1,50	6,00	700	11,34
60 – 69	5,00	1,00	5,00	600	9,08
70 – 79	4,00	1,00	4,00	500	7,26
80+	3,00	1,00	3,00	400	5,45

AGE CATEGORIES: WOMAN	SHOT PUT	DISCUSS	HAMMER	JAVELIN	WEIGHT
35 – 49	4,00	1,00	4,00	600	9,08
50 - 59	3,00	1,00	3,00	500	7,26
60- 74	3,00	1,00	3,00	500	5,45
75+	2,00	0,75	2,00	400	4,00

Combined Events consist of the following events in the order of competition:

Throwing Pentathlon (over one day):

Day 1

Hammer Throw

Shot Put

Discus Throw

Javelin Throw

Weight Throw

TECHNICAL STANDARDS FOR STEEPLECHASE RACES ACCORDING TO THE VARIOUS MASTERS AGE GROUPS
PROGRESSION OF HEIGHTS AND AGE GROUPS

AGE CATEGORIES: MEN	DISTANCE IN METER	HEIGHT IN CM
35 – 59	3000	91,4
60 +	2000	76,2

AGE CATEGORIES: WOMEN	DISTANCE IN METER	HEIGHT IN CM
35 +	2000	76,2

INTERNATIONAL PARALYMPIC COMMITTEE (IPC)

TECHNICAL SPECIFICATIONS

TECHNICAL STANDARDS FOR PENTATHLON ACCORDING TO THE VARIOUS SPORT CLASSES

Pentathlon consists of five events which shall be held on one day. The events and the order which they are contested by the respective IPC Athletics Sports Classes at IPC Athletics Recognized Competitions are summarised in the Table below.

Sports Class/es	Gender/s	Event 1	Event 2	Event 3	Event 4	Event 5
P11 – 13	Males	Long Jump	Javelin	100m	Discus	1500m
P11 – 13	Females	Long Jump	Shot Put	100m	Discus	800m
P33 – 34	Males & Females	Shot Put	Javelin	100m	Discus	800m
P35 – 38	Males	Long Jump	Javelin	100m	Discus	1500m
P35 – 38	Females	Long Jump	Shot Put	100m	Discus	800m
P42	Males & Females	Long Jump	Shot Put	100m	Discus	200m
P44	Males & Females	Long Jump	Shot Put	100m	Discus	400m
P46	Males	Long Jump	Shot Put	100m	Discus	1500m
P46	Females	Long Jump	Shot Put	100m	Discus	800m
P51	Males & Females	100m	Club	400m	Discus	800m
P52 - 53	Males & Females	Shot put	Javelin	100m	Discus	800m
P54 - 58	Males & Females	Shot put	Javelin	200m	Discus	1500m

TECHNICAL STANDARDS FOR IPC IMPLEMENT WEIGHTS ACCORDING TO THE VARIOUS SPORT CLASSES

Sport Class F11 - 13

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open	F11 – 13	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F11 – 13	1.75kg	1.00kg	800gr	600gr	5.00kg	4.00kg
U/18	F11 – 13	1.50kg	1.00kg	700gr	600gr	5.00kg	4.00kg
U/16	F11 – 13	1.00kg	1.00kg	700gr	600gr	4.00kg	4.00kg

Sport Class F20

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open	F20	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F20	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/18	F20	1.50kg	1.00kg	700gr	600gr	5.00kg	4.00kg
U/16	F20	1.00kg	1.00kg	700gr	600gr	4.00kg	4.00kg

Sports Classes F31-38

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club male & Female
	F31	NE	NE	NE	NE	NE	NE	397gr
Open, U/20 & U/18	F32	1.00kg	1.00kg	NE	NE	2.00kg	2.00kg	397gr
	F33	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F34	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F35	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F36	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F37	1.00kg	1.00kg	600gr	600gr	5.00kg	3.00kg	NE
	F38	1.50kg	1.00kg	800gr	600gr	5.00kg	3.00kg	NE
U/16	F31	NE	NE	NE	NE	NE	NE	397gr
	F32	750gr	750gr	NE	NE	1.00kg	1.00kg	397gr
	F33	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F34	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F35	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F36	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F37	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
F38	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE	

Sport Classes F40-46

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open & U/20	F40	1.00kg	750gr	600gr	400gr	4.00kg	3.00kg
	F42, 41	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F44, 43	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F46	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/18	F40	1.00kg	750gr	500gr	400gr	3.00kg	2.00kg
	F42, 41	1.00kg	1.00kgr	700gr	500gr	5.00kg	3.00kg
	F44, 43	1.00kg	1.00kgr	700gr	500gr	5.00kg	3.00kg
	F46, 45	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg
U/16	F40	1.00kg	750gr	400gr	400gr	3.00kg	2.00kg
	F42, 41	1.00kg	1.00kgr	600gr	400gr	4.00kg	3.00kg
	F44, 43	1.00kg	1.00kgr	600gr	400gr	4.00kg	3.00kg
	F46, 45	1.00kg	1.00kgr	600gr	400gr	4.00kg	3.00kg

Sport Classes F51- 58

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club male & Female
Open & U/20	F51	1.00kg	1.00kg	NE	NE	NE	NE	397gr
	F52	1.00kg	1.00kg	600gr	600gr	2.00kg	2.00kg	NE
	F53	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F54	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F55	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F56	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F57	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F58	1.00kg	1.00kg	600gr	600gr	5.00kg	4.00kg	NE
U/18	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F54	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F55	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F56	1.00kg	1.00kg	500gr	500gr	3.00kg	2.00kg	NE
	F57	1.00kg	1.00kg	600gr	500gr	3.00kg	2.00kg	NE
	F58	1.00kg	1.00kg	600gr	500gr	4.00kg	2.00kg	NE
U/16	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F54	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F55	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F56	750gr	750gr	400gr	400gr	2.00kg	2.00kg	NE
	F57	1.00kg	750gr	500gr	400gr	2.00kg	2.00kg	NE
	F58	1.00kg	750gr	500gr	400gr	3.00kg	3.00kg	NE