2018

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 2018)

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INTRODUCTION

The 2017 revision of the ASA Rules and Regulations represented a significant shift from the rule book that had been in use for the past decade or so.
Firstly several related but separate documents were combined into a single publication allowing alignment of terminology and approach.
Secondly, a number of new rules and regulations were introduced to give effect to ASA administration and commercial strategy.
The document was 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.
These ASA Rules and Regulations, effective 01 January 2018 further elaborate on existing domestic rules, by aligning the domestic rules with the ASA Constitution and IAAF Rules and Regulations.

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 <Province>, ASA and the IAAF”.
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, subject to ratification by the ASA Council, shall be final and binding.
v. These rules and regulations are for implementation in South Africa. The following rules and regulations 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.
vii. Any cross reference to rules in this document is a reference to the ASA Rules and Regulations unless specified otherwise.

CHAPTER 1: COMPETITIONS

1 Rule 1: Competitions where IAAF and/or ASA Rules shall apply

[Refer IAAF Rule 1]

International competitions as defined in IAAF Rule 1 that take place in South Africa shall be conducted in accordance with IAAF rules and regulations.

The following are ASA Competitions where the ASA Rules and Regulations shall apply:

For the following competitions the IAAF Advertising Regulations shall be applicable:

1.1a ASA National Championships;

1.1b National invitational meetings, National Series meetings and inter-provincial competitions;

1.1c National competitions and championships of Associate members;

1.1d The Elite/Professional section of major events on the ASA national fixtures list including events with IAAF/AIMS labels, Permit competitions; foreign and local Elite/Professional athletes as defined in Rule 7;

For the following the ASA rules and regulations shall be applicable:

1.1.e The mass participation section of major events on the ASA national fixtures list including events with IAAF/AIMS labels and Permit competitions;

1.1f Events on Provincial calendars including Club events, club leagues; provincial invitational events involving only ASA athletes;

1.1.g Provincial, district and zone level competitions of 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 Any athletics competitions not listed on ASA National and Provincial Fixtures Lists may be declared ineligible. Any licenced athlete participating in such competition may be declared ineligible. See Rule 5

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 2.3 and 2.4 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. Please refer to Rule 8 regarding foreign athletes.

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/Open athletes.

2.6 If the budget allows, it is recommended to provide awards for Junior; Master and Adaptive 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.

2.6.4 If Adaptive Athletes are accommodated, awards in any category shall be at the organisers discretion. See Section XIII for Athletes with Disabilities.

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.

2.8.1 This ruling also applies to foreign athletes participating in South Africa. It is the responsibility of the athlete to pay the National/International Athlete Representative in accordance with their agreement.

2.8.2 The athlete may, in writing to the Organizer of the event, empower a third party e.g. Athlete Representative, Club Captain, etc., to receive the prize or prize money; on condition that the athlete abdicates his/her right to appeal to ASA should the athlete experience difficulty in recovering the prize or prize money from the nominated third party, or any party other than the Organizer of the event.

2.9 Athletes winning prizes/medals must be present during the award ceremony during an ASA National or Provincial Championship. An athlete who is not present during the medal ceremony will forfeit his/her prize money. The only exceptions to this rule will be:

2.9.1 When an athlete is participating in another event;

2.9.2 When an athlete is incapacitated due to injury or illness;

2.9.3 When an athlete is being tested in terms of anti-doping procedures.

2.9.4 When the athlete has been given specific approval by the ASA Technical Delegate to miss the award ceremony.

2.10 In any other event, unless disallowed in the competition rules, when an athlete cannot be present at the prize giving ceremony, by prior arrangement, a representative of the prize winning athlete may collect the award on the athlete's behalf during the award ceremony. Failing the above, the athlete will forfeit his/her prize money.

2.11 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.

2.12 Athletes may be required to provide proof of age or disability before receiving age or disability category prizes. Failing to provide such proof, the athlete may forfeit his/her prize money.

3 Rule 3: Advertising and Displays during Competition

[Refer IAAF Rule 8]

3.1 In all Competitions stipulated in ASA rules 1.1.a through 1.1.d, the sponsors of athletes and clubs, participating in the competitions must adhere to IAAF Rule 8

IAAF Rule 8 - "Advertising and displays of a promotional nature shall be permitted in all international Competitions as specified in IAAF Rule 1.2(c), provided such advertising and displays comply with the terms of this Rule and with any Regulations that may be passed hereunder."
IAAF Rule 1.2(c) - The Advertising Rule (Rule 8) shall apply to all international Competitions listed in Rules 1.1(a)(i), (c), (d), and (e). Area Associations may promulgate their own advertising regulations to apply to the international competitions listed in Rules 1.1(f), (g), (h), (i) and (j), failing which those of the IAAF shall apply.

In principle, no advertising is allowed that compromises the sponsors of ASA or the event sponsor in any way, e.g. club / athlete clothing branding that is unauthorised or does not comply with the relevant ASA/IAAF advertising regulations shall be regarded as ambush marketing.

3.2 In all ASA Competitions, the sponsors of athletes and clubs participating in the competitions must adhere to IAAF Rule 8.2:
(IAAF Rule 8.2a) Only advertising of a commercial or charitable nature shall be allowed at competitions conducted under these Rules. No advertising which has as its objective the advancement of any political cause or the interests of any pressure group, whether domestic or international, shall be allowed.
(IAAF Rule 8.2b) No advertising may appear which, in the opinion of the IAAF (ASA), is tasteless, distracting, offensive, defamatory or unsuitable bearing in mind the nature of the event. No advertising may appear which obscures, either partially or otherwise, the television camera's view of a competition. All advertising must comply with any applicable safety regulations.
(IAAF Rule 8.2c) The advertising of tobacco products is prohibited. The advertising of alcohol products is prohibited, unless expressly permitted by the Council.

3.3 In all high profile competitions stipulated in rules **1.1.a to 1.1.d**, sponsors, athletes and clubs participating in the competitions must adhere to the applicable Rules and Regulations on clothing including relevant requirements of the IAAF Regulations and ASA Rule 24.

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 to record Nationality, and the athletes to supply ID number, or Passport Number (for foreign athletes), or birth certificate number, or permanent residence permit number.

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.

4.1.3 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. and ASA rule 9.

4.1.4 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.

4.1.5 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.

4.1.6 Please refer to Rule 9 for further details regarding foreign athletes.

4.2 Results for all competitions

4.2.1 Results of competitions must be recorded accurately as they are used at all levels of administration e.g. announcing; ASA/Provincial records; ASA Top 10 Ranking Lists; team selection; reports to partners, sponsors and government; etc.

4.2.2 The preferred format to record results differs between Athletic disciplines. Examples of how to capture results are included in the chapter dealing with Documentation.

4.2.3 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).

4.2.4 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.

Note : Results of all events should be sent to SAAS in Excel format:
T&F - Clyde.kinloch@gmail.com; RR - rielh@mweb.co.za

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 e.g. athlete manager, parent or friend, 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.

5.3 No unregistered Athlete Representative may enter an athlete in any athletics competition.

5.4 The furnishing of false information by an athlete or any person acting on behalf of an athlete shall constitute grounds for disqualification of the athlete and possible further disciplinary action.

5.5 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.

5.6 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.

5.7 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.

5.8 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.

5.9 Adaptive athletes may only participate if the organisers make appropriate provision for them and in the case of wheelchair competitions on the road; the relevant traffic authority has granted permission. See Section XIII for Athletes with Disabilities

5.10 The following documents will be accepted as proof of age: -

- 5.10.1 A South African ID Document
- 5.10.2 Passport
- 5.10.3 Birth Certificate (since 1994)
- 5.10.4 Driver's license
- 5.10.5 Refugee Permit

5.11 The Domicilium Rule.

- 5.11.1 For the purpose of this rule, domicile shall mean the place where an athlete is permanently resident. To avoid doubt, students and scholars residing in accommodation on, or close to the institution of learning, will declare the residence where the athlete stays for domicile purposes, and not the residence of the athlete's parents or guardians.
- 5.11.2 An athlete shall only represent the ASA province wherein he/she is domicile.
- 5.11.3 Each club may only be registered in a single ASA province and shall establish an office in that province. Clubs registered in different provinces that use a similar name must include the province in their club name e.g. Road Racers WP, Road Racers KZN.
- 5.11.4 With the exception of a National Athlete, an athlete shall only be a member of a club registered in the ASA province where the athlete is domicile.
- 5.11.5 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.
- 5.11.6 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.

5.11.7 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.

5.11.8 An athlete (including National and Legend Athletes) may only change from one club to another once per calendar year.

5.11.9 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

The status of National Athlete is earned by virtue of selection to represent the country in International competitions:

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 Represented South Africa at the IAU100km World Ultra-Marathon championships in the past 8 years.

Note : Athletes that have previously been awarded National athlete status based on performances at the Comrades Marathon shall retain such status until it expires 8 years after the qualifying performance.

Note : Trail running shall be added to this list only once criteria for team selection have been determined.

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 Senor; 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.

6.3.8 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.

6.4 The onus shall be on the National Athlete to notify their domicile Province of which club they join, or if they change clubs.

6.5 ASA Provinces shall notify each other when they are aware of a National Athlete that has joined a club outside of their domicile Province.

6.6 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.

6.7 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.

6.8 The updated registers shall be effective from 01 January of the following year.

Note : This definition of National Athlete shall serve as the Athletics Federation's criteria for "International level athlete" referenced by the SA Institute for Drug Free Sport (SAIDS)

6.9 National Athletes shall automatically be included in the ASA Registered Testing Pool (RTP) in terms of the World Anti-Doping Code.

7 Rule 7 : The Eligible Elite / Professional Athlete

The status of Elite / Professional Athlete is earned by virtue of performances:
The purpose of the Elite / Professional status is to prepare athletes for participation at international events where IAAF rules and regulations apply (as opposed to ASA rules that are applicable for local events).

7.1 An elite / professional athlete shall adhere to rule 5.

7.2 An athlete shall be considered an elite / professional when they:

7.2.1 Have earned the status of National Athlete; or

7.2.2 Are a foreign athlete ranked in the top 30 of the current IAAF Senior Ranking List ; or

7.2.3 Are ranked on the ASA Senior Top 10 Ranking lists; or

7.2.4 Have won an individual gold medal (top 10) at the Comrades Marathon in the past 3 (three) years; or

7.2.5 For a specific road or off-road event defined in ASA Rule 1.1.a to 1.1.d, are included by the organisers in the "Elite /Professional" batch of such event.

Note : A Top Ten ranking list shall be maintained for all athletics disciplines and each event included in ASA national senior championships. The ranking list shall reflect performances in the current and previous calendar year. Juniors and Masters shall be included based on their performances in senior competitions.

7.3 An elite / professional athlete has the following rights and may:

7.3.1 Be automatically seeded in the "Elite /Professional" batch [or equivalent front batch] at any ASA event defined in rule 1.1.

7.3.2 Be included in any Professional Athlete Programme (PAP) connected to any ASA event defined in rule 1.1.

7.3.3 Wear any attire of his/her choice subject to IAAF/ASA advertising and ethical rules, and rules regarding team competitions.

7.3.4 Place the athlete's name on the front and back of their vest : a maximum height of 4cm across the width of the vest. See rule 24.

7.3.5 Be represented by an Athlete Representative

7.3.6 Negotiate appearance money at ASA Events

7.3.7 Negotiate prize money at ASA Events

7.3.8 Negotiate fees/ incentives with the club he/she is a member of.

7.4 An athlete will cease to be an elite / professional when the athlete no longer meets the criteria for Elite / Professional Athlete, retires from active participation, or becomes ineligible.

7.5 The Elite / Professional Athletes register and ASA Top Ten ranking list will be updated routinely and made available to the Members through the ASA website.

7.6 The updated registers shall be effective as soon as they are published.

Note : This definition of Elite / Professional athlete is largely consistent with the criteria for "national level athlete" as defined by SAIDS. The SAIDS definition of "national level athlete" must not be confused with the ASA term "National Athlete" covered in rule 6. In its definition of "national level athlete" SAIDS also includes athletes that are selected for national championships and various international competitions such as those listed in rule 6.2, which do not qualify for National Athlete status, but may qualify for Elite/Professional status.

7.7 Elite / Professional Athletes shall automatically be included in the SAIDS Registered Testing Pool (RTP) in terms of the World Anti-Doping Code.

7.8 In order for ASA to comply with its obligations in terms of anti-doping testing, all South African Elite/Professional athletes as defined above are required to obtain clearance from Athletics South Africa before entering any competition in a foreign country. (See Rule 9 below).

8 Rule 8 : The Eligible Legend Athlete

8.1 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.

8.2 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.

8.3 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.

9 Rule 9 : The Eligible Foreign Athlete;

9.1 A foreign athlete is defined as:

9.1.1 an athlete who is registered to a Member of the IAAF other than South Africa; or

9.1.2 an athlete who is not a South African citizen, or not residing permanently in South Africa in terms of any legitimate ruling by the Department of Home Affairs; and

9.1.3 has not been issued an ASA Permanent Licence; or

9.1.4 has not been authorised to change allegiance.

9.2 In terms of IAAF rule 4.2 foreign athletes affiliated to Members so listed must provide a clearance permit to ASA to compete in any event in South Africa. However, due to the current IAAF focus on doping and suspension of national federations, Athletics South Africa requires ALL foreign Elite / Professional athletes as defined in Rule 7 above to provide a clearance permit from their home federation before that athlete may be entered in an event in South Africa.

> 2. Members may require that no athlete or Club affiliated to the Member may take part in an International Competition in a foreign Country or Territory without the Member's written approval. In such a case, no Member hosting a competition shall allow any foreign athlete or Club of the Member in question to take part without evidence of such permit certifying that the athlete or Club is eligible and permitted to compete in the Country or Territory concerned. Members shall notify the IAAF of all such permit requirements. To facilitate compliance with this Rule, the IAAF shall maintain on its website a list of Members with such requirements.

9.3 In addition athletes affiliated to Members that are suspended by the IAAF (currently Russia), but have been cleared to participate as a neutral athlete, must also supply a clearance permit to ASA to compete in any event in South Africa.

9.4 Event organisers on receipt of any clearance permit must forward such permit to ASA. ASA on receipt of any clearance permit will authenticate the clearance permit with the issuing Member; and such clearance permit plus the ASA Authentication letter must be presented at all events where the foreign athlete wishes to participate. ASA will list all foreign athletes that obtained clearance to participate in South Africa on the website http://www.athletics.org.za/

9.5 Events defined in terms of ASA rule 1.1.d and e (major local events on the ASA fixture list) must submit to ASA a list of all foreign athletes entered for the event. This list is to be supplied regardless of whether the athlete has supplied a clearance permit or not. This list must be supplied as soon as entries close or two weeks before the event, whichever is the earliest.

9.5.1 To facilitate the identification of foreign athletes, events listed as per ASA 1.1d and 1.1.e must include on their entry form a field for foreign athletes to declare their nationality and registration details with their Member country.

9.6 Foreign athletes competing in local competitions must participate in the colours of their country, or club they belong to in their domicile country. Alternatively foreign athletes may participate in neutral colours [with no reference or similarity to local club colours]. No branding (including sponsors) may be visible on the clothing other than branding permitted in terms of IAAF rules.

9.7 Organisers may enter foreign athletes as individuals for competitions provided the athlete is declared as a foreign athlete. The foreign athlete shall be issued an ASA Temporary Licence.

9.8 Except as described below, foreign athletes cannot enter and/or participate in Team Competitions hosted by a club or province in South Africa, either as a member of a South African club team, or as a member of a team from the domicile country of the foreign athlete.
Note : The rights to host team competitions between countries, clubs from different countries or to include foreign athletes in an elite/professional team competition, irrespective the level of competition, resides with ASA, CAA or IAAF. Invitations to foreign athletes or teams will be made by ASA, CAA or IAAF, or the Organizing Committee mandated by ASA, CAA or IAAF.

9.9 Licencing of foreign athletes

9.9.1 A foreign athlete may become a member of a local club, but may not participate in the colours of the club unless that athlete has been issued an ASA permanent licence. A foreign athlete may be issued an ASA permanent licence provided the athlete;

9.9.2 has been granted South African Permanent Residence / citizenship; or

9.9.3 has been granted residency on other grounds as defined by Dept. of Home Affairs; or

Residency-on-other-grounds permits

This category of permits applies to foreigners who:

- are in possession of a permanent work offer in South Africa, or
- have exceptional skills and qualifications
- intend to establish a business in South Africa
- qualify as Refugees in terms of Section 27(c) of the Refugees Act
- qualify as retired persons
- are financially independent
- are relatives (biologically or judicially adopted) of a South African citizen/permanent residence permit holder

9.9.4 has been issued a permit to stay in South Africa for study purposes.

9.10 A permanent licence shall not be issued until copies of the relevant documentation referred to in rule 9.9 have been submitted by the Club to the Provincial Member, who shall then authorise the issue of the permanent licence.

9.11 Selection of Foreign Athletes for teams

9.11.1 Notwithstanding the issue of a Permanent Licence, a Foreign athlete may not be selected for or be part of a South African club, provincial or national team unless that athlete has complied with IAAF rules 4.3 and 5 for transfer of allegiance;

> 3. No athlete affiliated to a National Federation may be affiliated to another Member without previous authorisation from his National Federation of origin, if the Rules of that Federation require such authorisation. Even then, the National Federation of the Country or Territory in which the athlete is residing cannot enter any athlete's name for competitions in another Country or Territory without previous authorisation from the National Federation of origin. In all cases under this Rule, the National Federation of the Country or

9.11.2 A foreign athlete wishing to apply for change of allegiance must do so through their club to the Provincial Member, who in turn will forward such application to ASA.

9.11.3 The onus shall be on the club to inform the technical officials at each event of the ineligibility of specific foreign athletes to be part of their club team.

9.11.4 If, in contravention to the above, a foreign athlete is issued an ASA permanent licence, or receives prizes or prize money while wearing the colours of a local club, the athletics club at fault 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.

9.11.5 Foreign athletes must take note of Rule 2 regarding prizes and prize money.

10 Rule 10 : 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.*

10.1 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:

10.1.1 A club must have a minimum of 10 licenced senior members to be an eligible club.

10.1.2 A club with fewer than 10 members will automatically be deemed a Probation club.

10.1.3 A Probation club may continue to be a Member of the Provincial Council but will lose its vote on the Council.

10.1.4 A club will remain a Probation Club until its membership grows to more than 10 members.

10.1.5 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.

10.2 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.

11 Rule 11 : The Eligible Sponsor

- *A Sponsor is not an investor. A sponsorship is based on a business relationship where the sponsor provide funds, resources or services; and ASA in return, offers some rights and association that may be used for commercial value.*
- *Modern day sponsorship is much more than an outfield sign in the competition area or a logo on sport attire. Sponsorship provides, business access, connections, hospitality, affinity, audience access, data, and helps to shape public perception of ASA in a way that will be hard to achieve, using the performances of athletes alone.*
- *Sponsors are very sensitive to risks, and ASA therefor must ensure good quality and quantity to ensure a strong partnership with the sponsor. Furthermore, ASA must ensure a free and fair environment for the relationship with the sponsor to prosper, while at the same time ensure that other sponsors do not compromise the relationship with the ASA Sponsor(s).*
- *It is therefore of critical importance that members at all levels of athletics contribute to regulating the sport in such a way that ASA can maximize its relationship with sponsors.*

With the above in mind ASA as a brand must ensure that it can offer a sponsor:

- *A relationship that benefits both the sponsor and the athlete*
- *Great content such as TV, digital and printed media, videos, product reviews, written blogs and lots of imagery.*
- *Brand association with sponsor*
- *Access to social network*
- *Brand representation and product endorsement*
- *Product off-set opportunities*
- *Access to certain markets*
- *Access to events*
- *Hospitality packages*
- *Association to sponsor's workforce*
- *Access to other sponsors and businesses*

11.1 The Eligible Sponsor:

- 11.1.1 Ensures that ASA Domestic Rules and Regulations are respected
- 11.1.2 Ensures that both the sponsor and athletics benefit from the relationship.
- 11.1.3 Practices fair trade by strengthening rather than exploiting the vulnerabilities of the sport.
- 11.1.4 Avoids ambush marketing that may compromise relationships with other partnerships
- 11.1.5 Avoids conflicting brand exposure in an event not sponsored by the sponsor
- 11.1.6 Avoids situations that may compromise ASA in any way.
- 11.1.7 Failure of sponsors to adhere to the ASA Domestic Rules and Regulations will not only compromise relations with other sponsors of ASA, but may also lead to the following punitive measures:
  - 11.1.7.1 Deny the sponsor further access to ASA and its products
  - 11.1.7.2 Block the sponsor on ASA communication and social networks,
  - 11.1.7.3 Suspending the sponsor at fault, as well as its individual members affiliated to ASA
  - 11.1.7.4 Penalizing the sponsors at fault
  - 11.1.7.5 NB: The above punitive measures also apply to sponsors who partner with athletics events not registered with ASA.

11.2 Office Bearers, Administrators, Event/Race Organizers, and Athlete Representatives, in negotiating sponsorships, must stay within the guidelines set by the IAAF and in the ASA Domestic Rules and Regulations. Failure to do so will not only compromise athletics at large, but may also lead to suspension and penalties of the individuals at fault.

11.3 Technical Officials must be diligent and meticulous in their duties. Where it is clear that sponsors are violating the ASA Domestic Rules and Regulations, the event must be stopped until such violations are corrected. Failure of the Technical Official to enforce this will not only compromise athletics at large, but may also lead to suspension and penalties of the individuals at fault.

12 Rule 12 : The Eligible Athletes' Representative

[Refer to IAAF Rule 7; IAAF Regulations as applicable and ASA Constitution Clause 28]

12.1 Athlete Representatives are an extension of the ASA Excellence Programme in preparation for the next Olympic Games

12.2 An Athlete Representative must register with ASA, not to the club the athlete is licensed to, before they can represent the athlete.

12.2.1 To avoid confusion, all athletes are licensed to a club, and the club is the administrative custodian of the athlete;

12.2.2 The athlete must notify the club if an Athlete Representative will represent him/her;

12.2.3 The athlete remains a member of the club where the license was obtained.

12.3 Elite / Professional Athletes may be represented by Athlete Representatives registered with ASA. This is in line with IAAF practice where only athletes ranked on the IAAF ranking list can be represented by an Athlete Representative internationally.

12.4 IAAF accredited Athlete Representatives may facilitate the participation of foreign athletes in South Africa, provided that the clearance certificate of each athlete is submitted to ASA before the athlete is entered for an event in South Africa.

12.5 Athlete Representatives can be the link between the sponsor and the athlete to support the athlete on condition that the ASA Constitution and its Rules and Regulations are adhered to.

12.6 When athletes are sponsored by a Corporate(s), it is the duty of the athlete or his/her Athlete Representative to ensure that the Corporate adheres to the ASA Constitution, its rules and its regulations.

12.7 Athletes' Representatives:

12.7.1 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.

12.7.2 must attend, at their personal expense, Athlete Briefing sessions when called by ASA.

12.7.3 must act in accordance with the ASA Constitution and Rules and Regulations..

12.7.4 Only individuals can become Athletes' Representatives e.g. they cannot be a company or institution.

12.8 Authorisations are granted to National Athletes' Representatives for a period of 4 years in accordance with the Olympic Cycle. Authorization shall expire automatically on 31 December of the relevant Olympic year.

12.9 The candidate Athletes' Representatives must:

12.9.1 Be a South African Citizen or hold Permanent Residency;

12.9.2 Represent South African Athletes;

12.9.3 Have experience in Athletics, preferably as a past athlete;

12.9.4 Not be an active Elite/Professional athlete;

12.9.5 Be in possession of an ASA Permanent License obtained from a registered club;

12.9.6 Have integrity and a good reputation;

12.9.7 Have sufficient education and knowledge to understand and interpret the ASA Constitution, the ASA Rules and Regulations and contracts between relevant parties;

12.9.8 Have no conviction of a criminal offence or Anti-Doping Rule violation;

12.9.9 Have no declaration of bankruptcy.

12.9.10 Be in possession of professional liability insurance, underwriting by a credible insurance broker.

12.9.11 Be in possession of a South African Bank account.

12.9.12 Be in possession of a signed agreement between the candidate and the athlete.

12.10 The application/renewal process shall be as follows:

12.10.1 Apply in writing to ASA to become an Athletes' Representative. The letter should provide evidence that the aspirant Athletes' Representative 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.

12.10.2 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.

12.11 ASA will publish the list of eligible Athletes' Representatives on the ASA website, and annually update it in December.

12.12 By the end of January each year, each registered Athlete Representative must provide ASA with a list of athletes the Athlete Representative is authorised to represent.

12.13 Any Athlete Representative who brings ASA into disrepute, or is in conflict with the ASA Constitution and its Rules and Regulations in any way, may have their registration as Athlete Representative revoked.

13 Rule 13 : The Eligible Competition / Race Organiser

[Refer IAAF Rules 121 to 124 and ASA Constitution Clause 28]

13.1 All events held under the auspices of ASA must be under the control of an eligible Competition/Race Organiser who must:

13.1.1 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;

13.1.2 Take steps to ensure that the event remains listed on the ASA National or Provincial Fixtures List;

13.1.3 Act in the interest of the athlete, the club, and the Member ;

13.1.4 Allow only eligible athletes to enter for the competition;

13.1.5 Allow only eligible Athlete Representatives to negotiate on behalf of ASA licensed or international athletes – AR's must be able to show their ASA ID card to the Competition / Race Organiser

13.1.6 Only enter foreign athletes in accordance with ASA rule 8 (Eligible Foreign Athlete)

13.1.7 Act in accordance with the ASA Constitution, Rules and Regulations;

13.1.8 Use eligible ASA Technical Officials to regulate the event;

13.1.9 Market and advertise the event in accordance with IAAF/ASA Rules ;

13.1.10 Ensure that all financial obligations to the club and Member are adhered to;

13.1.11 Remain in good standing with the ASA Member.

13.1.12 Adhere to all legal requirements pertaining to safety including appointment of a qualified Safety Officer and obtaining permission from all appropriate local authorities.

13.1.13 ASA reserves the right to penalize Competition / Race Organisers who fail to adhere to the above.

13.1.14 ASA reserves the right to penalize ASA Members, should it became evident that the member did not guide Competition / Race Organisers to align themselves with ASA Rules and Regulations.

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 too 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*

14 Rule 14 : The Eligible Coach

14.1 An Eligible Coach is someone who:
- 14.1.1 Adheres to the ethical principles of a Coach;
- 14.1.2 is affiliated to a club registered with the domicile ASA Province;
- 14.1.3 Is In possession of an ASA Permanent License;
- 14.1.4 Coaches athletes in possession of an ASA Permanent License;
- 14.1.5 prepares athletes for events listed on the ASA National/Provincial Fixtures List;
- 14.1.6 is registered with the Provincial Coaching Structure.

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

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

14.4 **An Eligible Provincial Coach is someone who, subject to 14.1:**
- 14.4.1 has coached athletes who have won medals at the ASA Provincial Championships;
- 14.4.2 has a minimum of an ASA Level 2 coaching qualification.

14.5 **An Eligible National Coach is someone who, subject to 14.1**
- 14.5.1 has coached athletes who have won medals at the ASA National Championships;
- 14.5.2 has a minimum of an ASA Level 3 coaching qualification.

14.6 Coaches who bring ASA into disrepute, or are in conflict with the ASA Constitution and its Rules and Regulations in any way, may have their registration as Coach revoked.

14.7 Any unregistered or suspended coach that coaches a licensed athlete will also be liable to penalty under this clause

15 Rule 15 : The Eligible Technical Official

[Refer IAAF Rules 100 to 139]

15.1 An Eligible Technical Official is someone who:
- 15.1.1 Adheres to the ethical principles of a Technical Official;
- 15.1.2 is affiliated to a club registered with the domicile ASA Province;
- 15.1.3 Is In possession of an ASA Permanent License;
- 15.1.4 is registered with the Provincial Technical Officials Structure;
- 15.1.5 Officiates at competitions on the Provincial/National calendar;
- 15.1.6 Carries accreditation appropriate for their status as a Technical Official.

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

15.3 **An Eligible Club Technical Official is someone who, subject to 15.1;**
- 15.3.1 has an ASA Level 1 Technical Official qualification;

15.4 **An Eligible Provincial Technical Official is someone who, subject to 15.1:**
- 15.4.1 has a minimum of an ASA Level 2 Technical Official qualification.

15.5 **An Eligible National Technical Official is someone who, subject to 15.1:**
- 15.5.1 has a minimum of an ASA Level 3 Technical Official qualification.

15.6 An individual may not work as a Technical Official at an event if they are involved as a coach for one of the participants. The official must recuse themselves or be removed by the Meeting Manager.

15.7 Technical Officials who bring ASA into disrepute, or are in conflict with the ASA Constitution and its Rules and Regulations in any way, may have their registration as Technical Official revoked.

15.8 ASA reserves the right to penalize Technical Officials who fail to adhere to the above. To avoid doubt, an unregistered or suspended Technical Official that officiates at an ASA registered event is also liable to penalty under this clause.

15.9 The ASA Provinces will declare that its registered Provincial Technical Officials are in good standing before 30 November of each year.

15.10 The list of eligible National and Provincial Technical Officials will be published on the ASA website no later than 31 December of each year.

CHAPTER 3: TECHNICAL RULES

[Refer IAAF Chapter 5]

16 Rule 16 : General

[Refer IAAF Rule 100]

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

16.2 Although the job description of all Technical Officials are defined within the specific event e.g. Shot Put, Long Jump, Sprints etc., for the purposes of this chapter a further distinction will be made in the functions of Technical Officials:

16.2.1 Technical Delegates, Referees, Course Measurers and Assizers, by nature of their job description are quality controllers, as their responsibilities are the last port of call before technical information is released into the public domain, and failure in their duties will compromise the integrity of ASA. For this reason they shall be known as Quality Controllers.

16.2.2 All other Technical Officials by nature of their job description have the primary function to ensure that all athletes participate in a free and fair environment, creating equal opportunities for all participants.

SECTION I : OFFICIALS

[Refer IAAF Chapter 5 Section 1]

17 Rule 17: Technical Delegates

[Refer IAAF Rule 112]

17.1 ASA shall appoint a Technical Delegate to all National Championships and other National competitions, (Events as defined in ASA rule 1.1.a to 1.1.d),

17.2 Athletics Provinces shall appoint a Technical Delegate to all Provincial Championships, and all competitions held by clubs and associate members in the province. (ASA rule 1.1 e to g).

17.3 In Road Running and Off-Road competitions, (ASA rule 1.1.e to 1.1.g), only if the budget cannot support the expense of a separate technical delegate, one of the appointed referees may also act as Technical Delegate.

17.4 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.

17.5 Technical Delegates, Referees and Officials may not compete in events in which they do duty.

18 Rule 18 : Medical Delegates

[Refer IAAF Rule 113]

18.1 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.

18.2 The Medical Delegate must ensure that appropriate medical facilities and personnel are provided for the full duration of the competition.

18.3 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.

18.4 Medical personnel may not compete in any competition when they are on duty.

19 Rule 19 : Jury of Appeal

[Refer IAAF Rule 119]

19.1 For club/provincial competitions (ASA rule 1.1 f and g) a Jury of Appeal, consisting of 3 or 5 technically sound 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.

19.2 For National/inter-Provincial Competitions (ASA rule 1.1.a to 1.1.c and major competitions listed on the national fixtures list (ASA rule 1.1.d and e), no member of the LOC may serve on the Jury of Appeal. Preferably a neutral member of the ASA Board/relevant Commission should chair a Jury of Appeal, and the remainder of the panel consist of neutral National Technical Officials not associated with the LOC or host province. If not available, qualified and neutral Provincial Technical Officials not associated with the LOC or host province may be appointed.

19.3 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.

20 Rule 20 : Officials of the Competition

[Refer IAAF Rule 120]

20.1 The basic clothing for Technical Officials in South Africa is black/dark blue full length pants or black/dark blue skirt, with either;

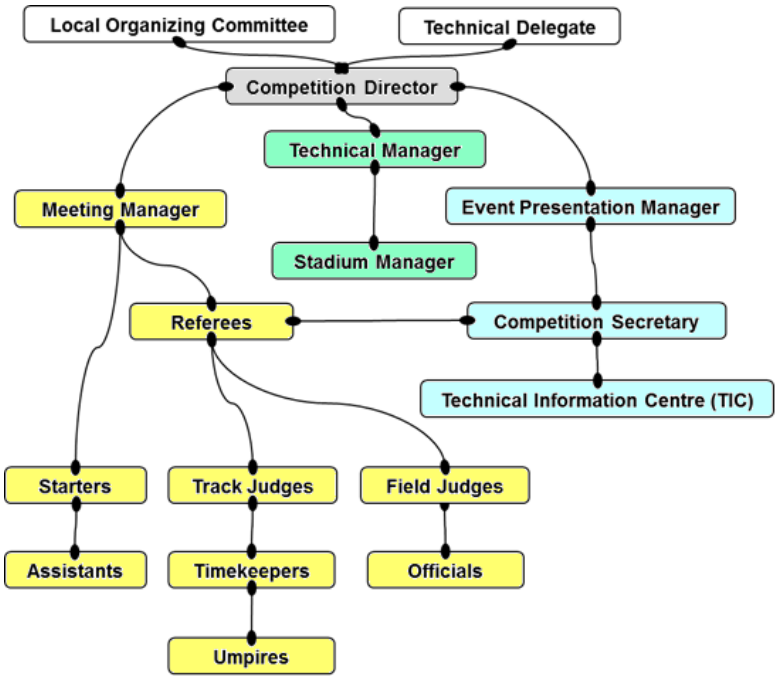
20.1.1 the sponsors golf shirt, or
20.1.2 the National Technical Official golf shirt, or
20.1.3 the Provincial Technical Official golf shirt, or
20.1.4 a plain white golf shirt.
20.1.5 No T-shirts or denim jeans will be allowed

20.2 All officials must display their current ASA or Provincial Technical Officials Cards while doing duty.

20.3 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”.

20.4 Additional clothing (white or sponsored top) may be worn over the standard clothing where the weather dictates.

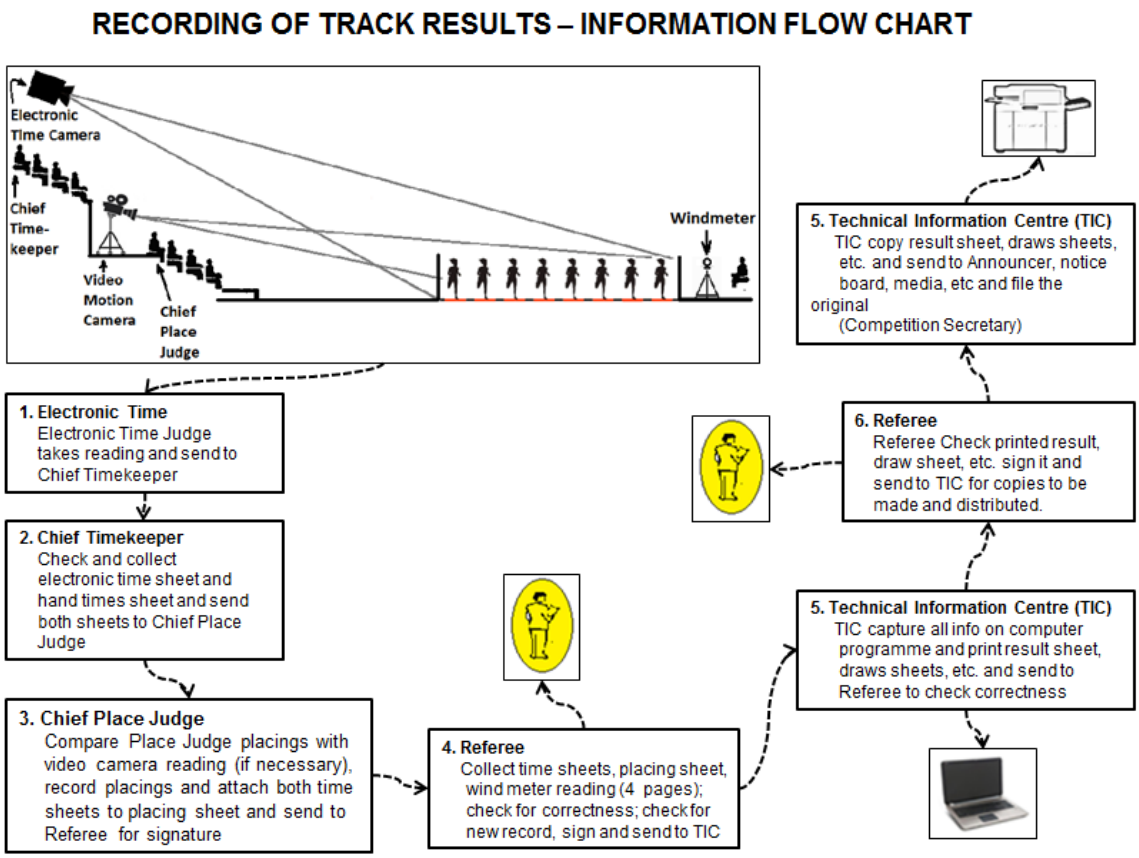
Note : The recommended deployment of Technical Officials is reflected in the organogram below.



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



SECTION II: GENERAL COMPETITION RULES

[Refer IAAF Chapter 5 – Section II]

21 Rule 21 : New Competitions

21.1 All Competitions should be planned with the cooperation of a registered athletics club.

21.2 Clubs and Associate Members list their competitions with their Province no later than August each year.

21.3 Provinces must list their competitions with ASA no later than September of each year.

21.4 Publications of National and Provincial fixtures for the following year will be prepared in October of the preceding year.

21.5 Medical Insurance associated with the ASA Permanent Licence will be negotiated based on the ASA fixture list in October of each year.

21.6 Public liability for all National Championships and inter-provincial competitions (ASA rule 1.1.a to 1.1.c) for the following year will be negotiated by ASA in October of the preceding year. Provinces and/or clubs / event organisers are responsible for public liability insurance for all other competitions (ASA Rule 1.1.d to 1.1.g.)

21.7 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.

22 Rule 22 : Age Groups

[Refer IAAF Rule 141]

22.1 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 34 years on the day of competition. If Master athletes 35-39 are not catered for in the prize lists then Senior shall be deemed to also include those athletes aged 35 to 39.
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.

22.2 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

22.3 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.

22.4 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.

22.5 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).

22.6 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.

22.7 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.

22.8 Team Competitions :

22.8.1 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 category as well as one INDIVIDUAL age category.

22.8.2 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 then be termed Masters 40+.

22.8.3 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).

22.8.4 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.

22.8.5 All members of a team must be permanently licenced athletes from the same club, and from the same province. No foreign athletes may form part of a club team unless they comply with ASA rule 9 to be eligible to hold an ASA permanent licence and have registered a change of allegiance.

22.8.6 Any athlete wearing a Temporary Licence shall not be eligible to count for a club team prize, irrespective of whether the athlete has been issued a permanent license but is not wearing it during the competition.

22.8.7 To avoid doubt, club teams from other provinces can only compete in a team competition against club teams from the host province, with the approval of the host province.

22.8.8 To avoid doubt, club teams from other countries can only compete in a team competition against club teams in South Africa with the approval of ASA. Such request will only be entertained if requested by the domicile country of the club, or an IAAF registered Athlete Representative.

22.8.9 To avoid doubt, event organisers that wish to present a special team competition involving foreign athletes in the elite/professional category, may only do so with specific approval from ASA.

22.9 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.

22.9.1 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.

22.9.2 Numerical age category tags shall follow the convention that the tag displays the youngest age of the age group concerned e.g.

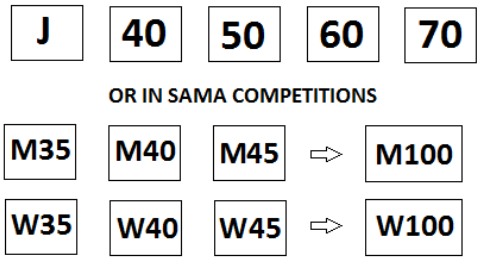
a. J = Junior (as defined in rule 22.1)
b. 40 = 40-49 in 10 year groupings up to 100. From 100 it will only read 100+

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 20-34 (or 20-39 as applicable)

22.9.3 The lettering on the age category tags shall be red on a white background and must be a minimum of 6cm high.

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

EXAMPLE OF AGE CATEGORY TAG - COLOUR: RED



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

22.9.6 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.

22.9.7 In non-stadia major events on the ASA fixtures list (ASA rule 1.1.d and e), where organisers provide participants with two personalised Competition or Special Number Bibs (see ASA rule 26), the age category tags can be included in the design of the Competition or Special Number 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 6cm 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.

22.9.8 When personalised Competition or Special Number 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.

22.10 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	2-5 km	6-10 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

22.11 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 (91,4 cm)	O (76,2 cm)				
3000m SC			O (91,4 cm)	O (76,2 cm)	O (91,4 cm)	O (76,2 cm)
4x100m Relay	O	O	O	O	O	O
4x400m Relay			O	O	O	O
4x400m 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 (3,00 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 (500 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 (3,00 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

23 Rule 23: Entries

[Refer to IAAF Rule 142]

23.1 All athletes competing at a South African Championships must be authorised and entered by their Provincial athletics Member.

23.2 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.

23.3 All athletes, participating in a competition listed on the national and/or provincial events calendars (ASA rule 1.1.b to 1.1.g), must be, at the time of participation, be a holder of an ASA license issued by or through the provincial athletics member, or must purchase a temporary license. Only athletes with a permanent license are allowed to participate at a National Championships (ASA rule 1.1.a).

23.4 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.

23.5 Any registered athlete that consciously participates in any athletics meeting not sanctioned by ASA in terms of Rule 21, and is aware of it, may be declared ineligible, and may forfeit his/her license.

23.6 Officials who officiate in events that are not sanctioned may be suspended.

23.7 Clubs that consciously send athletes to events that are not sanctioned by ASA may also be suspended.

23.8 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.

23.9 In addition to the general waiver included as part of the ASA Permanent or Temporary Licence, organisers shall be entitled to require participants as a condition of entry to sign a specific indemnity/waiver in favour of the organiser, sponsors and other stakeholders. Such indemnity/waiver should be similar to that covered in clause 25.5.15.

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 then 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		

24 Rule 24: Clothing

[Refer IAAF Rules 138 and 143 as well as IAAF Advertising Regulations Clause 4]

24.1 Clubs must register their competition attire with their domicile Province.

24.2 No change of club colours; club name or logo; or manufacturer's or sponsors' logos, displayed on any garment in the club competition attire, will be acceptable unless the competition attire is re-registered with the domicile Province

24.3 The name or logo, clothing design and colours of competition gear must assist the Referee to distinguish between athletes, between clubs, and to determine if the athlete adheres to the domicile rule.

24.4 No form of unauthorised marketing will be allowed at any meeting sanctioned by ASA.

24.5 Depending on the level of competition, the club name or logo; or club sponsor on garments must adhere to the:

24.5.1 IAAF Advertising Rules or IAAF Advertising Regulations Clause 4 applies in events as listed in ASA Rule 1.1.a to 1.1.d; or

24.5.2 ASA Advertising Rules apply in events as listed in ASA Rule 1.1.e to 1.1.g

24.6 Referees may disqualify athletes that wear clothing that leads to confusion, or is in conflict with the ASA Constitution.

24.7 In all levels of competitions as specified in rules 1.1.a to 1.1.g athletes must adhere to the relevant ASA clothing design and colour regulations.

24.8 Recommended designs of Club Vest and Shorts:

24.8.1 The design of the vest/crop top/leotard should allow for license number bibs to be pinned to it, as well as branding such as the club name, badge and manufacturer's/ sponsor logo.

24.8.2 The colours and colour combinations of the garments should assist the Referee; Club Administrators and spectators to identify members of a team during team competitions e.g. league meetings, inter-provincial competitions, tests between countries, etc.

24.8.3 The design of running gear for athletes will vary according to the discipline the athlete participates in, and the preference of the athlete. The running gear however should:

- appear clean and neat,
- not be transparent,
- not be revealing or explicit according to common ethical principles

24.8.4 Some of the typical garment designs worn in athletics are reflected below and

- display some, but not all, of the garments worn by athletes;
- are worn in combinations according the athlete's preference;
- are not gender specific

24.9 Individual club athlete

24.9.1 Club clothing to a specific design or colour is optional and not compulsory for licensed athletes at entry level participating as individuals in competitions as specified in ASA rules 1.1.e to 1.1.g.

Note: This rule allows new athletes to purchase a license; to enter for a competition; and purchase club clothing at a later stage. Licensed Athletes should be encouraged to obtain club clothing within a year after becoming a member of the club.

24.9.2 If the licensed athlete chooses not to run in a specific design or colour of the club in competitions specified in ASA rules 1.1.e to 1.1.g the clothing worn by the athlete must still adhere to the clothing design as mentioned above; and no commercial or corporate branding of any sort may be visible on the clothing other than the branding provided by the event/race organiser or in terms of the relevant advertising rule.

24.9.3 Unlicensed individual athletes running with Temporary Licenses in competitions as specified in ASA rules 1.1.e to 1.1.g must run in neutral colours and no commercial or corporate branding of any sort may be visible on the clothing other than the branding provided by the event/race organiser.

24.9.4 Licenced and Unlicensed individual athletes may run in competitions specified in ASA rules 1.1.e to 1.1.g in colours branded by a welfare organization registered as an NGO or NPO, as long as no commercial or corporate branding is involved and the license is clearly visible.

24.10 Team competitions

24.10.1 Any athlete wishing to count towards a team prize in competitions as specified in ASA rules 1.1(d) to 1.1(e) must wear full club colours.

24.10.2 Licensed athletes not running in club colours in competitions as specified in ASA rules 1.1.e to 1.1.g may be denied club incentives by their club executive.

24.10.3 Athletes participating in Temporary Licences may not count towards a team prize, irrespective of whether the athlete has been issued a permanent license but is not wearing it during the competition.

24.11 Branding/advertising on club clothing

24.11.1 Where a manufacturer's logo is displayed it must be in accordance with the IAAF Advertising regulations, positioned on the upper left chest of the vest. Such display shall be in a rectangular form with a maximum size of 30cm2 with the lettering a maximum height of 4cm and the total logo a maximum height of 5cm.

ADIDAS	ASICS	MIZUNO	NIKE	PUMA	REEBOK
adidas	asics	mizuno	NIKE	PUMA	Reebok

The above manufacturers included in the IAAF Advertising Regulations may be substituted by legitimate local manufacturers such as;

maXed ELITE	CAPESTORM	Anatomic	HI-TEC
first Ascent	K-WAY	SECOND SKINS	

24.11.2 As defined in the IAAF Advertising Regulations, only the manufacturer's logo and not the manufacturer's name may be displayed when used as a decorative strip on the sleeve or trouser leg.
The same principle must be followed if a local manufacturer logo is used.

ADIDAS	ASICS	MIZUNO	NIKE	PUMA	REEBOK

24.12 Name and/or logo of Club on upper body garments

24.12.1 The name and or logo of the club should 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 or image a maximum height of 4 centimetres.

24.12.2 The club name should identify the community where the club is domicile to assist Referees and Officials to fulfil their functions accurately. The club name or logo may consist of the name or logo of a district, zone, city, town, suburb, village, etc. Alternatively the name may consist of a name with social value to the members of the club provided that it still resembles the domicile community e.g. Benoni Harriers, Cape Town Villagers, Durban Striders, Pretoria Sprinters, etc.

24.12.3 Club name or logo are a form of marketing and/or identification, and therefore may not be offensive or restrictive to others. Please refer to the ASA Constitution Clause 3.2.3. which reads: "The continual striving to ensure that no form of discrimination, be it based on race, ethnicity, religion, politics, gender or otherwise, be permitted in athletics and to take all practicable measures to prevent such discrimination;". The club name or logo therefore may not contain content that refers to race, ethnicity, religion, politics, and gender.

24.12.4 In the case where there is more than one club, town, suburb or village with the same name e.g. Middelburg (town); Heidelberg (town); Berea (suburb); Wynberg (suburb); etc.; and the name instead of the logo is used, the club name should add the abbreviation of the province or district/metropole after the name e.g. Heidelberg MPU or Wynberg WP.

24.12.5 Clubs with the same province, city, town name, must add a suitable differentiator before or after the name e.g. Benoni Harriers; Benoni Striders; Benoni Central, etc.
Note: Where there is doubt if the name of the club is eligible, the club must contact ASA, via the province, in writing to obtain clarity.
Clubs with branches in different provinces eg Eskom, RW4L, Nedbank, SANDF etc , when using a standardised kit design, should use appropriate cloth patches to highlight the different provincial membership. Eg Eskom WP, EC, FS etc

24.12.6 Club logos which are part of traditional club names and have been registered as such with ASA prior to 1 January 1980 and without relation to a company or product shall remain and the size may not be increased. Club logos including a Logo or lettering representing a company or product are subject to the dimension as stated under this Clause.

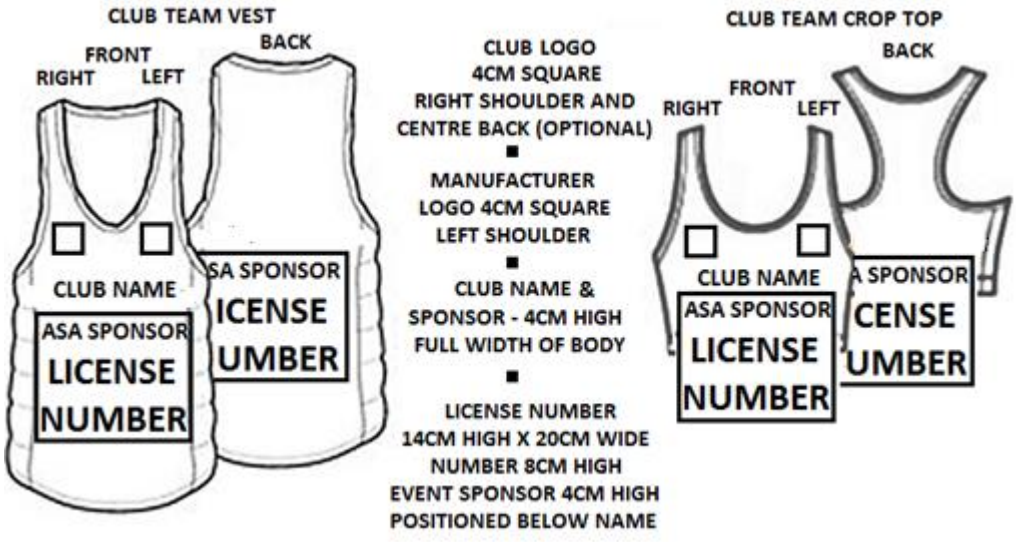
24.13 The duplicate club name or logo or club sponsor on the upper clothing

24.13.1 In addition to the club name/logo/sponsor patch as described in rule 24.12 above the club name may be duplicated as described herein for all events under rule 1.1.d to 1.1.g

24.13.2 The duplicate club name, including a sponsor, may be displayed on the front 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.

24.13.3 Printing the club name on the back of the vest is optional. The club name may appear on the back with lettering maximum 4cm in height and no restriction in width.

24.13.4 The diagram below shows the lay-out of an ASA Club vest for competitions under ASA rule 1.1.d to 1.1.g



24.14 Provincial team clothing

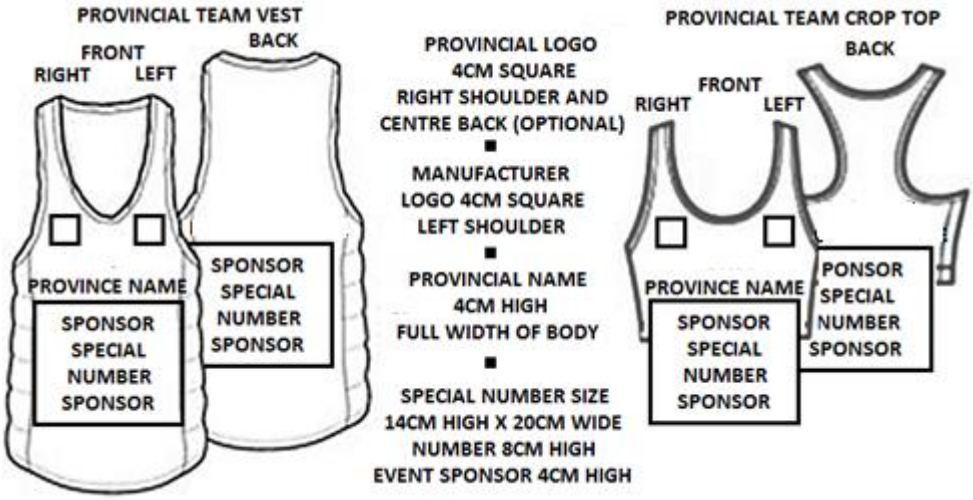
24.14.1 Provincial clothing is compulsory in events listed under ASA Rule 1.1.a
Note: Licensed athletes not running in provincial colours may be denied entry for events listed under ASA Rule 1.1 (a).

24.14.2 Athletes running with Temporary Licenses are not allowed to participate in events listed under ASA Rule 1.1.a.

24.14.3 Provinces must register their kit with ASA. Where a manufacturer's logo is displayed it must be in accordance with the IAAF Advertising regulations positioned on the left chest.

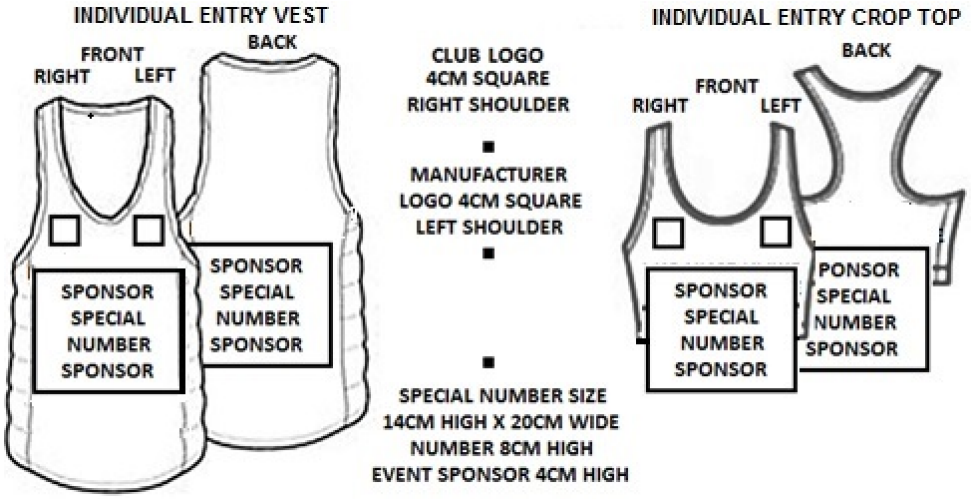
24.14.4 No change of provincial colours; provincial name or logo; or manufacturer's or sponsors' logos, displayed on any garment in the provincial competition attire, will be acceptable unless the competition attire is re-registered with ASA.

24.14.5 No form of unauthorised marketing will be allowed at any meeting sanctioned by ASA.



24.15 Athletes entered as individuals at events listed in ASA Rule 1.1.a b and c

24.15.1 In national events listed in Rule 1.1.a, b and c, when athletes are entered as individuals, the duplicate club name on the upper body clothing as described in rule 24.13 must be covered with the Special Number/Competition bib or Permanent License bib.



24.16 Clothing for Elite/Professional Athletes

Note: To prepare Elite / Professional athletes (see rule 9) to compete in international competitions, they shall adhere to IAAF Rules in major local events.

24.16.1 All elite/professional athletes must adhere to the IAAF Rules 138 and 143 as well as IAAF Advertising Regulations Clause 4 when competing in events listed on the ASA national Fixtures List as per ASA rule 1.1.a to 1.1.e . The vest design shall conform to that for individual athletes shown in 24.15 above.
Note : In practice this rule means that all athletes in the "Elite/Professional" batch of major races are subject to IAAF branding rules.

24.16.2 In place of the duplicate club name, the name of the Athlete may be displayed on the front and/or the back of the vest/leotard. The maximum height of such display shall be 4cm.

24.16.3 Elite /professional athletes not adhering to the IAAF Rules mentioned above in events listed on the ASA National Fixtures List will be requested by the call room judge to cover branding not adhering to IAAF Rules (including the duplicate club name)

24.16.4 In events where a call room is not used, the Referee will ask the athlete to cover branding not adhering to IAAF Rules. Failing to so, the athlete will be disqualified by the Referee.

24.17 Branding of attire other than the vest/crop top/leotard

24.17.1 Should an athlete wear two pieces of clothing of the same nature during the competition, e.g., T-shirt under a Vest and/or leggings under a pair of shorts, the under garment, if visible, must be clean and free of any markings.

24.17.2 Should an athlete brand the lower body attire e.g. shorts or tights, the same lay-out as for the vest must be used.

24.17.3 Should athlete want to brand the track suit or warm-up gear, the same lay-out as for the vest must be used.

24.17.4 Running and training shoes must be branded according to IAAF Rules.

24.17.5 Other attire such as socks, hats, bags, etc. must be branded according to IAAF Rules.

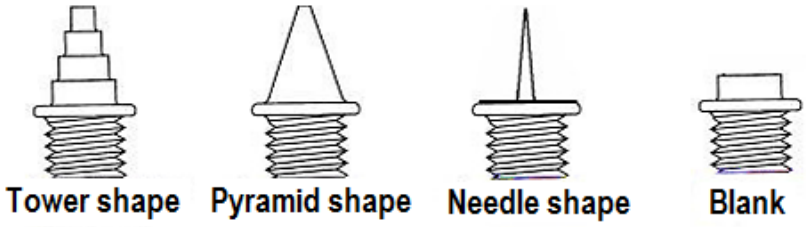
24.18 Branding of attire of officials

24.18.1 If clothing for Officials, Volunteers Photographers/Camera Crews needs to be branded, it should be in accordance with IAAF regulations.

24.19 Spike Designs

[Refer IAAF Rules 138 and 143.4]

Various shapes of spikes are available on the market. Some spikes are designed for grass or asphalt tracks and are generally longer than the spikes for synthetic tracks. Some Stadium Managers prescribe what shape spikes must be used and Call Room Judges must confirm if the athlete has the correct spikes mounted in their shoes.



Synthetic tracks require spikes that do not penetrate the rubber surface such as the tower shape spike. Tower shape spikes has the least wear and tear on synthetic surfaces
Grass tracks require pyramid shape spikes to obtain grip on the slippery surface.
Asphalt tracks require needle shape spikes to penetrate the hard surfaces of asphalt
Blank spikes are used to fill the holes in the sole of the running shoe.

24.19.1 **Dimension of spikes** – The part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum, this shall be applied.

24.20 Body markings/insignia/instruments

24.20.1 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.

24.20.2 No participant/official/coach/supporte**r** may, without permission, 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. The sticks/flags carried by official pace-setters in road races shall be exempt from this clause provided they have been approved by the organisers / referees.

24.20.3 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. In accordance with 24.20.2 above, except as part of an official ceremony, such flags carried by an athlete may not be mounted on a pole. Under no circumstances will any slogans, chants, banners, placards or such-like of a political, religious or offensive nature be tolerated.

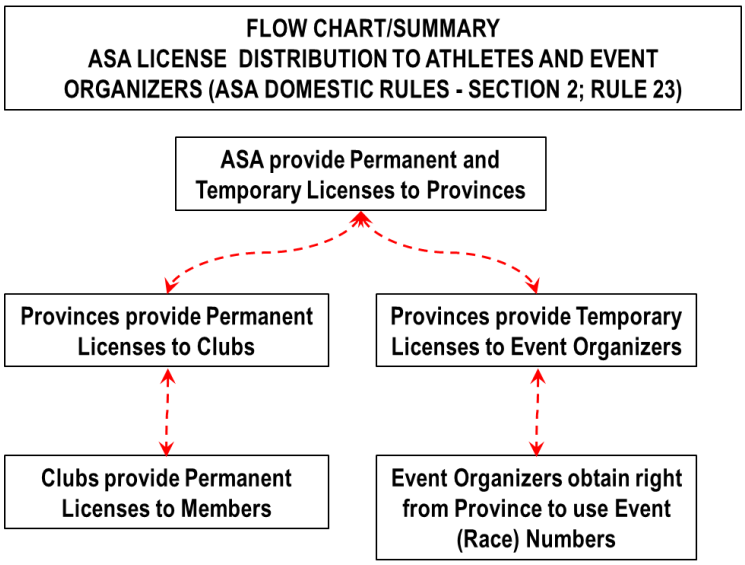
24.20.4 Where a Photo Finish or Transponder System is in operation, athletes may be required to wear additional identification or recording device.

25 Rule 25 : Licences

[Refer IAAF Rule 143.7]

Athletes are required to display licence numbers in all competitions as specified in ASA rules 1.1(a) - (f)

25.1 The Licence Registration process



25.1.1 ASA:

- The ASA License is used to identify if the individual athlete is eligible.
- All forms of licensing in athletics remain the property of ASA at all times irrespective of whether the license is issued by ASA, the Province, or club.
- It is the constitutional right of ASA to generate income by means of franchise licensing to ASA Provinces.
- The income from the sale of licences is used to fund responsibilities and obligations as defined in the ASA Constitution.
- ASA will issue permanent and temporary licences on an annual basis to ASA Provinces.
- A levy will be charged by ASA, payable by the ASA Province for the right to issue permanent and temporary licenses to Clubs/Events.
- ASA will keep records of how many licenses are issued to the ASA provinces and invoice the ASA provinces accordingly. Payment to ASA will be due within one month after invoices are issued by ASA to the ASA Province.

25.1.2 ASA Provinces:

- By paying levies to ASA on each license sold, Provinces will obtain the right from ASA to generate income by means of franchise licensing to Clubs.
- Each Province shall set the price at which licences are to be sold by Clubs to their members.
- ASA Provinces will issue permanent licenses to clubs.
- ASA Provinces will issue temporary licenses to Events listed on the ASA /Provincial Fixtures list.
- Provinces will keep records of how many permanent and temporary licenses are issued to clubs/Event Organizers, and invoice them accordingly.

25.1.3 Clubs:

- Clubs are the only institution as defined in the ASA Constitution that have the right to issue Permanent Licenses to their members.
- Athletes must pay the club for the Permanent License before it is issued.
- Clubs may issue any form of registration (excluding permanent and temporary license numbers) in Fun Runs to generate additional income for the club.
- Athletes are only allowed to wear the license specifically issued to him/her.
- Under no circumstances may any form of licensing be transferred to any other member or athlete, or parties outside of the athletics structure.
- It is the responsibility of the club to educate the athlete on how to position the license on the vest/crop top. Please refer to the chapters on vest design and competition numbers. In cases where members of a club repeatedly position license numbers incorrectly, the club may be penalized.
- When an athlete does not wear a license on his/her vest during a race both the athlete and the club which the athlete belongs to can be penalized.
- To avoid doubt, in events where Special Number Bibs are issued, the athlete does not have to wear the license but must be able to show the licence to the Referee when he/she is asked to do so.
- Note: The Referee or Organizer can only ask the athlete to show his/her license before the race, after the race, or before the medal/ prize giving ceremony.

25.2 Technical Officials monitoring Licensing and Numbering

25.2.1 The listed eligible National and Provincial Technical Officials will be the only Officials that will be allowed to monitor and regulate licenses and numbering on behalf of ASA and/or the ASA Province.

25.2.2 For any event to be eligible, a Technical Delegate will be appointed by the ASA Province from the listed eligible National and Provincial Technical Officials to monitor event compliance including the licensing and numbering process. Each event should budget for the expense of this official.

25.2.3 The appointed Technical Delegate must report any violation related to Licensing or numbering to ASA or the relevant ASA Province.

25.2.4 Technical Delegates failing to report such violations will have his/her registration to ASA/ASA Province revoked with immediate effect for the remainder of the relevant year. Technical Delegates who fail to report such violations a second time will have his/her registration revoked permanently.

25.2.5 ASA or the relevant ASA Province may enforce penalties on any Event Organizer who violates the regulations governing licensing or numbering.

25.3 The Accountability process

25.3.1 Permanent Licenses: The athlete must complete a standard ASA registration form before the permanent license is issued. The club must take possession of the registration form before the permanent license is handed to the athlete. The ASA Online Registration system should only be used by clubs to record athletes after the signed registration form has been received by the club.

25.3.2 The registering club must keep the completed registration forms in safe storage for at least two (2) years and be able to produce them if required as part of any legal or disciplinary enquiry.

25.3.3 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.

25.3.4 The Province collects the completed Excel spread sheet from each club and prepares one provincial spreadsheet which reflects all permanent licenses issued by clubs.

25.3.5 ASA collects the completed Excel spread sheet from each province and prepares one national spreadsheet which reflects all permanent licenses issued by provinces.

25.3.6 ASA uses this data base of permanent licenses issued in South Africa to report to the ASA Council, SRSA, SASCOC, Sponsors, etc.

25.3.7 A Permanent License is valid for the period 1 January to 31 December of the same year. Ideally, licenses should be issued before the beginning of January of each year.

25.3.8 For logistical reasons, new permanent licenses will only be issued by ASA to Provinces 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.

25.3.9 Clubs must report back to the province at the end of February on how many licenses were sold, and thereafter every month until October.

25.3.10 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.

25.3.11 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 5.

25.3.12 Similarly, when an athlete changes club within the same province during a calendar year, they may retain their licence until it expires. They may however only count for the club that issued the licence in any team competition. Alternatively the athlete must be registered and licensed by their new club.

25.3.13 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.

25.3.14 In all events (except for pole vault and high jump, where only one need 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.

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

25.3.16 Athletes must be in possession of a permanent license to participate at inter-provincial or national Championships (ASA rule 1.1.a to 1.1.c)

25.4 Permanent License Bib

25.4.1 Permanent Licenses are the licenses issued by ASA through the Provincial Members to club members. Athletes can only purchase a Permanent License through a local athletics club

25.4.2 Permanent Licenses need to be renewed on an annual basis

25.4.3 Permanent Licenses are IAAF accredited and represent ASA's registration with the IAAF. As a result, the license enables a licensed athlete to participate in any event in any IAAF affiliated country, and/or in any affiliated ASA Province in South Africa.

25.4.4 A Permanent License ensures that the athlete is eligible for selection for teams to international events, and allows the athlete to participate at Provincial or National Championships. To avoid doubt, licenses are issued to all athletes irrespective of their age, e.g. an athlete who enters in the ASA Cross Country Championships for the 10 year age category, must purchase a permanent license before the athlete can be entered for the event.

25.4.5 Athletes from Associate Members, who are entered for the Championships of the Associate Member, (ASA rule 1.1.c) must be in possession of a permanent license. To avoid doubt, in inter-school events, where athletes run in school athletics attire, the

event is regarded as a development event and does not need a license up to municipal district level.

25.4.6 The Permanent License provides the athlete with medical cover – subject to the terms and conditions of the policy.

25.4.7 The Permanent licence entitles the athlete to win prizes/medals in both the individual and team categories.

25.4.8 Each athlete will be issued with TWO permanent licences which must always be worn on the front and back of the vest.

25.4.9 The ASA licence will be 14 cm high x 20cm wide. The logos above are 4 cm high and the licence numerals are 6 cm high.

25.4.10 The image of a Permanent License is indicated on the right hand side. The Permanent License will display the constitutional abbreviation of the province in the top left hand corner; the ASA Sponsor in the top right hand corner; and the year the license was issued located at the centre above the license number. The Permanent License number will start with the letter "P" followed by the license number.

25.5 Temporary License Bib

25.5.1 Temporary Licenses are the licenses issued by ASA through the Provincial Member to Race Organizers.

25.5.2 The athletes can purchase a Temporary License from the Race Organizer.

25.5.3 Temporary Licenses will be issued to unlicensed athletes to enable them to compete as individuals in sanctioned competitions; and to conditionally cater for licensed athletes who have left their licence number(s) at home.

25.5.4 Temporary licences may be issued for any event up to and including the Standard Marathon (42,2km). Temporary licences for ultra-marathons may only be sold to accommodate foreign athletes in local competitions.

25.5.5 Temporary licenses are only valid for the competition for which they are issued.

25.5.6 Athletes will be issued with a single temporary licence number which 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 must be worn on the back.

25.5.7 If two Competition Numbers are issued, then the unlicensed athlete must still purchase a temporary licence from the event organiser, but the temporary licence will not be issued and does not have to be worn.

25.5.8 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.

25.5.9 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.

25.5.10 Athletes with temporary licenses must adhere to the advertising rules of the IAAF and ASA.

25.5.11 A temporary license may not be issued to an ineligible athlete.

25.5.12 A temporary license may not be issued to athletes participating in events listed under ASA Rule 1.1.a to 1.1.c. including all ASA Championships and the National Championships of an Associate Member. Athletes participating at this level are entered

by clubs and provinces and must be licenced members of a club before entering for the mentioned events.

25.5.13 Holders of temporary licenses will be eligible for individual prizes and may claim age group prizes if they:

- have entered the relevant age category, and
- are wearing the necessary age category tags; and
- can prove their age by one of the official means, on the day of the race.

25.5.14 Athletes competing in temporary licences shall not be eligible for team prizes even if they have been issued a permanent licence (but are not wearing it on the day).

25.5.15 While athletes with permanent licences have signed a registration form and are covered by a national medical insurance policy; from 2017 onwards temporary licenced athletes are not covered by such policies. To protect organizers, sponsors, volunteers, ASA and its affiliates, it is important that all athletes who purchase a temporary license must sign an indemnity form/waiver. An example of an indemnity reads:

INDEMNITY / WAIVER

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 dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. 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. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

MINOR RELEASE: *and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.*

Printed name of participant (parent/guardian in the case of a minor) _____
Phone: _____ *Signature:* _____ *Date:* _____

25.5.16 The ASA Temporary licence will be 14 cm high x 20cm wide. The logos above are 4 cm high and the license number is 6 cm high

25.5.17 The image of a Temporary License is indicated on the right hand side. The Temporary License will display the constitutional abbreviation of the province in the top left hand corner; the ASA Sponsor in the top right hand corner; and the year the license was issued located at the centre above the license number.

The Temporary License number will start with the letter "T" followed by the license number.

26 Rule 26 : Competition and Special Number Bibs

[Refer (IAAF Rule 8; IAAF and ASA Rule 1.1; IAAF 1.2(c), IAAF Rule 143.7]

26.1 Competition/Race Number Bib

26.1.1 Competition/Race Number bibs 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.

26.1.2 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.

26.1.3 The Race number should be 14 cm high x 20cm wide.

26.1.4 The number is 6 cm high and the Event/Race Sponsor logos below the number are 4 cm high.

26.1.5 Organizers may not replace ASA license numbers with Competition/Race Numbers/Stickers under any circumstances. See section below on Special Number bibs.

26.1.6 Where a Competition/Race Number is used it must be placed so that the ASA Licence Sponsor and the ASA province / Year remain visible above the Competition/Race number.

26.1.7 The Licence numerals may be covered, but not the ASA Sponsor.

ASA Licence + **Race Number** + **Combined**

26.1.8 Organizers who fail to enforce this rule will be penalized, which may include losing eligibility status. Athletes who fail to adhere to this rule will be disqualified.

26.1.9 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.

26.1.10 Subject to the relevant IAAF Advertising Regulations, there shall be no further restrictions on the design of the Competition/Race Number/Sticker.

26.1.11 Where Competition Organisers require a Competition/Race Numbers/Stickers to be worn, the athlete must comply.

26.1.12 Competition/Race Numbers/Stickers are not transferable under any circumstances.

26.1.13 When only one Competition/Race Number/Sticker is provided it must be worn on the front.

26.1.14 Events on the national fixture list that are granted TV broadcast rights by ASA must adhere to the licence bib restrictions contained in the allocation of such rights.

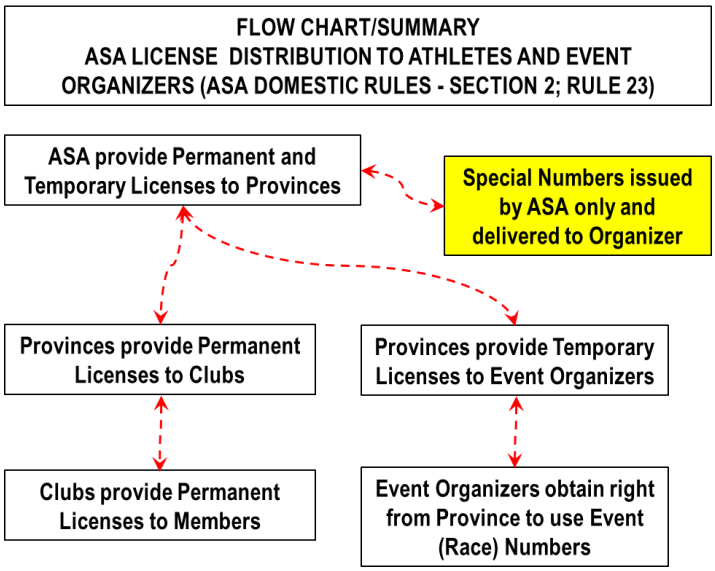
Note: As provinces list events on the ASA National and/or Provincial Fixtures Lists, Provinces must ensure that the rules above are implemented diligently. Provinces who fail to implement the above rules will be held liable.

26.2 Special Number Bibs

26.2.1 Special Number Bibs are the sole property of ASA.

26.2.2 Only events included in ASA rule 1.1.a to 1.1.d can replace License Numbers with Special Number Bibs, in consultation with the ASA License sponsor. Use of a Special Number Bib by major events under 1.1.d may be subject to a levy determined by the ASA Board.

26.2.3 The Special Number will be issued by ASA directly to the Event/Race Organizer. ASA will notify the Technical Delegate of such arrangement.



26.2.4 Special Number bibs may only be used for the event permission was obtained for.

26.2.5 The design of the Special Number bib shall comply with relevant IAAF rules

26.2.6 The Special Number bibs will be 20cm square. The logos above are 4 cm high; the number is 6 cm high and the logos below the number are 4 cm high.

26.2.7 The image of a Special Number bib is indicated on the right hand side. The Event Sponsors will be displayed above the number. The ASA Logo will be displayed below the number, in the bottom left hand corner; the Event Sponsor and/or City in the bottom right hand corner; and the year the number was issued located at the centre below the license number.

26.2.8 The Special Number will start with the letter "S" followed by the number

26.2.9 The ASA rights associated with Licenses, including Special Numbers, remain the property of ASA. Any variation to the image of the Special Number 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.

26.2.10 Where Competition Organisers require a Special Number Bib to be worn, the athlete must comply.

26.2.11 The Special Number bib may replace the Permanent License, or completely cover the permanent license. Where the permanent/temporary license is removed, the athlete must be able to present the Permanent/temporary License on request by the Organizer/Referee.

Note: The Referee or Organizer can only ask the athlete to show his/her license before the race, after the race, or before the medal/ prize giving ceremony. Failing to present the permanent/temporary license on request, may lead to disqualification of the athlete.

26.2.12 Under no circumstances are Special Number Bibs transferable.

26.2.13 When only one special number 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.

26.3 Other forms of athlete identification

26.3.1 Chest Stickers

When chest stickers are used in development events e.g. school or Talent ID Meetings; the sticker will contain information required by the Organizer. The sticker material may be any shape, colour or size;

PARTICIPANT	This tag must be handed to the official dealing with the results directly after the competition		
First Name in full	**Surname**		
Age on 31 December this year	**Birth date**	**Male**	**Female**
Club / School	**Home tel. no**	**Work tel. no**	
I abide by the rules of ASA/Prov. I declare that I am an amateur. I enter for this competition entirely at my own risk. I shall participate at my own risk and indemnify the organisers, sponsors, and persons assisting in the competition, against any claim which may result from my participation. Proof of age is required before medals/prizes will be issued. Disobeying an official may lead to disqualification.			

26.3.2 Leg numbers

[Refer to IAAF rule 143.9]

Where a Photo Finish system is used the athlete identification will be number stickers (leg numbers) and will be matt black letters on a white background. The adhesive sticker will be placed on the side of the short or leg, in full view of the Photo Finish System. The sticker may be any shape as long as it is a minimum of 10cm high with the lettering a minimum of 8cm high.

EXAMPLES OF LEG NUMBER SHAPES

26.3.3 Transponders

[Refer to IAAF rule 165]

When transponder timing is used, the choice of chip format is at the discretion of the event organiser.

Transponder part of race number – front and back

Transponder mounted on shoe with shoe lace

Transponder mounted in wrist band

Transponder pinned to running vest or shorts

26.3.4 **Barcoding**

When bar codes are used for athlete timing or identification, the barcode may be mounted in the race number as part of the tear-of slip or in the case where no tear-of slip is used the barcode must be placed in such a way that it does not interfere with the visibility of the number.

27 Rule 27: Protests and Appeals

[Refer to IAAF Rule 146]

27.1 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.

27.2 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.

28 Rule 28 : Littering

To promote events that are environmentally responsible, organisers must implement processes to manage event waste and athletes must take responsibility for their actions when disposing of litter.

28.1 **Littering** shall be defined as the act of disposing of any waste item except into a receptacle provided for that purpose. In the context of a road race waste items include amongst other things; plastic water sachets, paper cups, bottles, wrappers and containers whether supplied by the organizers or brought to the race by the participants.

28.2 Race Organisers shall develop and implement a waste management plan for their event which must include the provision of receptacles (boxes, troughs, bins) for disposing of race waste items at the Start, the Finish and at each Refreshment Station on the route.

28.3 ASA Provinces may impose penalties (e.g. fines) on race organisers that do not comply with this requirement.

Note : At a Refreshment Station receptacles for waste should be positioned between the tables/assistants handing out refreshments and then placed at regular intervals to extend to at least 200 metres past the last table at the refreshment station.

28.4 Littering shall be further categorized as intentional and unintentional littering. Both can apply anywhere.

28.4.1 **Unintentional** littering is when a runner intends to throw waste into a box /trough / bin but misses.

28.4.2 **Intentional** littering is when the runner discards waste when there is no box / trough / bin anywhere in their vicinity.

28.5 IAAF Rule 125 makes provision for a Race Referee to warn an athlete by showing a yellow card and exclusion by showing a red card;

He shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner or under Rule 162.5. 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.
Note: (i) The Referee may, where the circumstances justify it, exclude an athlete without a warning having been given. (See also Note to Rule 144.2.)
Note: (ii) When excluding an athlete from competition under this Rule, if the Referee is aware that a yellow card has already been given, he should show a second yellow card followed immediately by a red card.
Note (iii) If a yellow card is given and the Referee is not aware that there is a previous yellow card, it shall, once this is known, have the same consequence as if it was given in association with a red card.
The relevant Referee shall take immediate action to inform the athlete or his team of his exclusion.

28.5.1 A yellow card may be issued by a Race Referee to a runner who INTENTIONALLY litters. The Race Referees must advise the Chief Referee of the details of any yellow cards issued

28.5.2 Should 2 x yellow cards be issued to the same runner, the Chief Referee may issue a RED card and disqualify the athlete either during or after the event.

28.5.3 Where circumstances warrant, such as blatant intentional littering in an environmentally sensitive area, a RED card may be issued by a Race Referee without a previous warning being issued.

28.5.4 An athlete may lodge an appeal against a Red card in accordance with the relevant rules for Appeals; up to either; 30 minutes after the red card is issued to the athlete, or 30 minutes after the athlete completes the race, whichever is the later time.

Note : No card is applicable for UNINTENTIONAL littering.

28.6 ASA Provinces may impose penalties (e.g. fines) on athletes reported by Race Referees as having been issued a Yellow or Red card.

Notes on Waste Management for Events

Introduction

The legal definition of 'litter' extends from small bits of paper or cigarette ends to anything (whether large or small) that is, or is likely to become, unsightly. People who litter can be penalized. In the context of an event/race, waste items include amongst other things; plastic water sachets, paper cups, bottles, wrappers and containers whether supplied by the organizers or brought to the event/race by the participants.

Local authorities are responsible for keeping public places that are under their control, including public roads, clear of litter as far as is practicably possible. This includes arranging cleansing programmes, as well as providing and emptying litter bins. They can take enforcement action against people who break or ignore the law, and may even issue on-the-spot fines for litter offences

Each event/race organizer, in consultation with local authorities, must prepare a litter management plan for its area, setting out its objectives to prevent and control litter, along with measures to encourage public awareness of litter. The plan must also set out measures and arrangements by which the event/race organizer intends to achieve these objectives. In preparing its litter management plan, the event/race organizer must consult with local community and voluntary interests.

Fines for littering

Leaving or throwing litter in a public place is an offence that can be subject to an on-the-spot fine by the local authorities or a maximum fine as defined by the District Court. Where an offence continues after conviction, the person concerned is guilty of a further offence and liable to a further fine. On-the-spot fines can be issued by a litter warden appointed by the local authority or the Event/Race Organizer. If you are convicted of a litter offence, the court may also require you to pay the local authority's costs and expenses in investigating the offence and any costs incurred in bringing the prosecution.

Litter and public places

Event/Race Organizers are obliged by law to keep the place litter-free, regardless of how the litter got there.

The Event/Race organizers are required to ensure that litter control measures are in place at the venue and in the surrounding vicinity, e.g. food stalls, parking area, etc., before, during and event.

Sufficient receptacles for waste should be available at all areas where food and refreshments are sold, as well as at all areas where athletes and spectators sit to eat or drink their food and refreshments

Refreshment Station

At a Refreshment Station receptacles for waste should be positioned between the tables/assistants handing out refreshments and then placed at regular intervals to extend to at least 200 metres past the last table at the refreshment station.

Mobile food outlets

Operators of mobile food outlets selling fast food or beverages, or other outlets such as those selling farm produce, must provide suitable litter bins in the vicinity of their outlets. They must also clean up any litter arising from the outlet's operation within a radius of 100 metres.

Illegal dumping

If you are aware of illegal dumping, you can report it to the Event/Race Organizer or local authority so that it can investigate and take any necessary enforcement action. If an Event/Race Organizer or local authority can establish who owns material that has been illegally dumped, the owner has a case to answer, even if they haven't been caught in the act of dumping. In addition, local authorities can require a householder or business operator to indicate how and where they are disposing of their waste. This

can be relevant if the person does not use a refuse collection service or bring their waste to an authorized disposal facility.

Dog fouling
Dog owners must remove their pets' waste from public places and dispose of it in a proper manner. This obligation applies to all areas related to the event/race.

Posters and signs
It is illegal to put up posters or signs on poles or other structures in public places, unless you have the written permission of the owner of the pole or other structure before you put them up. Any article or advertisement must carry the name and address of the Organizer of the event/race being advertised. After the event/race the poster/signs must remove posters within 7 days. If they are not removed within this period, the local authority will remove them and issue an on-the-spot fine in respect of each offence. If an event/race organizer has been issued with a fine and refuses to pay, they can be prosecuted.

Advertising flyers
If you plan to distribute advertising leaflets in the street, you should first check with the local authority to see if there are any local litter restrictions. It is illegal to place advertising leaflets on car windscreens.

Presenting your refuse for collection
Refuse should be placed in a wheelie-bin or other sturdy refuse bin for collection, or else in strong plastic bags. It should not be left out too long before the collection is due, as it may attract birds or animals and create litter.

SECTION III : TRACK EVENTS

[Refer IAAF Chapter 5: SECTION III]

29 Rule 29: Starting Blocks

[Refer to IAAF Rule 161]

29.1 In competitions as stipulated in Rule 1.1.e to 1.1.g 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.

30 Rule 30: Lap Scorers

[Refer to IAAF rule 131]

30.1 In competitions as stipulated in Rule 1.1.a to 1.1.c, in events taking place on a track, where the event consists of multiple laps, it is recommended that athletes that have been lapped should be removed to avoid lap scorers from making errors in the number of laps completed by the athletes.

30.2 It is recommended that athletes that have been lapped be removed at the 200m mark.

30.3 Athletes are removed until 8 athletes remain in the competition. There-after no athletes will be removed until the event is completed.

30.4 Athletes must be notified before the start of the event of such arrangement.

SECTION IV : FIELD EVENTS

[Refer IAAF Chapter 5: SECTION IV]

31 Rule 31: General Conditions

[Refer to IAAF Rule 180]

31.1 In all competitions (ASA Rule 1.1.a to 1.1.f) the organisers must provide 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.

31.2 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.

31.3 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]

32 Rule 32: Combined Events Competitions

[Refer to IAAF Rule 200]

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

32.2 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]

33 Rule 33 : Race Walking

[Refer to IAAF Rule 230]

33.1 General

33.1.1 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.

33.1.2 The size of the lettering on the tags must be a minimum of **6cm 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.

33.2 The Course

33.2.1 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.

33.2.2 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.

33.2.3 The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".

33.2.4 ASA reserves the right to order an independent measurement of any course by a recognised course measurer.

33.3 Video Recording

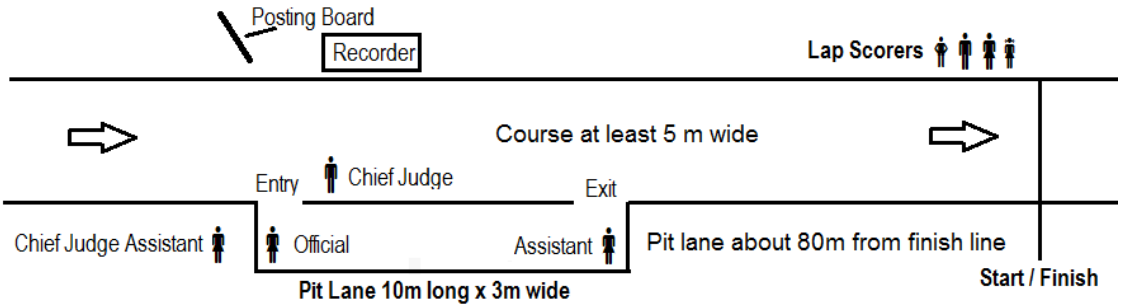
33.3.1 In competitions where electronic timing is not used, a video camera may be used to assist the Chief Race Walk Judge with placements and appeals. The video recordings should be available to the Jury of Appeal when appeals are made.

33.3.2 For all Race Walk races stipulated in ASA rule 1.1.d to 1.1.g it is recommended to use video recordings to assist Race Walk Judges with their decisions. The movement of the athlete can be monitored with any digital communication device as long as the video footage is clear and definitive. If the person(s) shooting the video footage is not an appointed Race Walk Judge, such person must be approved by the Race Walk Chief Judge before the race start. Such video footage must be made available to a Jury of Appeal when needed.

33.4 Pit Lane

Refer to IAAF Rule 230.7(c)

For Race Walking events on track or road, a Pit lane shall be used for all athletes irrespective of the age category. In such cases, an athlete will be required to enter the Pit Lane and remain there for 20 seconds, once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him.



EXAMPLE OF A PIT LANE

33.5 Lap Scorers

[Refer to IAAF rule 131]

33.5.1 In competitions as stipulated in Rule 1.1.a to 1.1.c, in events taking place on a track, where the event consists of multiple laps, it is recommended that athletes that have been lapped should be removed to avoid lap scorers from making errors in the number of laps completed by the athletes.

33.5.2 It is recommended that athletes that have been lapped be removed at the 200m mark.

33.5.3 Athletes are removed until 8 athletes remain in the competition. There-after no athletes will be removed until the event is completed.

33.5.4 Athletes must be notified before the start of the event of such arrangement.

SECTION VIII: ROAD RACES

[Refer IAAF Chapter 5, SECTION VIII]

34 Rule 34 : Road Races

[Refer to IAAF Rule 240]

34.1 Course Lay Out

34.1.1 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.

34.1.2 For road championships, the road surfaces should be over 99% paved roads, paved pedestrian footpaths and paved sidewalks.

34.1.3 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.

34.1.4 The start and the finish of a race shall be denoted by a white line at least 5cm wide.

34.1.5 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.

34.1.6 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.

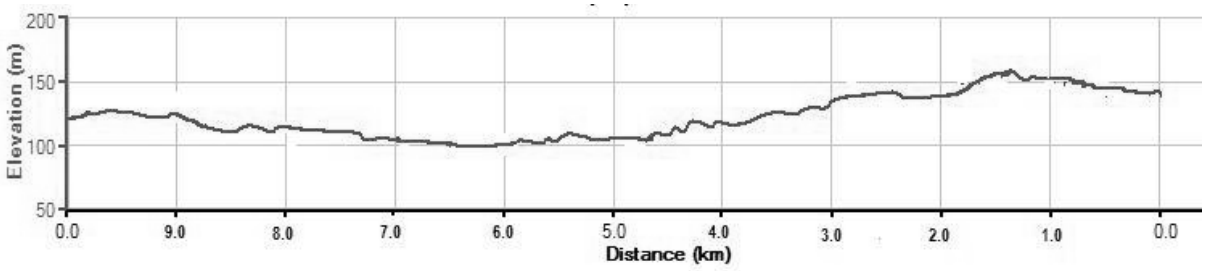
34.1.7 It is recommended that for Road Races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000, i.e. 1m per km (0.1%). For approval of Records, see IAAF Rule 260.28 (c).

34.1.8 The length of the course must have been certified in advance by an ASA approved course measurer.

34.1.9 The distance in kilometres on the route shall be displayed to all athletes.

34.1.10 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.

34.1.11 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

34.2 Course Measurement

34.2.1 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.

34.2.2 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.

34.2.3 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.

34.2.4 The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".

34.2.5 ASA reserves the right to order an independent measurement of any course by a recognised course measurer.

34.2.6 Any course starting and finishing above 1000m above sea level will be considered an altitude course.

34.2.7 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.

34.3 Course Marking

34.3.1 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.

34.3.2 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.

34.3.3 Kilometre markers must be placed along the route for the benefit of all competitors.

34.3.4 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.

34.3.5 All road Junctions carrying significant traffic must be controlled by the appropriate authorities and competent marshals wearing conspicuous tabards or bibs.

34.4 Course Types

34.4.1 **Standard Courses**

34.4.1.1 The course between the Start and Finish must not have an altitude drop exceeding 1m/km.

34.4.1.2 The start and finish points, measured along a theoretical straight line between them must not be further apart than 50% of the race distance.

34.4.1.3 ASA will only recognised records and performances on Standard Courses.

34.4.1.4 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.

34.4.1.5 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%.

34.4.2 **Aided Courses**

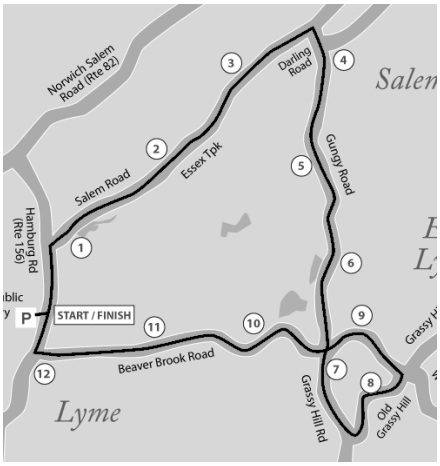
34.4.2.1 A course with a net altitude drop greater than 1m/km but less than 3,5m/km and/or with a start/finish separation greater than 50 % of the total distance of the race.

34.4.3 **Unrecognised Courses**

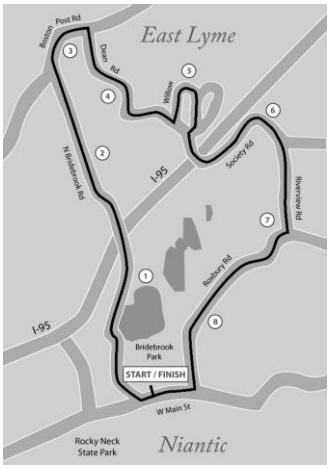
34.4.3.1 Any course with a drop between start and Finish in excess of 3,5m/km is an unrecognised course.

34.4.3.2 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.

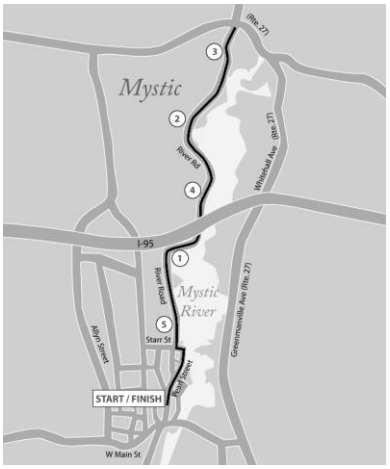
Note : Course Lay-outs that should be avoided:



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

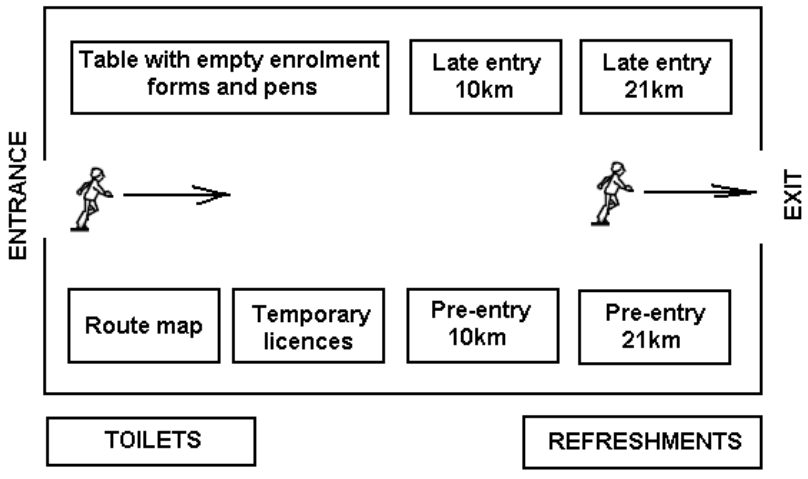
The effectiveness of the registration area is as important as the race itself. A positive experience at registration leads to happy and friendly athletes participating in the race.

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

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

34.5.1 A public address system or loudhailer should be available at the start line.

34.5.2 In all races a five-minute, three-minute and one-minute warning before the start of the race should be given.

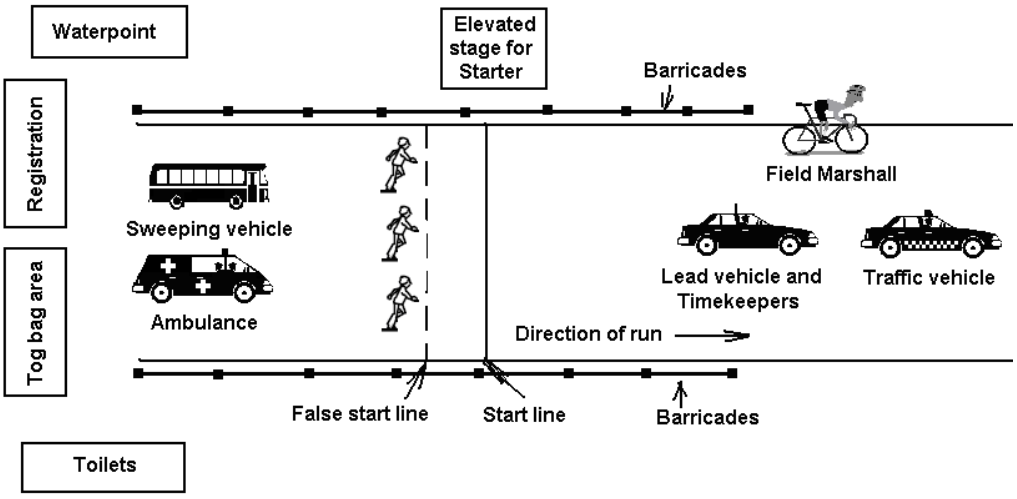
34.5.3 Road races shall be started by the firing of a gun, canon, air horn or similar device. The commands and procedure for races longer than 400m shall be used (IAAF Rule 162.4).

34.5.4 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.

34.5.5 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	10 minutes before men's race	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

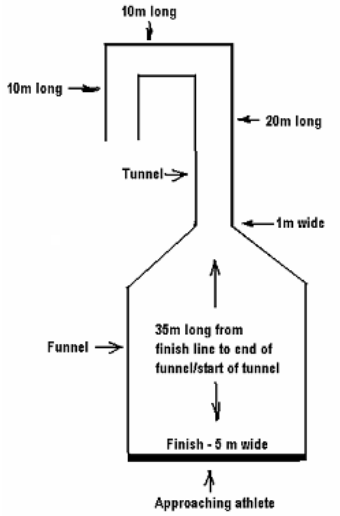
34.6 The Finish [Refer to IAAF Rule 164]

34.6.1 The finish may be within an athletics arena, on a field or any other suitable open space.

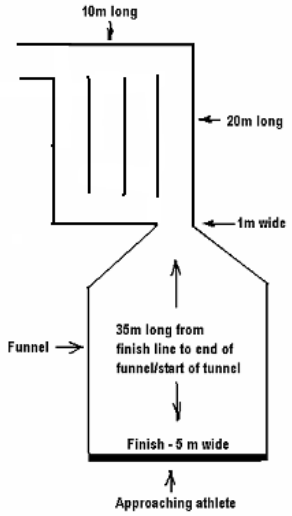
34.6.2 The finish line should be marked with a line at least 5cm wide.

34.6.3 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.

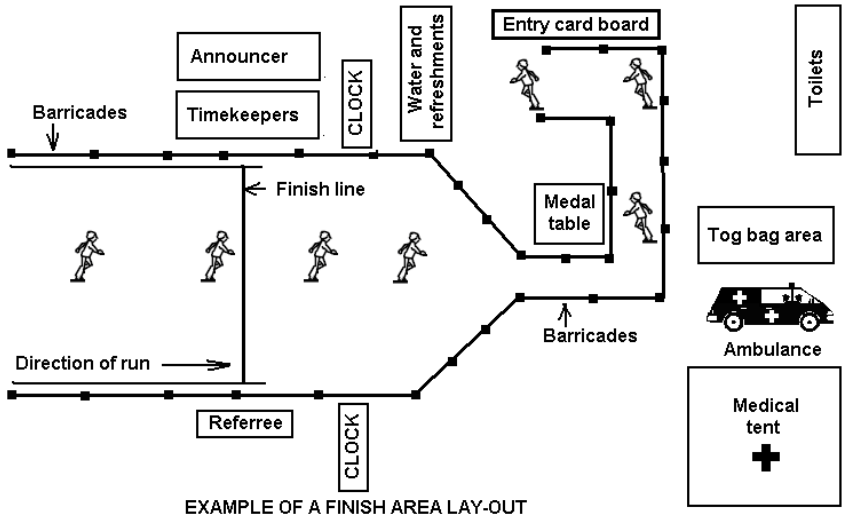
Note :
Various designs for the finish are illustrated in the diagrams below.
If a finish arch is used it should be positioned AFTER the finish line so that runners do not stop before the finish line.
Events of different distances held at the same time should normally have separate finish lines/chutes 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



EXAMPLE OF A FINISH AREA LAY-OUT

34.7 Marshals

34.7.1 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.

34.7.2 Marshals must be placed at all points that may be a security or injury risk.

34.7.3 Marshals must be firm without being an obstruction, disruption or frustration to the athletes.

34.7.4 Marshals must wear bibs or clothing that makes them clearly identifiable to the athletes and motorists. Flags are normally issued to warn motorists.

34.7.5 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 marshal's 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.

34.8 Refreshment Stations and Seconding

34.8.1 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.

34.8.2 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.

34.8.3 Seconds/officials shall not, under any circumstances, run beside an athlete while he/she is taking refreshment.

34.8.4 Seconding may not be conducted directly from a vehicle (including two-wheeled) whether stationary or moving.

34.8.5 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.

34.9 Physical Assistance

34.9.1 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, may not accelerate and run with the athlete about to pass him/her, but must maintain his/her pace until the lapping athlete has passed;
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.

34.9.2 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.

34.10 Safety

34.10.1 Runners are NOT permitted to run with animals eg dogs/birds/reptiles/etc.

34.10.2 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.

34.10.3 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.

34.10.4 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.

34.10.5 Disabled or blind runners who require to be accompanied may only make use of guides who have officially entered the event.

34.10.6 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.

34.10.7 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.

34.10.8 An emergency contact number (Safety Officer, medical service or VOC) should be supplied to all workers, marshals, officials and athletes.

34.11 Calculation of Team positions

34.11.1 In team competitions the following rules will be applied to calculate the team positions:

34.11.2 The team size must be stated in the competition manual or meeting flyer. Team sizes must be equal for men and women.

34.11.3 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.

34.11.4 In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

34.11.5 Athletes wearing temporary licences shall compete as individuals and shall not count for any team competition.

34.12 Fun-Runs

34.12.1 The distance of Fun Runs may not exceed 8 (eight) km.

34.12.2 Fun run courses should be measured by the most accurate method practicable in the circumstances.

34.12.3 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.

34.12.4 Fun runs must be held on clearly marked courses.

34.12.5 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.

34.12.6 Licensed athletes participating in fun runs need not wear club colours or display their licence numbers during such races.

34.12.7 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.

34.12.8 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.

34.12.9 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.

34.13 Road Relays

34.13.1 For all road relays IAAF Rules will apply.

34.13.2 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.

34.14 Ultra-Marathons

34.14.1 An ultra-marathon event is any foot race incorporating a continuously timed section longer than a marathon (42.195km/26 miles 385 yards).

34.14.2 All of the rules applicable to road running also apply to ultra-marathon running. In addition the rules of the IAU shall be applicable.

34.14.3 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.

34.15 Technical Information Centre [Refer to IAAF Rule 132]

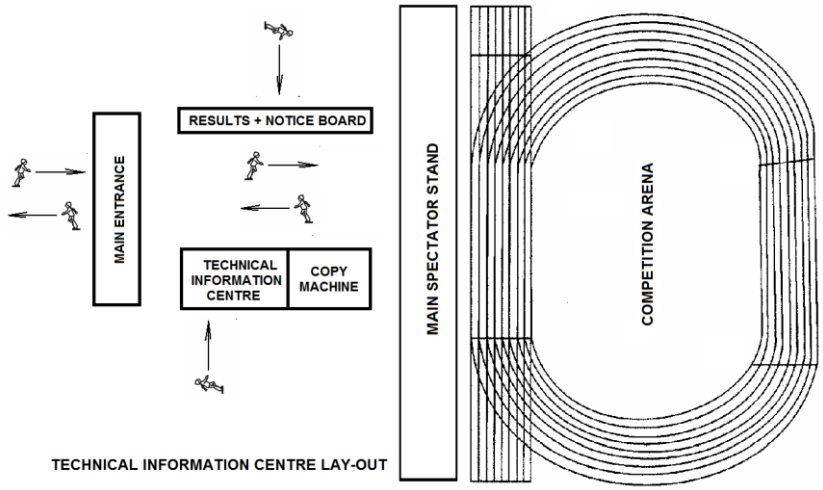
34.15.1 It is recommended that a Technical Information Centre (TIC) should be established for road races held under 1.1.a to 1.1.e particularly if the event takes place over several days or involves teams or a large number of participants.

34.15.2 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.

34.15.3 The secondary function of the TIC is to serve as an information centre of the general public during the event.

34.15.4 The TIC staff should consist of a Technical Information Centre (TIC) Manager and an adequate number of assistants

34.15.5 The TIC will be normally being positioned close to the notice board where results are posted.

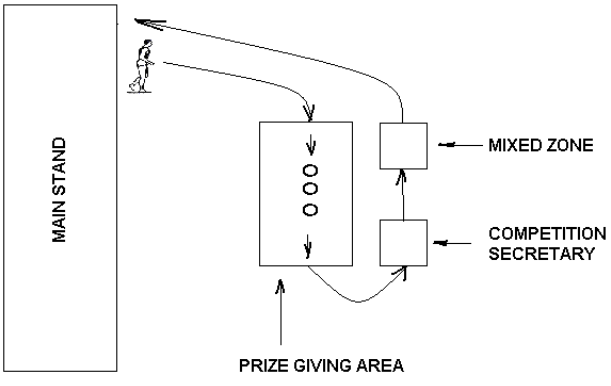


TECHNICAL INFORMATION CENTRE LAY-OUT

34.16 Prize Giving

34.16.1 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.



LAY-OUT OF PRIZE GIVING AREA

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 off-road events 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.

35 Rule 35 : CROSS COUNTRY

[Refer to IAAF Rule 250]

35.1 General Cross Country Course Layout

35.1.1 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.

35.1.2 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.

35.1.3 The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".

35.1.4 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.

35.1.5 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.

35.1.6 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.

35.1.7 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.

35.1.8 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**.**

35.1.9 The course shall be clearly marked with tape on both sides.

35.1.10 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.

35.1.11 The general public shall only be allowed to cross the course, when appropriate, at well organised cross-over points, marshalled by stewards.

35.1.12 It is recommended that, apart from the start and finish areas, the course be a width of 5 metres, including the obstacle areas.

35.2 Specific guidelines for cross country courses used for qualifying purposes:

35.2.1 The course distance must consist of a certified 1km and 2km loop

35.2.2 The lay-out of the route must encourage fast running with regular intervals of induced speed reductions.

35.2.3 The running surface must have no slippery areas, no thick sand strips, no loose pebbles, and no rocky areas.

35.2.4 The gradient of the course should not vary more than 1: 10 ratio

35.2.5 Up-hills and down-hills must be gradual.

35.2.6 The route must be 5m wide with the exception of the chicane which should not be less than 2m wide.

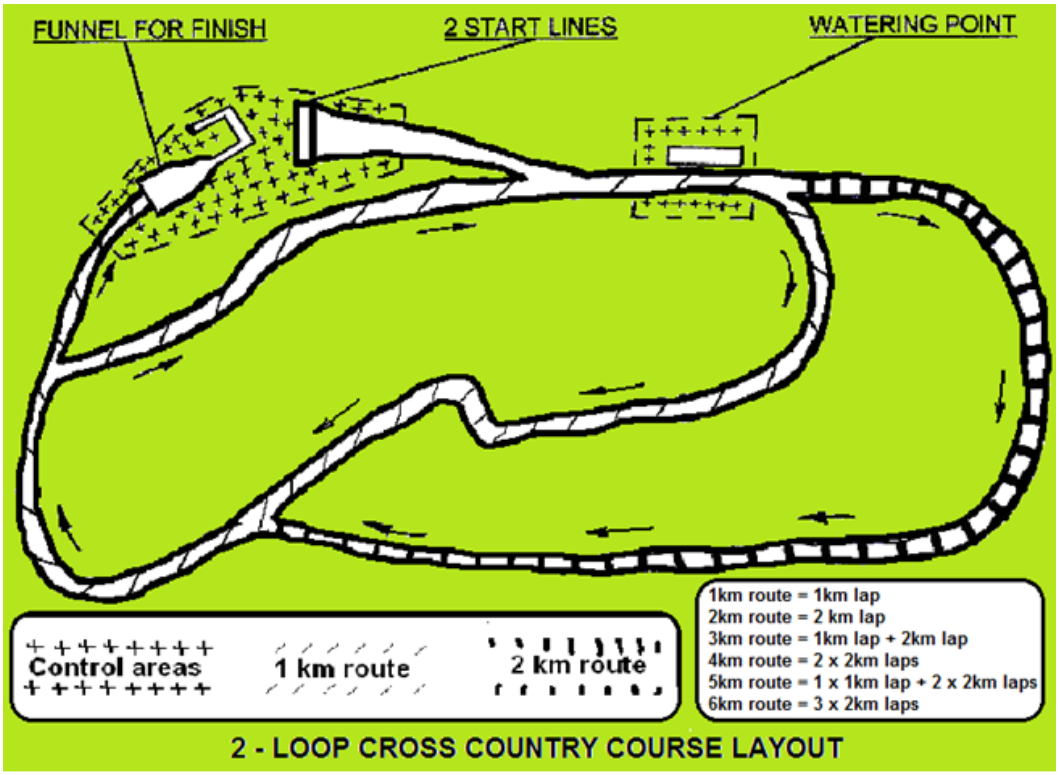
35.2.7 Any induced speed reduction obstacle must be clearly visible

35.2.8 Only one chicane on the 2km loop is allowed, and no chicane is allowed in the 1km loop. Minimum width of a chicane must not be less than 2m. A chicane can be a bridge, gate or railing.

35.2.9 No bend should be more than 90 degrees, but preferably 45 degrees.

35.2.10 A waterhole must be constructed with no slippery areas surrounding it.

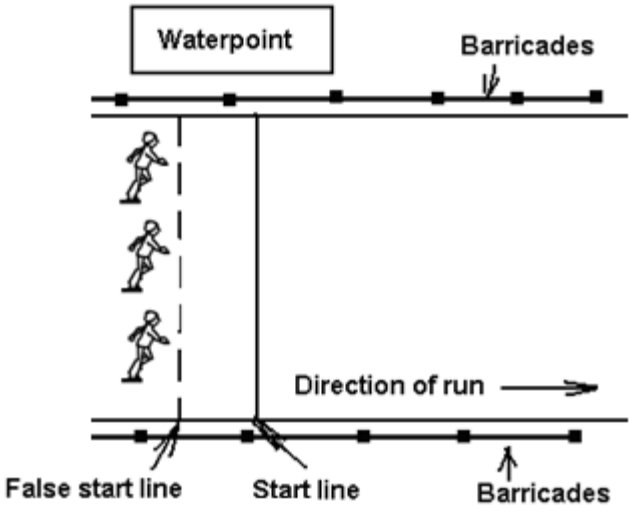
35.2.11 There should not be more than 10 induced speed reductions (bend, obstacle, waterhole, etc.) in a 2km loop and not more than 5 induced speed reductions in a 1km loop



2 - LOOP CROSS COUNTRY COURSE LAYOUT

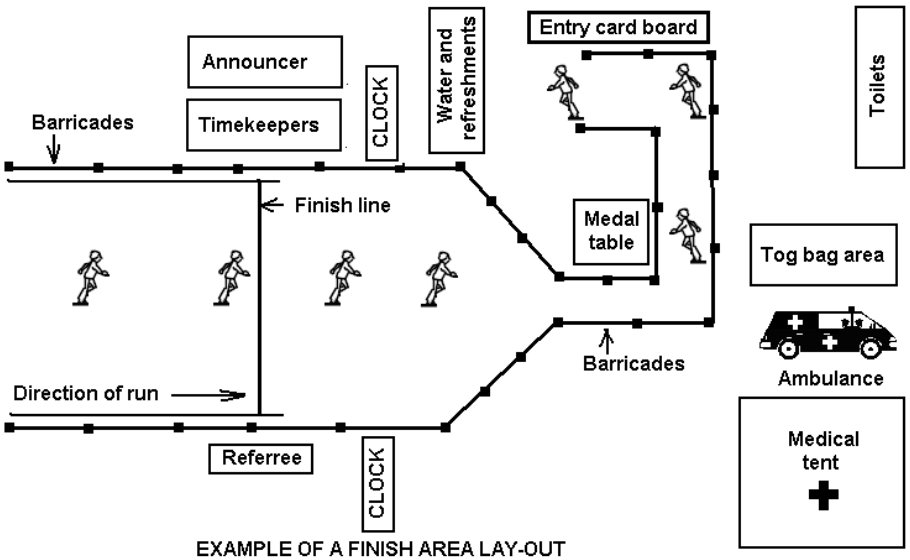
35.3 The Start and Finish areas

35.3.1 The start – There must be a start line clearly marked in the course surface with chalk, grass paint 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.



LAY-OUT OF START OF CROSS COUNTRY COURSE

35.3.2 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.



EXAMPLE OF A FINISH AREA LAY-OUT

35.4 Calculation of Team Results

35.4.1 In team competitions the following rules will be applied to calculating the team positions.

35.4.2 The team size will be stated in the competition manual or meeting flyer. Team sizes will be equal for men and women.

35.4.3 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.

35.4.4 Athletes wearing temporary licences shall compete as individuals and shall not count for any team competition.

35.4.5 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.

35.4.6 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.

36 Rule 36 : MOUNTAIN RACES

[Refer to IAAF Rule 251]

36.1 The nature of the event

36.1.1 Mountain Running/Races are known by many different names such as "hill running (uphill)" or "fell running (downhill)".

36.1.2 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).

36.2 The Course

36.2.1 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.

36.2.2 The course distance may be run in laps, or as a single circuit, or as a point to point race.

36.2.3 The course must be clearly marked throughout, often resembling a Cross Country course with tape or fencing on both sides.

36.2.4 KM markers should be supplied.

36.2.5 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

36.2.6 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).

36.2.7 No more than 20% of the total distance should be on asphalted roads.

36.2.8 No section of a downhill course should be steeper than a 30% grade (i.e. 30 metres per 100m)

36.3 Safety

36.3.1 Participants must accept primary responsibility for his/her personal safety during the race.

36.3.2 Race Organisers may set rules specific to the event which may include carrying compulsory kit (e.g. a windbreaker). Participants must comply with the requirements of the Race Organiser.

36.3.3 Experienced Marshals 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.

36.3.4 Medical treatment must be available on the route without delay. Marshals can carry first aid kits if they have appropriate training.

37 Rule 37 : TRAIL RUNNING

[Refer to IAAF Rule 252]

37.1 Courses for Trail Running

37.1.1 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.

37.1.2 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.

37.1.3 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.

37.1.4 The course must represent the logical discovery of a region.

37.1.5 The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.

37.1.6 To distinguish Trail Running from other running disciplines trail routes should include at least 10% of the distance on footpaths, single track or undeveloped jeep-tracks.

37.1.7 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.

37.1.8 Steep inclines and rough sections requiring hiking or scrambling are permissible. Narrow and restricted sections or obstacles, although allowed, should not hinder fair competition.

37.1.9 In line with World Championships, events shall be classified as Short, Medium, Long and Ultra.

- 37.1.9.1 Short 1km to 15km
- 37.1.9.2 Medium 16km to 34km
- 37.1.9.3 Long 35km to 45km
- 37.1.9.4 Ultra > 45km

37.1.10 However this classification does not restrict organisers from putting on events of any distance to suit the available terrain and the intended participants.

37.1.11 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.

37.2 Equipment

37.2.1 Trail Running does not specify the use of a particular technique or specific equipment in its progression.

37.2.2 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.

37.2.3 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.

37.2.4 Unless specifically disallowed by the Organisers, athletes may use poles such as hiking poles.

37.2.5 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.

37.2.6 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.

37.2.7 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.

37.2.8 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.

37.2.9 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.

37.3 Start

37.3.1 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.

37.3.2 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.

37.4 Safety

37.4.1 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.

37.4.2 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.

37.4.3 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.

37.4.4 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.

37.4.5 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.

37.4.6 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.

37.4.7 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.

37.4.8 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.

37.4.9 Assistance at natural obstacles is permitted. Such assistance should be provided only by the race organiser and shall be detailed in pre-race instructions.

37.5 Aid Stations

37.5.1 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.

37.6 Race Conduct

37.6.1 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.

37.6.2 Assistance from non-competitors (seconds) may only be provided at aid stations.

37.6.3 Participants may receive minor assistance from other competitors at any time.

37.6.4 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.

37.6.5 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.

37.6.6 In the case of multi-day events, this restriction on intravenous treatment shall apply for the full duration of the event.

37.6.7 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.

37.6.8 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.

37.6.9 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.

37.6.10 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 organiser's 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]

38 Rule 38 : South African Records

[Refer to IAAF Rule 260]

38.1 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.

38.2 Only the Presidium of ASA is authorised to recognise National Records.

38.3 Only the Presidium/Board of a Provincial Athletics Body is authorised to recognise a Provincial record.

38.4 ASA will supply the official South African record certificates for presentation to the National Record Holders.

38.5 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

39 Rule 39 : MASTERS ATHLETICS

39.1 SAMA Age Categories (South African Masters Association)

39.1.1 Any athlete who has reached his/her 35th birthday can participate as a master athlete.

39.1.2 SAMA may require formal membership as a condition of entry to SAMA events and recognition of performances.

39.1.3 A Master athlete's age group shall be determined by his/her age on the date of competition.

39.1.4 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

39.2 SAMA Technical Standards

39.2.1 **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

39.2.2 **Track and Field**

WMA / SAMA Hurdles Specifications						
WOMEN						
Age Group	Race Distance	Hurdle Height	To1[SI] 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[SI] 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	1 8 barriers and 5 water jumps			

39.2.3 **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

39.2.4 **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		• Paul 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

40 Rule 40 : SCHOOLS ATHLETICS

40.1 Primary function of schools athletics

40.1.1 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.

40.1.2 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.

40.1.3 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.

40.1.4 The adaption of the IAAF Competition Rules will:

40.1.4.1 Enable athletes to participate in more items;

40.1.4.2 Focus on reducing the injury risk of the athlete participating in several events during the competition;

40.1.4.3 Focus on making athletics more attractive to entry level athletes;

40.1.4.4 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;

40.1.4.5 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;

40.1.4.6 Finally, due to the shorter programme, allow for more time to honour athletes for their achievements after the last item was concluded.

40.2 Primary schools and High schools

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

40.2.1 **Primary Schools**

40.2.1.1 Primary schools serve as platform to populate athletics at entry level of the sport.

40.2.1.2 In general Primary Schools cater for the ages 10 to 13 years.

40.2.1.3 Primary School athletics encourages development of basic skills of all disciplines of athletics with the exception of long distance running (longer than 1500m).

40.2.1.4 The focus should be on participation rather than excellence.

40.2.1.5 Primary school athletes are not encouraged to become eligible athletes, e.g. to obtain licenses or register to a club.

40.2.2 **High Schools**

40.2.2.1 High Schools athletics serves as a feeder programme to ASA senior and junior Preparation Squads in preparation for international competition.

40.2.2.2 In general High schools cater for athletes in the age group 14 to 19 years of age.

40.2.2.3 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.

40.2.2.4 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.

40.2.2.5 High schools are introduced to become eligible athletes in accordance with the ASA licensing system.

40.3 Payments to athletes – Amendment to IAAF rule 6

40.3.1 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.

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

40.4.1 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.

40.5 Age/Discrepancy rule

40.5.1 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.

40.5.2 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.

40.6 Age / Gender categories

40.6.1 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.

40.6.2 Competitions must cater for both girls and boys categories as appropriate.

40.7 Event participation restrictions

40.7.1 **Primary School Competitions**:

40.7.1.1 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

40.7.1.2 From District to National Level an athlete may participate in

40.7.1.2.1 4 items, of which only one may be longer than 200m, plus relays; or

40.7.1.2.2 2 items longer than 200m plus a relay.

40.7.2 **High School Competitions**:

40.7.2.1 Up to, but excluding, competitions at District level an athlete may participate in

40.7.2.1.1 5 items, of which only two may be longer than 200m, plus relays; or

40.7.2.1.2 3 items longer than 200m plus a relay.

40.7.2.2 From District to National Level an athlete may participate in

40.7.2.2.1 4 items, of which only one may be longer than 200m, plus relays; or

40.7.2.2.2 2 items longer than 200m plus a relay. For Secondary School competitions all competitors must be bona fide School Learners.

40.8 Ceremony protocol

40.8.1 **Opening Ceremony**

40.8.1.1 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.

40.8.1.2 If there is a parade of participating Schools, the parade may consist of athletes or volunteers of the same school.

40.8.1.3 Participating schools should wear the school clothing and insignia.

40.8.1.4 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.

40.8.1.5 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.

40.8.2 **Medal Ceremony**

40.8.2.1 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.

40.8.2.2 Medal ceremonies must take place in regular intervals during the day.

40.8.2.3 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.

40.8.2.4 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.

40.8.2.5 Athletes must be dressed in their team colours, as the medal ceremony is part of the competition.

40.8.2.6 The medal table and awards podium should, whenever possible, be located close to each other and outside the infield

40.8.2.7 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.

40.8.2.8 The athlete/team will mount the awards podium.

40.8.2.9 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.

40.8.2.10 The medals will be presented by a person appointed by the Organizing Committee.

40.8.2.11 Medals will be presented in descending order: First. Second, third

40.8.2.12 The playing/singing of an anthem or raising the team flag is optional and must be cleared with the organizing committee.

40.8.2.13 Failure to comply with the medal ceremony procedures will result in the athlete not being allowed to be part of the ceremony.

40.8.2.14 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.

40.8.2.15 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.

40.8.2.16 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.

40.8.3 **Victory Ceremony**

40.8.3.1 The Victory ceremony should always be the last item of the day.

40.8.3.2 Ideally, time should be set aside on the competition programme for the Victory Ceremony.

40.8.3.3 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.

40.8.3.4 The awards will be presented by a person appointed by the Organizing Committee

40.8.3.5 Awards will be presented in ascending order: Third, second, first.

40.8.3.6 The playing/singing of an anthem or raising the team flag is optional and must be cleared with the organizing committee.

40.8.3.7 Failure to comply with the award ceremony procedures will result in the athlete/team not being allowed to be part of the ceremony.

40.8.3.8 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.

40.8.3.9 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.

40.8.4 **Closing Ceremony**

40.8.4.1 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.

40.8.4.2 There should be a simple ceremony to hand over the flag/insignia to the following organisers.

40.8.4.3 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.

40.9 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						
3,000 m Steeple					x					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
	75 mH	76,2 cm	11,00 m	7,50 m	11,50 m	8
12	150 mH	68,0 cm	23,00 m	19,00 m	13,00 m	7
	80 mH	76,2 cm	12,00 m	8,00 m	12,00 m	8
13	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
	75 mH	68,0 cm	11,00 m	7,50 m	11,50 m	8
12	150 mH	68,0 cm	23,00 m	19,00 m	13,00 m	7
	75 mH	76,2 cm	11,00 m	7,50 m	11,50 m	8
13	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	50,00 m	35,00 m	40,00 m	7
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

40.10 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

41 Rule 41 : ATHLETES WITH DISABILITIES (ADAPTIVE ATHLETES)

41.1 General

41.1.1 Athletics South Africa supports the principle that events must be accessible to all athletes including those with disabilities. Event organisers are expected to take practicable steps to enable such participation in a safe and welcoming manner.

41.1.2 In principle, competitions for para-athletes (athletes with disabilities) should be conducted according to the International Paralympic Committee (IPC) Rules and Regulations http://www.paralympic.org/athletics/classification/rules-and-regulations

41.1.3 For the purpose of this section however, ASA will focus on the inclusion of adaptive athletes (primarily wheelchairs) in events involving able-bodied athletes, such as road races.

41.1.4 When adaptive athletes apply to enter an event, organisers are expected to make appropriate arrangements for their participation including obtaining approval of such arrangements by the relevant authorities.

41.1.5 Any athlete wishing to compete in Para athletics must have an Eligible Impairment that is permanent as defined by IPC. Able-bodied athletes may not participate in a wheelchair division or with adaptive or mechanical aids.

41.2 Definitions

41.2.1 Adaptive athletes

In this context the term “adaptive athlete” is an all-encompassing description of athletes with a disability who need the assistance of a guide runner and/or a mechanical aid such as prosthetics or wheelchair in order to compete in events simultaneously with able-bodied athletes.

41.2.2 Push rim wheelchairs (racing wheelchairs)

An open class T31-T34 and T51-T54 event for men and women who use wheelchairs in competitive sport. This division follows the rules and guidelines as defined by IPC.

41.2.3 Duo teams (assisted wheelchairs)

A Duo Team is comprised of one able bodied athlete pushing a permanently disabled athlete in a customized wheelchair. This category will also apply when the disabled athlete is able to propel themselves some of the time.

Due to the absence of specific competition rules, this shall be deemed a non-competitive category (no prize money).

41.2.4 Hand Cycles

Although hand cycles officially fall under cycling, at the organisers discretion they may be accommodated in road running races in an exhibition category under the same conditions as racing wheelchairs or Duo teams.

41.2.5 Mobility impaired athletes

Individuals with permanent physical disabilities who, because of the nature of their disability, need mobility aids such as prosthetics, leg braces or crutches to ambulate.

41.2.6 Visually impaired athletes

Athletes that participate with the assistance of a sighted guide.

41.3 Participation

41.3.1 The rules of IAAF and ASA apply to all participants (able-bodied and adaptive athletes).

41.3.2 All participants, including guides and assistants, must be licenced and entered for the event.

41.3.3 When events have pre-qualifying requirements, apart from criteria specific to adaptive athletes (e.g. criteria regarding guides) the same qualifying conditions shall apply to adaptive athletes as for able-bodied athletes.

41.3.4 Athletes with disabilities that require special consideration/arrangements from the event organisers must bring this to the attention of the organisers prior to entering the event. Should the athlete fail to do this timeously the event organiser shall not be compelled to

accept the entry of the athlete or allow them to participate. See special conditions for racing wheelchairs below.

41.3.5 When adaptive athletes participate in an event the organisers must consider practical requirements such as reserved parking, ablutions, stairways, width of finish chutes etc.

41.3.6 Adaptive athletes must receive the same recognition and finisher awards (medals etc.) as all other athletes. Organisers may adjust cut off times as required to accommodate adaptive athletes. Prizes for categories of adaptive athletes shall be at the organiser's discretion.

41.3.7 Adaptive athletes should be appropriately categorised in entry data bases and results systems in order to prevent individual and team awards being incorrectly assigned.

Note : As computerised entry and results systems vary in complexity, it is proposed that the classification of adaptive athletes should be included in the existing field for Age Group Classification.
Mobility impaired athletes can be included in the normal age group classifications as they qualify for individual and team prizes with all other athletes. e.g. M40, M50-59, W70+
Wheelchair athletes should have a suffix applied to their age category:

Abbreviation	*Category*	
PR	*Push Rim (Racing) wheelchair*	*e.g. M50-59PR, W70+PR*
DW	*Duo wheelchair*	*e.g. MJuniorDW, W20-39DW*
HC	*Hand Cycle*	*e.g. 40-49HC*

Push Rim wheelchair **Duo wheelchair** **Hand Cycle**

The able-bodied assistant for a Duo wheelchair should be included in the normal age group classification. (an option would be to give them a separate classification so that the pairings of the Duo team can be identified ?)

41.4 Push Rim (Racing) wheelchairs

41.4.1 Conditions under this clause shall also apply to Hand Cycles (when accommodated) that travel faster than the fastest able-bodied athletes.

41.4.2 The design of the wheelchair must conform to IPC specifications. (IPC Rule 14). In addition, for races on open roads the chair may be required to be fitted with lights or identification flags to increase their visibility.

41.4.3 The use of a helmet is compulsory (IPC Rule 6.18)

41.4.4 Entries for push rim wheelchair athletes that will travel faster than the fastest able-bodied athletes can only be accepted when the event has applied for and been granted permission for their participation by the relevant authorities. Athletes that will travel slower than the elite able-bodied runners can be managed in the same way as Duo Wheelchairs.

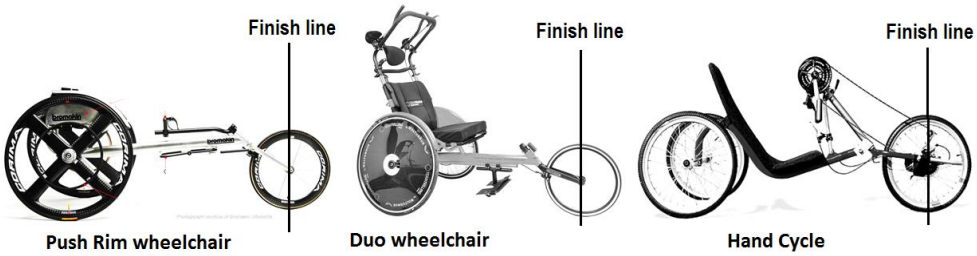
The implication of accepting push-rim racing wheelchairs is that they will require earlier road closure and marshalling, with separate lead vehicles including traffic services.
Elite Push rim wheelchair athletes are typically faster than their able-bodied counterparts. The differential increases as the race distance increases.

As a guide you may expect the following times from top wheelchair athletes:
***5 km:** Men 12 min, Women 14 min*
***10 km**: Men 24 min, Women 26 min*

***Half Marathon**: Men 49 min, Women 55 min*
***Marathon**: Men 1h.40 min, Women 2.00 hrs*

41.4.5 Because they take a while to gain momentum, to avoid congestion, Push rim wheelchair athletes must start a few minutes before the able-bodied athletes. The actual time gap should be determined based on the experience of the competitors (both adaptive and able-bodied), the number of participants, the race distance and the nature of the course.

41.4.6 In wheelchair races, the official finish time is the time at which the centre of the axle of the leading wheel crosses the finish line. If transponder (chip) timing is being used, the transponder should be attached to the wheelchair frame as close to the axle of the front wheel as possible.



41.5 Duo (assisted) wheelchairs

41.5.1 Conditions under this clause shall also apply to all wheelchairs (and hand cycles if accommodated) that travel slower than the lead runners.

41.5.2 The age of the adaptive athlete shall not be lower than the minimum age allowed for other athletes entering the event.

41.5.3 Note : Prams are not considered to be duo wheelchairs !!

ROAD RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

Distance of event/relay leg	2-5 km	6-10 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

41.5.4 There shall be no specific restrictions on the wheelchair design save that no electronic modifications to enhance speed or assist the wheelchair athlete in any way or form will be permitted; Chairs may range from a modified racing (3-wheel) chair to a conventional hospital type wheelchair.

41.5.5 The athlete shall take responsibility for ensuring that the wheelchair is fit for its' purpose to participate in the event and for any maintenance required during the event. In general,

race organisers / race referees will not be responsible for inspecting the condition of wheelchairs, but shall be entitled to withdraw permission if they consider, with justification, the chair to be unsafe for either the adaptive athlete or other participants. Any appeal on this matter must be dealt with before the start of the event.

41.5.6 The use of a helmet, lap strap and tether are at the discretion of the athlete and their assistant.

41.5.7 Duo wheelchair athletes must source their own assistant (pusher) prior to entering an event. The assistant will be considered a participating athlete in their own right and must conform to all rules regarding entries and licencing. Assistants may be of either gender regardless of the restrictions of the race or the gender of the adaptive athlete.

41.5.8 In principle a duo wheelchair athlete and their designated assistant (pusher) qualify, enter and compete as a team and must complete the event together. However other participating athletes may substitute or assist along the way. However, no assistance may be given by persons who are not registered entrants for the race or did not start the race.

41.5.9 To avoid congestion, it is recommended that duo wheelchair athletes start a few minutes before the able-bodied athletes. The actual time gap should be determined based on the experience of the competitors (both adaptive and able-bodied), the number of participants, the race distance and the nature of the course. If a duo wheelchair wishes to start at the back of the field they may do so. For safety reasons a wheelchair should not start amongst the able-bodied runners.

41.5.10 When the Duo wheelchairs start before the able-bodied athletes they must be accompanied by a lead vehicle and a race referee. These services may be withdrawn once the duo wheelchairs have been overtaken by the lead runners. To facilitate this over-taking the wheelchairs may be instructed to keep to one side of the road.

41.5.11 If a push rim wheelchair or hand cycle included in the Duo category travels faster than previously agreed with the athlete (e.g. stays ahead of the lead runners) then for safety purposes any of the race referees / organisers / safety officer / traffic officials shall be entitled to temporarily stop the wheelchair athlete; and if the problem recurs, stop them permanently.

General Guidelines

Many of the following guidelines are common sense, and should be followed regardless of whether para-athletes are participating or not.

Provide a welcoming and inclusive environment

- *Include a statement in event publicity or websites etc. such as 'The [name of event or organisers] welcome entries from para-athletes.'*
- *Encourage para-athletes to contact you in advance to discuss their needs and the requirements to enable them to take part and, if possible, allow athletes/coaches to review the course to assess its suitability.*
- *Do not tell para-athletes that they are not eligible to participate without consideration of what practical adjustments would enable them to participate.*
- *Ensure any language used to describe para- athletes is sensitive and appropriate. Language is continually evolving but what really matters is that language is acceptable to the individual or group concerned. If unsure, ask the para-athlete how they would prefer to be addressed.*
- *Provide diagrams and/or written pre-race information for athletes who are hearing-impaired.*

Access to facilities

- *Undertake a review of the accessibility of facilities including car parking, toilets, changing facilities, access to buildings and other facilities for their accessibility for athletes, coaches, officials and spectators.*
- *Ensure there are wide parking bays available to enable para-athletes to get in/out of their car.*
- *Ensure registration tents and other facilities are located on an accessible surface as para-athletes may be unable to travel on mud or soft ground.*

- *Ensure wheelchair accessible toilets are available, open and no key collection is required to access them.*
- *Ensure the awards stage can be accessed. Provide a ramp if necessary.*
- *Provide guidance to appropriate start positions for estimated finishing times for all athletes (para-athletes and able-bodied) to ensure slower athletes are not jostled by faster athletes coming from behind. See specific guidance on race start.*

Course considerations

- *Ensure the course is wide enough to allow sufficient space for athletes to pass visually impaired athletes who may be attached to a guide runner, or for wheelchairs to pass each other.*
- *Try to avoid very steep climbs or descents (>20%), as wheelchair athletes may be unable to climb them or they may be dangerous on descent.*
- *Try to avoid sharp turns at the bottom of descents, as wheelchairs may have difficulty negotiating the turn at speed.*
- *Try to avoid speed bumps or ensure there are clear warning signs and details in the race packet as they may be difficult or dangerous for a para-athlete to run over.*
- *Try to avoid crossing roads as they may be difficult or dangerous for hearing-impaired or visually-impaired athletes. Ensure there are sufficient and competent marshals positioned appropriately to warn athletes as appropriate and post signs to warn other road users.*
- *Try to avoid changes in terrain such as crossing grass/mud/sand, the crossing of railroad tracks, or provide an alternative route or surface for para-athletes as they may be unable to travel over this terrain.*
- *Cut off times for events should be reasonable and not unfairly set to prohibit the participation of para-athletes. The cut off time may be determined by a number of factors such as the need for sufficient time to dismantle the course before dark, the number of course marshals available for the event, the reasonableness of the length of time they will be required to marshal the course in cold or bad weather, police/local authority permission for road closures, permission for length of time to use the venue, etc.*

CHAPTER 4: TECHNICAL OFFICIATING

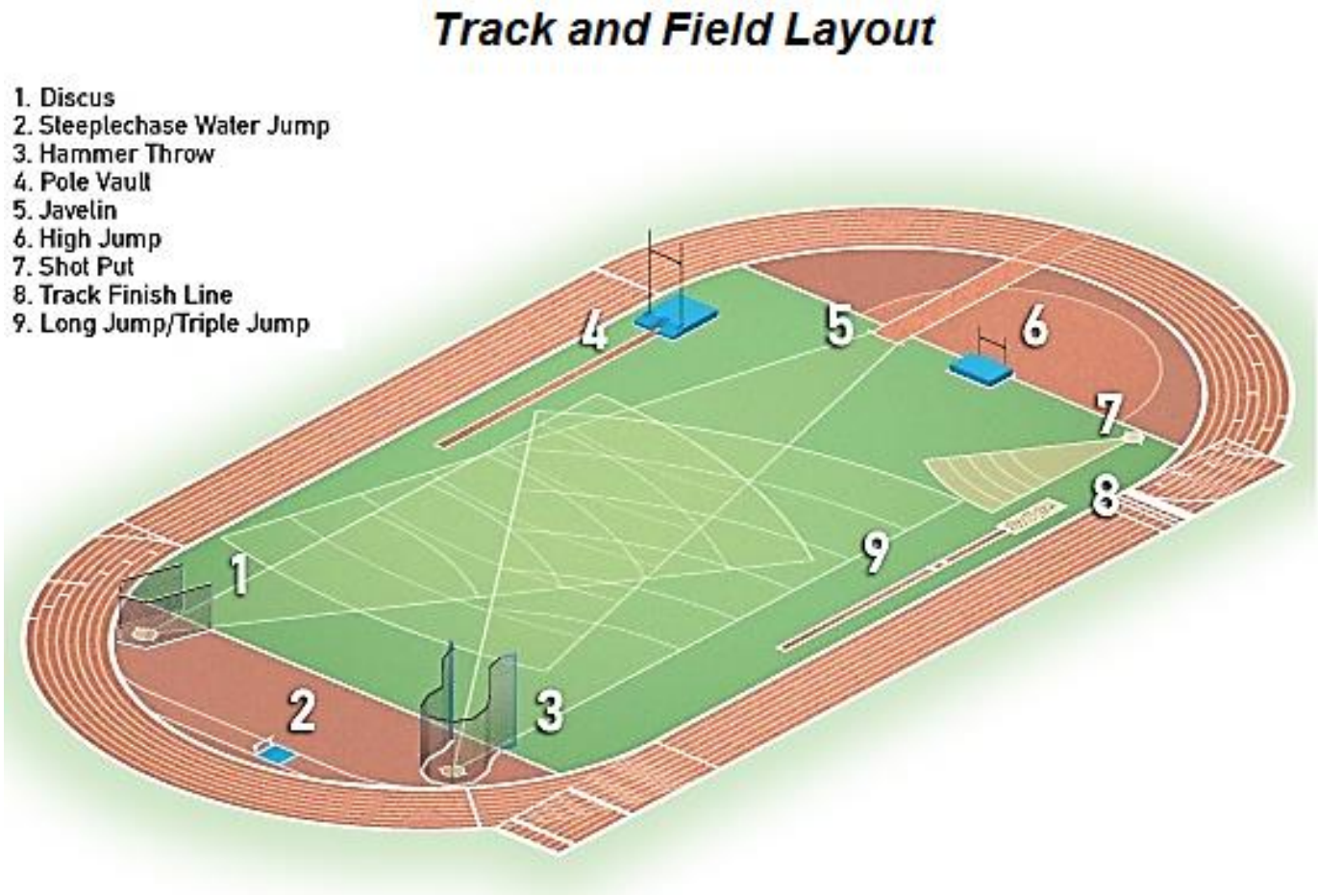
EVENT SPECIFIC RULES FOR EACH PORTFOLIO IN TECHNICAL OFFICIATING

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 is the safety in competition area, 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.



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.

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

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.

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 Seeding, 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(d) 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

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.

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

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.

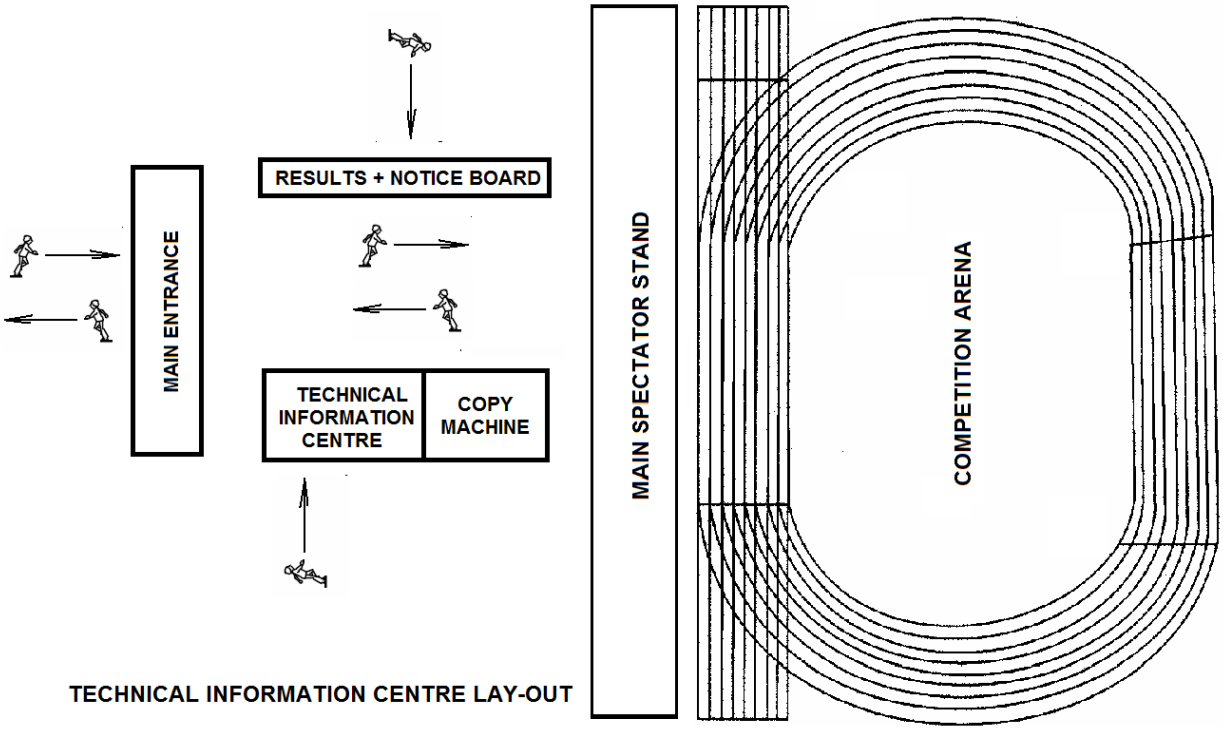
7.4. Where a computerised results system is used the computer recorder at each Field Event site shall ensure that the full results of each event are entered into the computer system.

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



TECHNICAL INFORMATION CENTRE LAY-OUT

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 Meeting Manager
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 is 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

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.

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

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

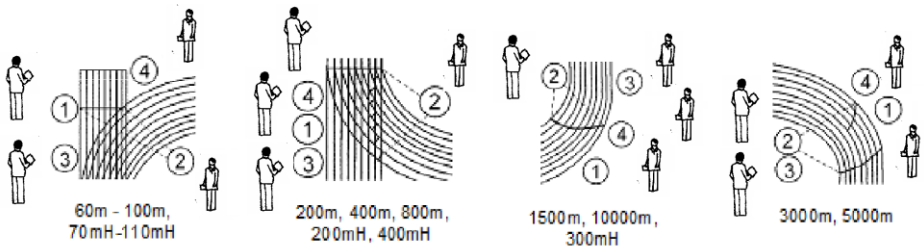
The Start Coordinator shall:

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.

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

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.

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.

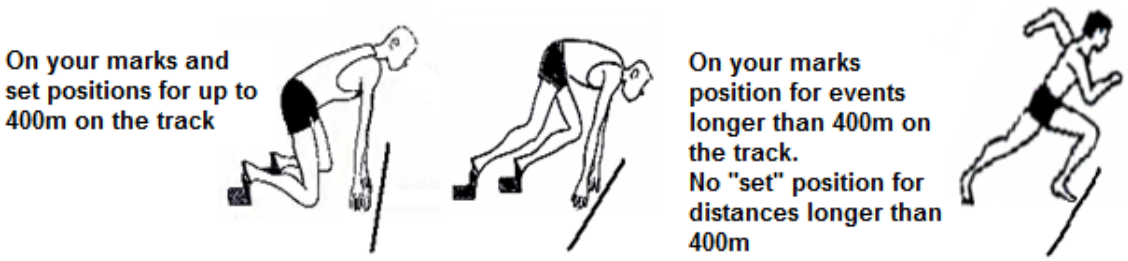


17. Other relevant IAAF Rules

17.1. IAAF Rule162.2 (b) – The start - At all Competitions, except as noted below, the commands of the Starter shall be given in 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 (accept 4x200m, the Medley Relay and 4x400m), the command shall be “On your marks”.



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.

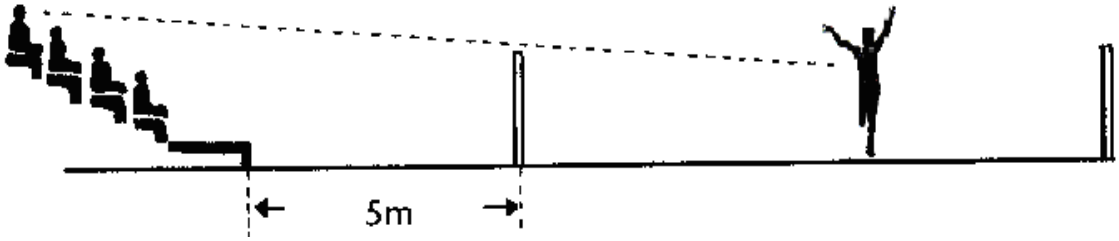
6.1. Track Judges shall decide the order in which the athletes have finished.
6.2. If Judges can not arrive at a decision of the final placing of athletes, the Referee shall decide.

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.

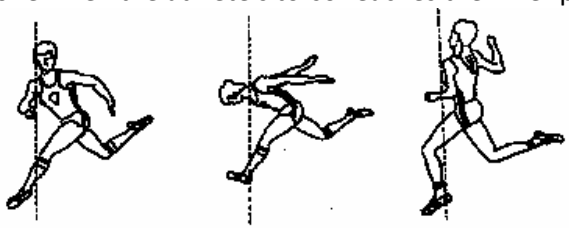
8. POSITION OF TRACK JUDGES AND RECORDER

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/prize placing, there shall be two Judges
9.6. For all non-medal/prize 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.

RACE WALK JUDGES

The following IAAF Rules regulate the duty of a Track Judge – IAAF RULE 230

1. Note1: In competitions where electronic timing is not used, a video camera must be used to assist the Chief Race Walk Judge with placements and appeals. The video recordings must be available to the Appeals Board when appeals are made.
2. Note 2: The use of a video is recommended to assist Race Walk Judges during training or briefing sessions. The video footage should not be used by the Referee during competition to judge the athletes. The movement of the athlete can be monitored with any digital communication device as long as the video footage is clear and definitive. If the person(s) shooting the video footage is not an appointed Race Walk Judge, such person must be approved by the Race Walk Chief Judge before race start. Such video footage must be made available to the Appeal Board when needed.
3. Note 3: For school meetings, or in entry level competitions, where the athlete is not licensed yet, it is recommended that immediately after the athlete cross the finish line, and 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, on the finish line 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. DUTY OF CHIEF RACE WALK JUDGE - IAAF Rule 230.3 &4

4.1. The appointed judges of Race walking shall elect a Chief Judge, if one has not been appointed previously.

4.2. The Chief Judge has the power to disqualify an athlete in the last 100m, when his mode of progression obviously fails to comply with the Rule 230.2 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. The athlete shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

Equipment For Chief Judge
Order of draw list
Programme/items list
Result cards - position placing
Black ball point pen
Clip board
Yellow flag + "loose of foot" and "bent knee" paddles
Umbrella
Two way radio
Entry ticket into competition area

4.3. The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation. Two or more Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race walking Judges.

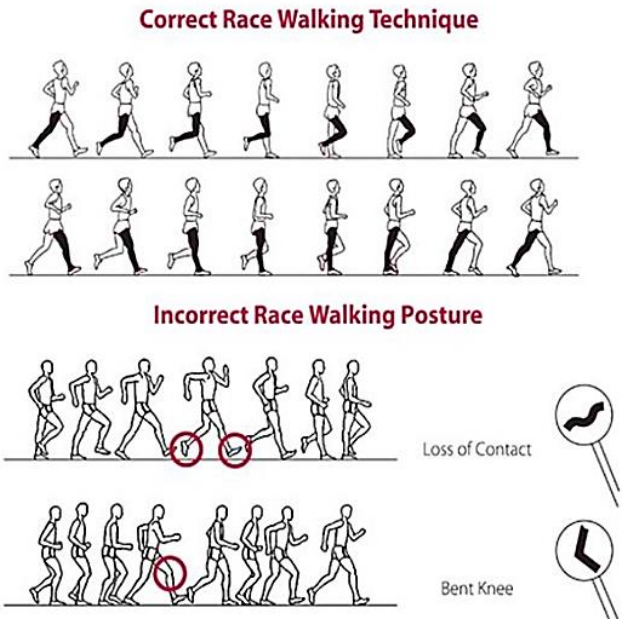
4.4. An official in charge of the Posting Board(s) and a Chief Judge's Recorder shall be appointed.

5. YELLOW PADDLE

When a judge is not completely satisfied that an athlete is fully complying with Rule 230.2, he should, where possible, show the athlete a yellow paddle with the symbol of the offence on each side.

An athlete cannot be shown a second yellow paddle by the same Judge for the same offence.

Having shown a yellow paddle to an athlete, the Judge shall inform the Chief Judge of his action after the competition.



6. **RED CARDS**

When a Judge observes an athlete failing to comply with Rule 230.2 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.

7. **DISQUALIFICATION**

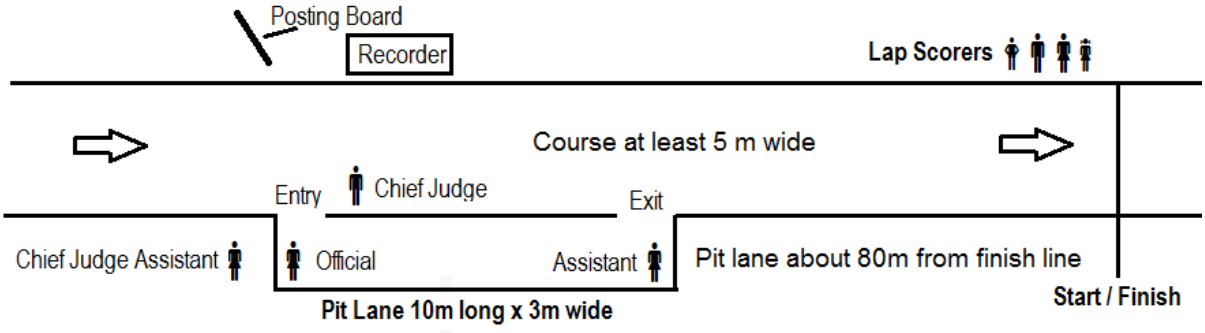
7.1 Except as provided in IAAF Rule 230.7(c), when three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

7.1 In competitions under Rules 1.1(a), (b), (c) or (e), in no circumstances shall the Red Cards of two Judges of the same province have the power to disqualify.

8. PIT LANE

8.1 A Pit lane shall be used for any athlete irrespective the age category. In such cases, an athlete will be required to enter the Pit Lane and remain there, once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him.

8.1 The time for the athlete to remain in the Pit Lane will be 30seconds for 3000m and shorter races; 60 seconds for 5000m; 120 seconds for races 10000m and longer.



EXAMPLE OF A PIT LANE

8.1 If, at any time, the athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, after the athlete were in the Pit Lane, the athlete shall be disqualified. An athlete who fails to enter the Pit lane when required to do so, or not remain there for the applicable period, shall be disqualified by the Chief Judge.

8.1 An athlete who is disqualified, after being disqualified, remove the distinguishing bibs and leave the track/course. Any disqualified athlete who fails to leave the course or track or not comply with directions given under Rule 230.7(c) to enter and remain for the required period in the Pit lane may be liable to further disciplinary action in accordance with Rule 145.2.

8.1 One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. The symbol of each offence should also be indicated on the Posting Board.

8.1 For all Rule 1.1(a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rules 230.4(a), 230.7(a) or 230.7(c) by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.

9. **GENERAL:**

9.1 In Race Walking Competitions taking place on the road, the road surface must be smooth and flat and preferably without speed bumps or potholes. The route must be without obstructions with the least possible bends and corners on the route.

9.1 In Race Walking events held on the road, the laps should be 2km long and should be certified by a qualified Route Measurer.

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

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

9.1 In road courses, the circuit should be located as close as possible to the stadium.

9.1 In events of 20km or more, an athlete may leave the road or track with the permission and under the supervision of an official, provided that by going off course he does not lessen the distance to be covered.

9.1 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.

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 **event**s -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 Timekeeper
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

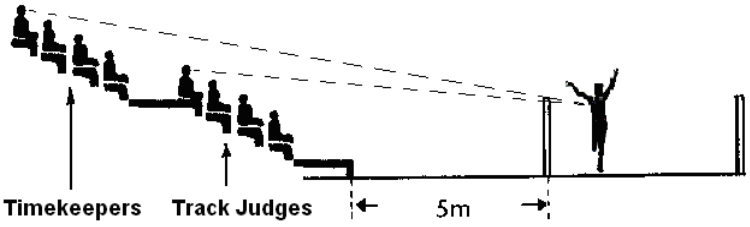
4.1. Timekeepers shall take the time of the designated athlete, as the athlete cross the finish line.
4.2. The Timekeeper will keep the time on the watch until the Chief Timekeeper gives the instruction to clear the watch.
4.3. In the case of a record, the Timekeeper will keep the time on the watch until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

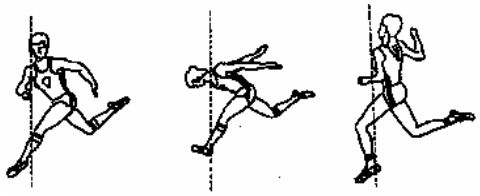
6. POSITION OF TIMEKEEPERS

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/prize placing, there shall be two Timekeepers. The slowest time will be the official time.
7.5. For all non-medal/prize 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

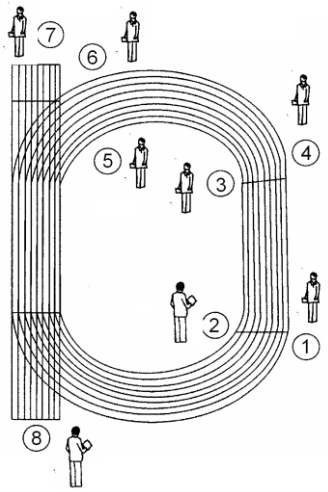
UMPIRES AT TRACK EVENTS

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 allocate 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.



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

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.

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 –** See chapter on Judges

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.

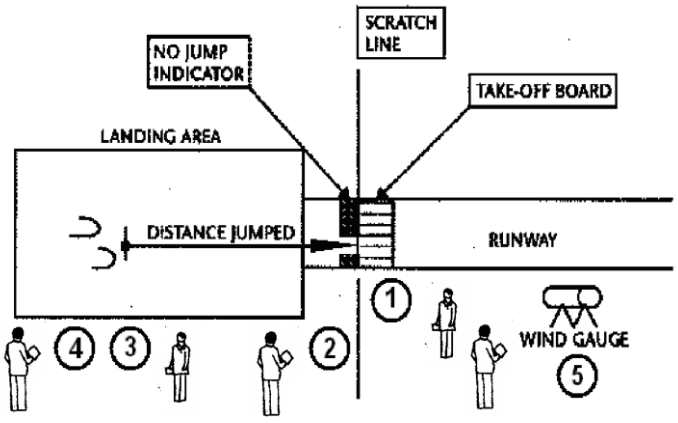
1.5. Judge 5: Wind meter reader

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. 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.



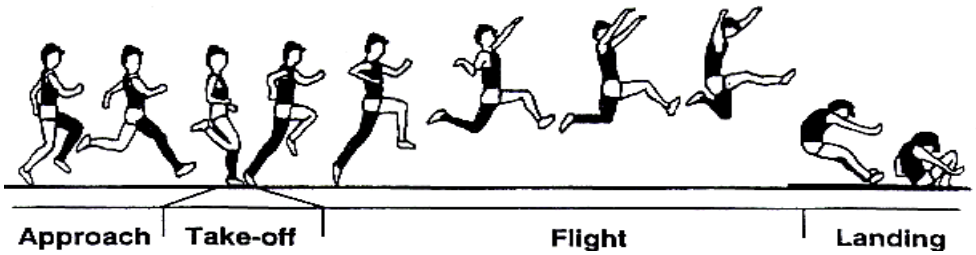
2.2.1.1. Time allowed for a trial is 1 minute.

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 verify 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.

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

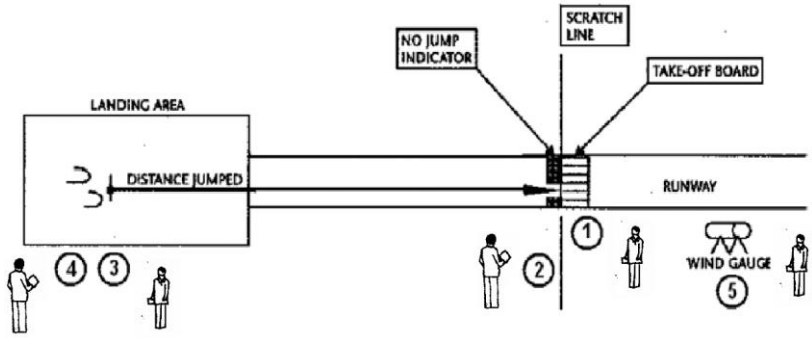
2.3. Time allowed for a trial is 1 minute.
2.4. If two to three competitors continue the time remains 1 minute.
2.5. If only one competitor is left the time should be increased to 2 minutes.
2.6. For consecutive trials by the same athlete when more than three athletes are still competing the time is 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.
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 verify 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

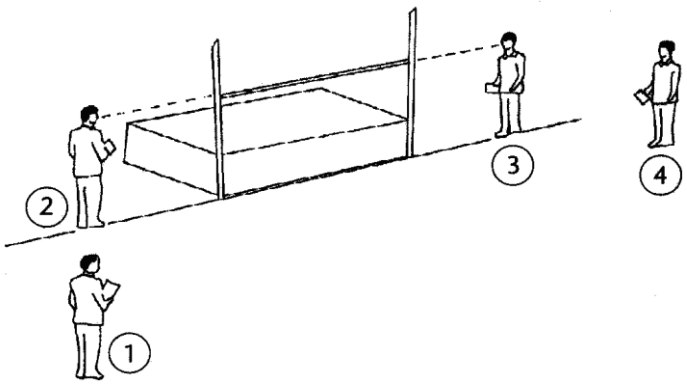
The following IAAF Rules regulate the duty of Officials doing duty at High jump – IAAF RULE 181; 182

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 verify 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 1.5 minutes.
3.15. If only one competitor is left the time should be increased to 3 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:

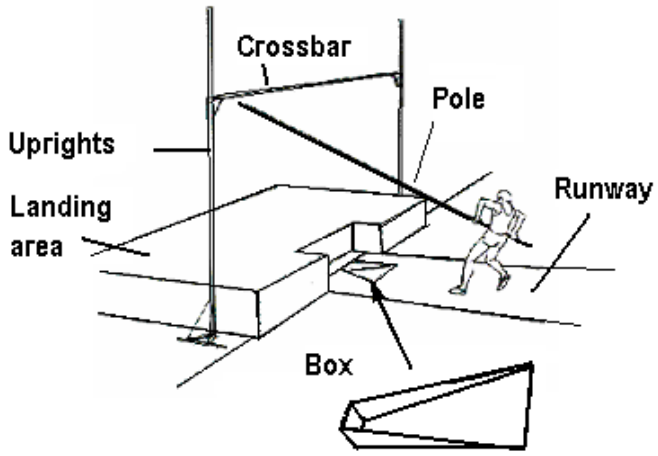
1.1. Judge 1 (Chief): Keeps record of trials, warning horn, time lapse, measures.

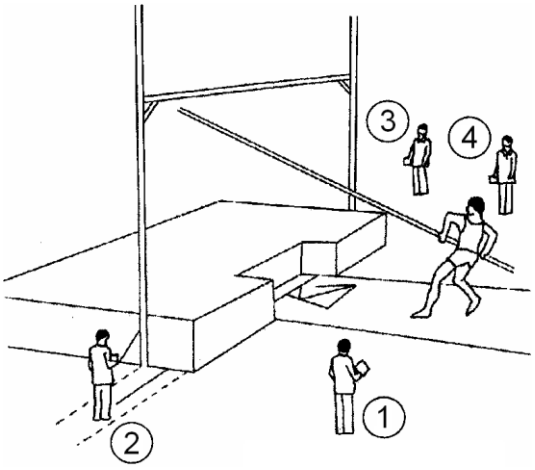
1.2. Judge 2 (Recorder): Measures – reading of height, checks take-off, setting up and replacing bar, flags, serves as Recorder. The Recorder records all decisions taken, or instructions given, by the Chief Judge. These notes must be accessible during and after the competition for reference.

1.3. Judge 3: Measures – end of tape at ground, checks take-off, setting up and replacing bar.

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

1.4. Judge 4: Call-up, keeps record of trials, supervises warm-up.





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 trail 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 verify 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

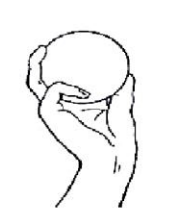
The following IAAF Rules regulate the duty of Officials doing duty at Shot Put – IAAF RULE 187; 188

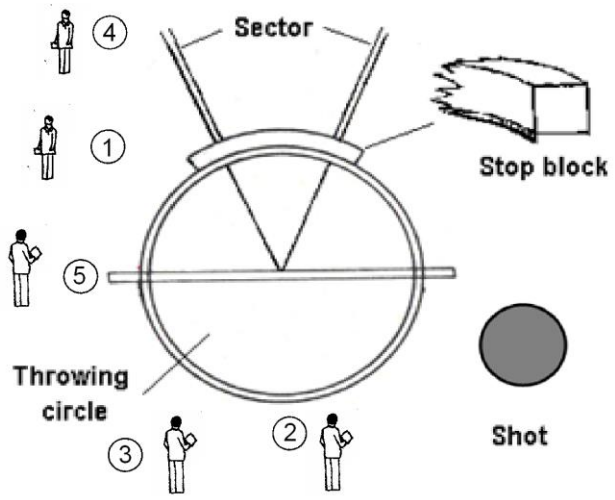
1. DUTIES OF OFFICIALS

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.

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.

2.2. Time allowed for a trial is 1 minute.
2.3. If two to three competitors continue the time remains 1 minute.
2.4. If only one competitor is left the time should be increased to 2 minutes.
2.5. For consecutive trials by the same athlete, the time is 2 minutes.
2.6. 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.
2.7. 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 begun competitors are not permitted to use implements for practice purposes.
2.9. The throw shall be made from the circle. The competitor shall commence the throw from a stationary position.
2.10. 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.
2.11. 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.
2.12. For a valid trial, the shot shall fall completely within the inner edges of the landing sector.
2.13. 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.
2.14. The Chief Judge shall verify the distance against the national/provincial/competition record. In the case of a record, the measurement must be ratified by the Referee.
2.15. Note: If athletes use their 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.
2.16. In order to obtain a better grip, an athlete may use chalk or similar substance on their hands and may use such substance on the neck. Athletes may place chalk or similar substance on the implement.

DISCUS THROW

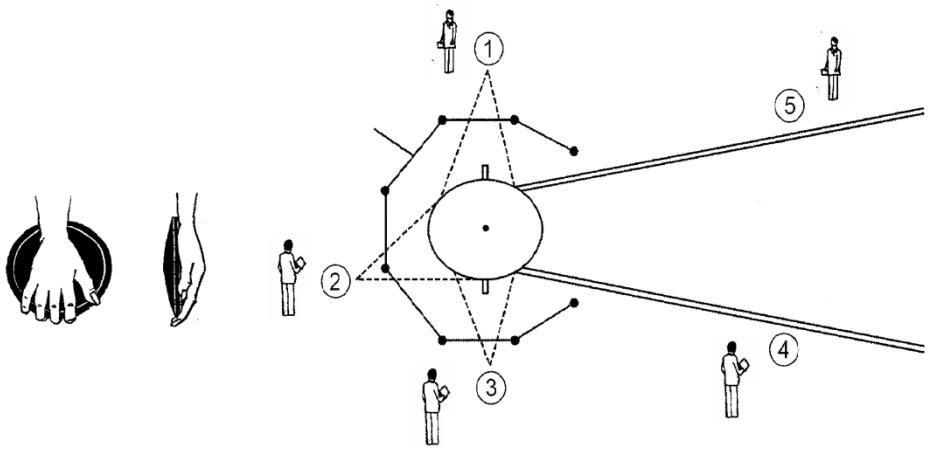
The following IAAF Rules regulate the duty of Officials doing duty at Discus Throw – IAAF RULE 187; 190

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.

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.

2.2. Time allowed for a trial is 1 minute.
2.3. If two to three competitors continue the time remains 1 minute.
2.4. If only one competitor is left the time should be increased to 2 minutes.
2.5. For consecutive trials by the same athlete, the time is 2 minutes.
2.6. 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.
2.7. 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.

2.8. Once the competition has begun competitors are not permitted to use implements for practice purposes.
2.9. The throw shall be made from the circle. The competitor shall commence the throw from a stationary position.
2.10. 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.
2.11. 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.
2.12. For a valid trial, the discus shall fall completely within the inner edges of the landing sector.
2.13. 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.
2.14. The Chief Judge shall verify the distance against the national/provincial/competition record. In the case of a record, the measurement must be ratified by the Referee.
2.15. 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.
2.16. In order to obtain a better grip, an athlete may use chalk or similar substance on their hands. Athletes may place chalk or similar substance on the implement.

HAMMER THROW

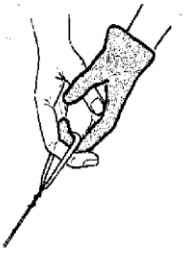
The following IAAF Rules regulate the duty of Officials doing duty at Hammer Throw – IAAF 187; 191,2-3;192

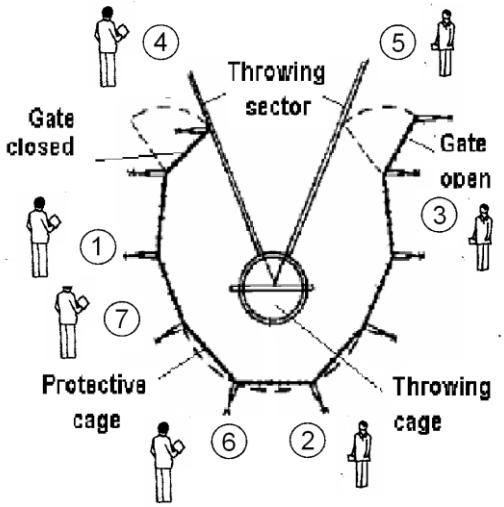
1. DUTIES OF OFFICIALS

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.

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.

2.2. Time allowed for a trial is 1 minute.
2.3. If two to three competitors continue the time remains 1 minute.
2.4. If only one competitor is left the time should be increased to 2 minutes.
2.5. For consecutive trials by the same athlete, the time is 2 minutes.

2.6. 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.
2.7. 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.
2.8. Once the competition has started competitors are not permitted to use implements for practice purposes.
2.9. The throw shall be made from the circle.
2.10. The throw should start from a stationary position.
2.11. 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.
2.12. 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.
2.13. 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.
2.14. 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.
2.15. 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.
2.16. For a valid trial, the hammerhead shall fall completely within the inner edges of the landing sector.
2.17. 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.
2.18. The Chief Judge shall verify the distance against the national/provincial/competition record. In the case of a record, the measurement must be ratified by the Referee.
2.19. 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 may use gloves 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 on the gloves.

JAVELIN THROW

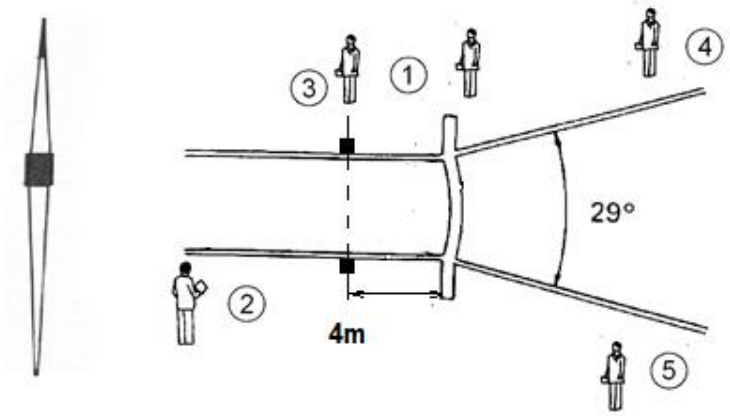
The following IAAF Rules regulate the duty of Officials doing duty at Javelin Throw – IAAF RULE 193; 187

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.

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.

2.2. Time allowed for a trial is 1 minute.
2.3. If two to three competitors continue the time remains 1 minute.
2.4. If only one competitor is left the time should be increased to 2 minutes.
2.5. For consecutive trials by the same athlete, the time is 2 minutes.
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 started competitors are not permitted to use implements for practice purposes.
2.8. Valid throws:

2.8.1. 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.

2.8.2. 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.

2.8.3. 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.

2.9. A competitor may not:

2.9.1. 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.

2.9.2. Use gloves.

2.10. A competitor may:

2.10.1. Use a substance on the hands only, for a better grip.

2.10.2. Wear a belt to protect the spine from injury.

2.11. 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.

2.12. For a valid trial the tip of the javelin must fall completely within the inner edges of the landing sector.

2.13. 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.

2.14. It shall be a failure if the athlete leaves the circle or runway before the implement has touched the ground

2.15. 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.

2.16. 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.

2.17. 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.

2.18. 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.

2.19. The Chief Judge shall verify 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 an athlete uses 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: SAFETY IN ATHLETICS

1. INTRODUCTION

It is a basic need of athletes to participate in a relatively safe environment. The responsibility to provide a safe environment where athletes can participate in is not limited to a few individuals only.

Providing a safe environment for athletes to participate is a joint effort between Athletes, Coaches, Technical Officials, Officials, Event Organizers, Spectators, Media, Medical Staff, Disaster Management officials etc.

The following are high risk areas, where safety precautions must be implemented, and where everybody involved must be conscious of safety at all times:

2. ASA LICENSE SERVES AS INDEMNITY

2.1. The ASA License serves as an indemnity form to safeguard ASA against individuals who violate safety precautions.

2.2. All event participants, be they Athletes, Officials, Coaches, Administrators, Office Bearers, or any other person involved in athletics must purchase a Permanent License before the individual or team can participate in athletics as listed in ASA Rule 1.1a-b.

2.3. In all other events participants must obtain either a permanent or temporary license before they can participate in athletics.

2.4. It is the responsibility of the club or province to ensure that all participants in an event are licensed, and as a result, ensures that ASA is protected. If the club or province fails to issue a license to the individual, and the individual is injured, and seeks relief, be it legally or otherwise, the relevant club or province will be held accountable.

2.5. In the case of a national event, 2.4 above will also apply, as each participant will be engaged based on the domicile rule.

3. SAFETY ON THE TRACK

3.1. Athletes warming up on the track should maintain good lane discipline by always staying in one lane during such preparation.

3.2. Treat changing lanes as if you are changing lanes on a busy road.

3.3. Stay out of the “fast lanes” while warming up at a slow pace.

3.4. Avoid social gatherings on the track.

3.5. Always be considerate of the needs of others while using the track.

3.6. Tracks with grass or cinder surfaces become slippery when wet. Avoid over-striding or sudden changes of direction while running.

3.7. Do not shuffle your feet on synthetic surfaces. Pick up your feet when walking. Synthetic surfaces do not give way when stumbling. When falling on a synthetic track try rolling rather than sliding on the synthetic surface.

3.8. Hurdles must be crossed with the hurdle feet pointing in the same direction as the approach.

3.9. The edges of the top bars of the hurdles must be rounded and smooth with no sharp objects sticking out.

3.10. The top bars must be attached to the uprights on the approaching side of the upright.

3.11. The counter balance weights of hurdles must be set in accordance with the height of the hurdle.

3.12. The sliding surfaces of the upright bars of hurdles must be well greased.

3.13. Relay batons must have smooth surfaces and rounded ends.

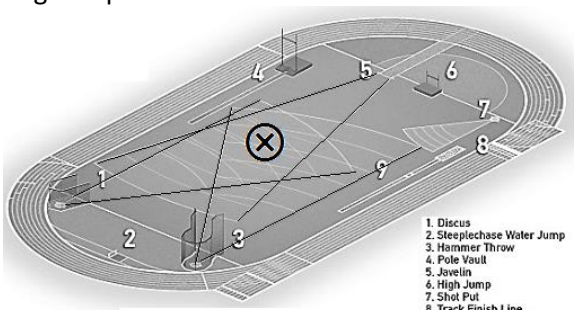
3.14. Run through the finish line. Do not dive or stumble across the finish line.

3.15. If injured, move immediately to the outer field. Do not remain on the running surfaces or inner field.

4. SAFETY IN THE INFIELD OF AN ATHLETICS TRACK

4.1. Heavy implements are flying around in the inner field during a Track and Field Meeting. The only people allowed in the inner field of an athletics track during a Track and Field Meeting are participating athletes, Technical Officials and Officials on duty. Nobody else, including Team Managers and VIP's are allowed in the inner field during competition.

4.2. Ideally programmes should be designed to avoid competitions in field events taking place from opposite sides of the infield at the same time, to avoid Officials been at risk with implements been thrown in the infield in front and behind the Official at the same time. The diagram demonstrates how field event sectors 1, 3, and 5, may overlap (⊗) and may pose a security risk. In such cases the Official must refuse to do duty.



Track and Field Layout

4.3. Manhole covers must be closed and all holes in the infield must be covered except when used during the course of the event.

4.4. All objects such timing clocks, lap counters, uprights on finish line, advertising boards and electric cables must be at least 1m away for the running surface of the track.

4.5. Hurdles not in use must be neatly stacked with feet facing the start, at least 1m away from the inside line of lane 1, directly across the place on the track where they will be used. Hurdles not needed for an event should not be stacked in the inner field as they reduce free moving space in the inner field and increase safety risks.

4.6. Flags indicating the inner curve of the track must lean away from the running surface towards the inner field.

4.7. Standing behind the safety lines/nets or outside/behind the throwing sectors is no safety guarantee. Keep your eyes on moving objects at all times while in the vicinity of competition areas for throwers.

4.8. Never cross the infield of an athletics track or sector lines of throwing areas during an athletics meeting. Always walk around the infield of an athletics track or landing areas for throwing implements. Throwers throw javelins, discus, shot and hammers around in the infield while warming up or competing. These objects can kill anyone crossing the path of an implement in mid-flight.

4.9. Athletes and Technical Officials must never turn their backs to the throwing area while in the infield.

4.10. Place Judges must, where possible, do duty on the outside of the track on the same stand as the Time Keeping Judges to limit people movement in the inner field.

5. SAFETY IN THROWING AREAS

5.1. Athletes must never throw implements towards people or towards solid objects in the inner field. Look and ensure that the throwing area and surrounding areas are clear before throwing.

5.2. Throwers must always warn everybody in sight before throwing an implement especially if the person is not facing the throwing area.

5.3. Only collect implements after everybody has thrown, and only then collect the implements together.

5.4. Never run with a Javelin in the hands or approach a stored javelin with the sharp end pointing towards you. Approach a stored javelin from the side.

5.5. Always carry a Javelin in a vertical position, pointing towards the ground and in front of the body.

5.6. When removing a Javelin from a stored position, first pull it upwards and then out of the ground. Never pull the Javelin towards you when removing it from the ground

5.7. Never throw implements in bad light.

6. SAFETY IN VERTICAL JUMP AREAS

6.1. Individual foam landing areas for Pole Vault and High Jump must be covered with a cover sheet and roped together to avoid the landing area from moving apart when the athlete lands on it. A cover sheet alone will not stop the landing areas from drifting apart during landing.

6.2. The density of the landing areas must be according to specifications. Too soft or too hard landing areas will cause injuries.

6.3. The size of the landing areas must be according to specifications. Too small landing areas will result in the athlete missing it during landing.
6.4. Athletes jumping higher, have a longer trajectory through mid-air than athletes jumping at lower heights. The placing of the landing mats must likewise be adjusted, taking in consideration the trajectory from take-off to landing.
6.5. The cross bars in high jump and pole vault must be able to slide freely off the cross bar supports to ensure that the cross bar slides easily of the cross bar supports in case an athlete collides with the cross bar during an attempt to jump.
6.6. The cross bar in high jump and pole vault must be round. Triangular and square shaped cross bars cause injuries to athletes when they land on them or collide with them.

7. SAFETY IN HORIZONTAL JUMP AREAS

7.1. The Run-up of the horizontal jumps must be outside the running surfaces of the track events to avoid athletes in competition colliding with each other.
7.2. The sand pit in Long Jump and Triple Jump must be silicone based sand that easily gives way when the athlete lands in the sand pit. The grain of the sand should be approximately 1mm in size. Too fine sand will cause the athlete to suffocate during landing and too rough sand will not give way fast enough during landing.
7.3. The take-off board must be at the same level as the run-up area to avoid foot injuries during take-off.
7.4. The width of the sand pit must be wide enough to avoid the athlete from landing on the edge of the sand pit when landing sideways.
7.5. The length of the sand pit must be long enough to avoid the athlete from landing on the back edge of the sand pit during record braking attempts.
7.6. The sand pit must be deep enough to ensure that the sand in the sand pit can absorb the shock during landing.

8. SAFETY ON THE ROAD

8.1. Roads are for the use of vehicles. Road Runners and Officials must be mindful of this fact at all times while using the road.
8.2. Roads should be blocked off and traffic should be re-routed while Road Races are taking place. If it is not possible to reroute the traffic, and Road Runners and cars have to share the same road, the side of the road used by the runners (running with or facing the traffic) must be agreed with the relevant authorities taking into consideration the design of the route (turns), traffic volumes in either direction, the number of traffic lanes and the nature of the shoulder of the road. This safety precaution also applies for training sessions on the road.
8.3. The crossing of roads and intersections should be limited during road races and where possible the Road Running course should use back roads where the intensity of road usage is low.
8.4. The Road Running route should remain on one side of the road for the duration of the race.
8.5. The running surfaces must be clearly marked and easy to see even in bad light. The use of traffic cones, chevron coloured ribbons or flags with bright colours should be used to indicate the running areas on the road.
8.6. The start must be as wide as possible to allow for as many athletes to accelerate without bumping each other.
8.7. The route must be as wide as possible to allow runners to pass without pushing.
8.8. Narrowing of the route, sharp corners and bumpy areas must be avoided for at least 1000m after the start of the race. The runners should be allowed to spread out after the start of the race. Athletes are more likely to see sharp corners and bumpy areas in the road once the field has spread out.
8.9. Runners should always wear at least one garment with bright colours during training and Road races to ensure that the athlete is visible to approaching traffic. If the athletes must wear dull coloured representative clothing, wear a bright coloured sweat band, cap, shoes or socks.
8.10. The following safety and security structures should be negotiated for Road Races:
    8.10.1. The Traffic Department must be notified - Any Road Race held on local authority roads must have the approval of the relevant local authorities. Prepare a strategy of how the traffic will be managed as a result of the event taking place in the City or Town.

8.10.2. Police Services must be notified - Prepare a strategy to curb theft from vehicles parked in the area where the event takes place.
8.10.3. The Fire Department must be notified - Prepare a strategy where potential emergencies can develop as a result of the event taking place.
8.10.4. Security Services must be notified – These could consist of a local Security Company working hand in hand with the Local Neighbourhood Watch and will do the foot patrol in the identified areas. Jointly they will prepare a strategy to prevent petty crimes.
8.10.5. Emergency Services must be notified - Prepare a strategy to prevent or manage any medical emergency that might happen as a result of the event.
8.10.6. Tog bag area – Provide a secured area and a system of collecting tog bags.

8.11. Marshals and/or traffic officers stationed at various points along the route must be obeyed at all times.
8.12. Where event 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 field, and may be required to have a delayed starting time.
8.13. 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.
8.14. Disabled or blind runners who require to be accompanied may only make use of guides who have officially entered the event.
8.15. Runners are not permitted to run with animals during competition e.g. dogs/birds/reptiles/etc.
8.16. 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 competition to minimise the risk of any incident.
8.17. 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.
8.18. 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.
8.19. An emergency contact number (Safety Officer, medical service or VOC) should be supplied to all workers, marshals, officials and athletes.

9. SAFETY IN CROSS COUNTRY

It is in the very nature of Cross Country Running to vary running pace, running direction, running surfaces, etc. If Cross Country Courses are not laid out with the safety of the athlete in mind, Cross Country has the potential to destroy rather than build the athletics career of a young promising athlete.

If Cross Country Courses are well designed, Cross Country can be an exciting alternative to develop the concentration levels and fitness levels of athletes.

The safety precautions used in Road Races also apply for Cross Country. The following guidelines should also be kept in mind to provide a safe environment for the athlete to participate in:

9.1. Loose running surfaces must be restricted to sand. Stones, sticks and other loose objects should not be in the path of the running athlete.
9.2. Narrow foot bridges, foot paths and other forms of narrowing the width of the Cross Country route must be avoided for at least the first 1000m of the race to allow for the field to spread out. Athletes running in a spread out field will notice restrictions and obstructions on the route earlier and will be able to avoid injuries while running in the narrow stretches of the Cross Country Route.
9.3. Slippery and muddy areas must be restricted to areas on the course where athletes cannot change direction or alter the route to avoid the obstacle.

9.4. Cross Country races normally takes place in laps of which the distance may vary from 1km, 2km to 3km distances. To avoid confusion and the subsequent safety risk, the entire area of each lap must be clearly marked or cordoned off.

10. SAFETY IN NON-COMPETITION AREAS

10.1. SAFETY IN THE EQUIPMENT ROOM AND ASSIZING ROOM

10.1.1. Implements should be kept clean, safely stored and neatly packed on shelves not higher than shoulder height. Hammers should be hung on hooks, and spindles kept well oiled.

10.1.2. The surfaces and rims of throwing circles must be smooth and without sharp edges or rough surfaces.

10.1.3. The surfaces of throwing equipment must be smooth but not slippery. The equipment must not have jagged or sharp edges.

10.1.4. Javelins and pole vaulting poles must be stored lying down. Poles damaged during storage can result in serious injuries when breaking during competition.

10.1.5. Pole vault poles must not be dropped on the ground put placed softly on the ground to prevent the poles from cracking.

10.1.6. Equipment must not be stored on top of each other but rather next to each other or on different shelves and preferably in individual protection tubes.

10.1.7. Floors and alleyways leading up to the equipment and assizing rooms must be kept dry and covered with non-slippery carpets. Carrying heavy implements on slippery areas can lead to serious injury, not only to the person carrying but to unsuspecting bystanders.

10.1.8. No equipment should lie around on the floors and in alleyways leading up to the equipment and assizing rooms to avoid tripping over it.

10.2. SAFETY IN WARM UP AREAS, CALL ROOMS, HOSPITALITY AREAS, MIXED ZONES, ETC.

Spectators and fans would like to meet their heroes. The soft target areas are the areas where the athletes are in preparation for competition or recovering after the competition. Such areas are warm up areas, call rooms, hospitality areas and mixed zones.

The mentioned areas are also the places where athletes are the most vulnerable as they are very tense, agitated and/or focused. Unexpected disturbances can lead to ill-tempered reactions and create negative images of the sport and its participants.

The mentioned areas must be properly cordoned off and security guards must control incoming and outgoing visitors to the mentioned areas.

10.3. VIP AREAS, VICTORY CEREMONY AREAS, MIXED ZONES, HOSPITALITY AREAS

A high concentration of important people will always be found in VIP areas, victory ceremony areas, mixed zones, hospitality areas, etc. They are often targets of extremists such as terrorists, strikers and stalkers. Access to areas where important people gather, must be restricted and controlled by well briefed and effective security guards to protect them from people with extreme views.

11. THE PEOPLE THAT PERSONIFY SAFETY IN ATHLETICS

11.1. Athletes

11.1.1. Athletes must check their equipment every time prior to a start, jump or throw.

11.1.2. Athletes must not allow equipment and attire to lie around, or allow it to be without supervision, particularly in the inner field.

11.1.3. Athletes must always be polite to Officials and other Athletes during competition to avoid ill-tempered and uncontrollable situations.

11.1.4. Athletes must always move in groups immediately prior, and after competition, to avoid being mugged for souvenirs and mementoes.

11.2. Coaches, Technical Officials And Officials

11.2.1. Coaches, Technical Official and Officials are always in close contact with Athletes. They must always remember that the main focus of athletes is to perform and not to secure his/her immediate environment.

11.2.2. Coaches must on a regular basis sensitize the athletes to the potential dangers such as equipment lying around in the competition area. Equipment lying around can bring his/her career to an abrupt and unexpected end.

11.2.3. Ideal places for Coaches to develop a natural sense of safety among athletes is during training sessions, gym sessions or even during recreational periods.

11.3. Event Organizers, Announcers, Media And Spectators

11.3.1. Event Organizers, Announcers, Media and Spectators must always keep in mind that the dominant characteristic of athletes is to perform at a level that is beyond normal physical and psychological boundaries.

11.3.2. Event Organizers, Announcers, Media and Spectators must keep this characteristic in mind when a competition environment is created. The athletes must be able to test his/her physical and psychological boundaries in an environment where injury risks are limited.

11.3.3. Factors such as age, gender, temperature, humidity, weather, visibility, pollution, competition surfaces, venues, fluid replacement, etc. must be taken in consideration when a programme of events is compiled.

11.4. Medical Team, Doping Team, First Aid Team

11.4.1. During an athletics meeting, the Medical, Doping and First Aid Teams must be alerted and sensitized to the tendency of athletes to expand their physical and psychological boundaries during competition.

11.4.2. It is the responsibility of the Medical, Doping and First Aid Teams to advise Event Organisers of potential risk factors and influences that age, gender, temperature, humidity, weather, visibility, pollution, competition surfaces, venues, fluid replacement, food/fluids/supplement intake**,** etc. have on the safety and wellbeing of the athlete.

CHAPTER 6: MANAGING AN ATHLETICS TEAM

1. INTRODUCTION

1.1. There is a difference in approach in the preparation of a team and the presentation of a team. The preparation of a team is covered in more detail in the chapter on Team Preparation Management and/or team Selection Strategy.

1.2. Team Presentation Management should be a continuation of the Preparation Management of the team. The two Management Teams may not be the same because of the different Management skills required.

1.3. A handover process should take place between the Preparation Management and the Presentation Management to ensure best results. This is normally done at an pre-departure camp

1.4. It is important to note that athletics is a sport for individuals and the presentation of an athletics team should be dealt with differently to the presentation of a team sport.

1.5. When compiling the Team Presentation Management the individuality of the sport should be kept in mind.

1.6. The duties and responsibilities of the Team Presentation Management are elaborated on below.

1.7. The size of team management will be determined by external factors such as financial constraints and the size of the team.

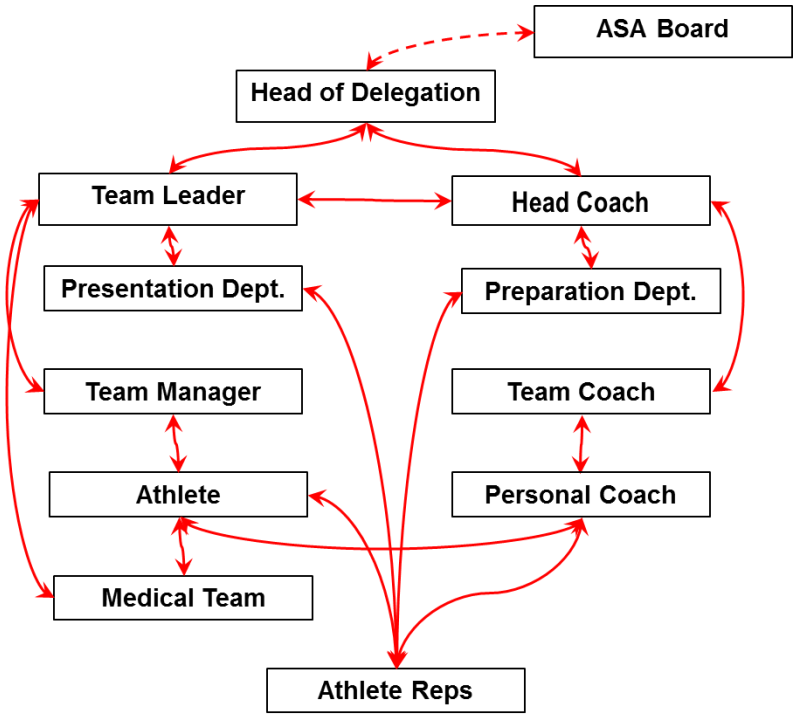
1.8. The minimum size of Team Management should be two Managers to allow one Manager to attend to administration and technical aspects, while the other Manager attends to the athletes.

1.9. Ideally, the size of the team management should be one Team Management Member for every 10 athletes. To avoid doubt, Team Managers and Team Coaches form collectively the team management. The medical team is part of the team management but are not factored in when the size of team management is calculated.

1.10. Ideally all teams should have at least 1 physiotherapist for every 20 athletes in the team

1.11. Ideally all teams should have at least I doctor for every 50 athletes in the team

1.12. The diagram below illustrates how the Team Management interacts which each other



FLOW CHART OF TEAM MANAGEMENT

2. HEAD OF DELEGATION

2.1. INTRODUCTION

2.1.1. The Head of Delegation is also known as the Chef de Mission

2.1.2. The Head of Delegation of a team to an international event will be the President of Athletics South Africa (ASA) or a delegate appointed by the President.

2.1.3. The ASA President or Delegate is the head of the delegation and report only to the ASA Board.

2.1.4. The Head of Delegation are normally located in the VIP area where he/she interacts with other Delegation Heads, potential sponsors, etc.

2.2. GENERAL

2.2.1. The Head of Delegation is the only official representative at the meeting.

2.2.2. The role of the Head Of Delegation are not to be confused with the role of the Team Leader

2.2.3. In smaller team managements the Head Of Delegation may double up as Team Leader, but in such cases the individual needs to know the difference, and related responsibilities, of the two portfolios

2.3. RESPONSIBILITIES

The Head of Delegation:

2.3.1. Will address the team during the pre-departure camp

2.3.2. Will attend all official functions related to the competition, e.g. functions held by the political heads such as the Minister of Sport, the Mayor of the host city, etc.

2.3.3. Will interact with other Heads of Delegation in matters of mutual interest, e.g. negotiate competitions between countries, skills exchange, etc.

2.3.4. Will be guided by the ASA Constitution in all matters referred to the Head of Delegation, e.g. where a member of the team brought ASA in disrepute.

2.3.5. Will facilitate any process or situation that requires an independent view, such as disputes between Team Management and athletes, Athlete Reps, Coaches, etc.

2.3.6. Should not use the same accommodation as the team to ensure the neutrality of the Head of Delegation in the event of a conflict among Team Members, and to ensure that confidential matters can be discussed with the required discretion.

3. TEAM LEADER

3.1. INTRODUCTION (The Team Leader is also known as the Senior Manager)

3.1.1. The Team Leader:

3.1.1.1. Report only to the Head of Delegation.

3.1.1.2. Should have people skills

3.1.1.3. Should be skilled in applying IAAF Rules and Regulations

3.1.1.4. Should be familiar with the competition environment, including the accommodation and travel arrangements, and ideally should be part of the delegation that did site inspection at least 3 months prior to the start of the competition.

3.1.1.5. Should not allow any interference from outside e.g. team managements from other countries, supporters of the team such as parents and friends, etc.

3.2. GENERAL

3.2.1. The Team Leader

3.2.1.1. Leads the Managers in the team and takes care of the logistical needs of the athletes such as accommodation, travel, entries, programme changes, appeals, etc.

3.2.1.2. Requests full team attendance including managers and coaches at pre-arranged times.
3.2.1.3. Provides for a team notice board to centralize information needed by the team.
3.2.1.4. Set up communication structures e.g. a roaming cell phone or e-mail facility, to ensure that the Team Leader can communicate with the Presentation Department at all times
3.2.1.5. Set up a communication network between Team Management and the athletes e.g. a "WhatsApp" network via cell phone
3.2.1.6. Send athlete performance reports, in electronic format, daily to ASA, to be used by ASA's media and marketing team

3.3. RESPONSIBILITIES IN CHRONOLOGICAL ORDER

3.3.1. In collaboration with the ASA Presentation Department:
3.3.1.1. **1st letter:** Notify the members of the team of their inclusion into the team
3.3.1.2. Collect the bio-data of the team
3.3.1.3. Order correct quantity and sizes of attire for athletes from official suppliers well in advance.
3.3.1.4. Monitors progress of suppliers of attire on a regular basis.
3.3.1.5. Ask suppliers to be at team meeting to exchange clothing if needed.
3.3.1.6. Ensure the availability of a tailor at the team meeting where the clothing is issued to alter clothing if needed.
3.3.1.7. Arrange and confirm flight arrangements of the team
3.3.1.8. Facilitate the process of obtaining visas for team members
3.3.1.9. Facilitate the process of adhering to the medical requirements of the country to be visited e.g. yellow fever and malaria injections
3.3.1.10. Book and confirm bookings for accommodation.
3.3.1.11. Arranges for accommodation of athletes' personal coaches to stay in the same hotel. This should be done on merit.
3.3.1.12. Confirms where and when the official functions will take place.
3.3.1.13. Provide for team transport to and from stadium. Transport must suit the needs of the athletes.
3.3.1.14. Collects airline/bus/train tickets to venue.
3.3.1.15. Arranges for a budget to cover unexpected expenses.
3.3.1.16. **2nd letter:** Prepare letter to all team members, explaining the following:
- Place of competition
- Programme
- Travel arrangements
- Function arrangements
- Attire
- Athletes already in possession of colours must bring this along
- Time and place that team come together
- Any additional instructions

3.4. PRE-DEPARTURE CAMP

The Team Leader will:
3.4.1. Facilitate all arrangements of the Pre-departure camp in collaboration with the Presentation Department
3.4.2. Ask the Preparation Department to hand over the team to the team Leader
3.4.3. Handle the presentation process as discussed in point 4 above
3.4.4. Discuss the Code of Conduct with the team
3.4.5. Hand over the team to the Medical Team to declare the team fit
3.4.6. Give the Head of Delegation an opportunity to address the team. The team Leader will:

3.4.6.1. Explain the mandate of the team, as reflected in the ASA Selection Policy
3.4.6.2. Explain to the team that from this point forward the team represents South Africa until they arrive back in South Africa.
3.4.6.3. Conduct a media conference
3.4.6.4. Hand over the team to the Team Leader

3.4.7. The team Leader will lead the team to the departure area.

3.5. ON ARRIVAL AT ACCOMMODATION

3.5.1. Organize at the residence for a room where a meeting can be held with all team members.
3.5.2. Find out where the technical meeting is held and arrange with the Head Coach to attend the meeting with the Team Leader.
3.5.3. Report back to the Presentation Office to confirm safe arrival as soon as the team is settled in.

3.6. TEAM MEETING

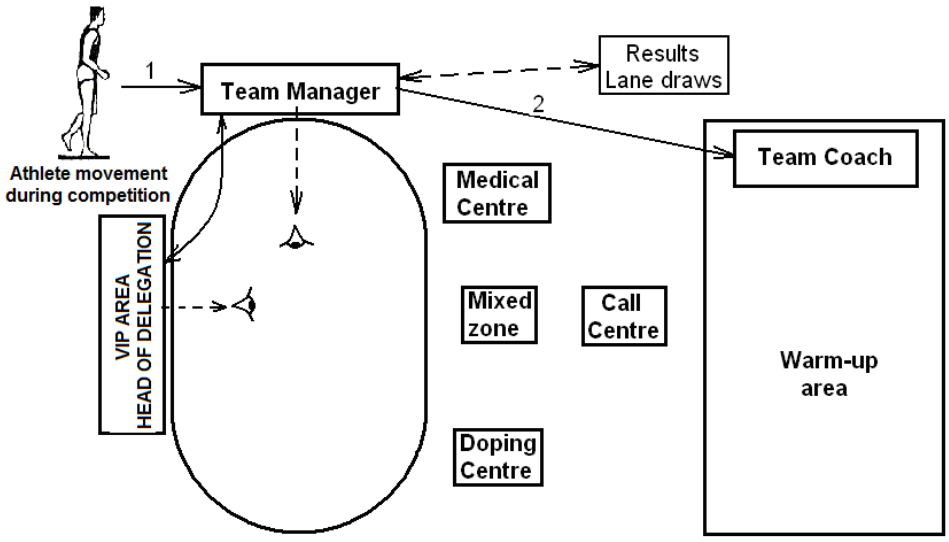
3.6.1. Act as Chairperson and co-ordinate feedback of Team Managers, Team Coaches and Athletes.
3.6.2. The managers deal with all outstanding administration.
3.6.3. All the technical information gained at the technical meeting is discussed with the athletes.
3.6.4. Management and coaches agree before the meeting who will talk about what. The executive manager will indicate when somebody is talking on his / her behalf during the meeting.
3.6.5. Prepare for the technical meeting.
3.6.6. Discuss technical report of coaches. (See list under coaches' preparation or technical meeting).
3.6.7. Discuss the time of the next meeting after the technical meeting with all team members.

3.7. **MEETING WITH THE ENTIRE TEAM AFTER THE TECHNICAL MEETING**

3.7.1. Discuss the timetable of the meeting.
3.7.2. Confirm travel arrangements.
3.7.3. Discuss all points of importance as indicated during the technical meeting.

3.8. DURING COMPETITION

3.8.1. Be alert, together with the Team Manager and Team Coaches, for potential problems e.g. injuries, draws, heats, etc.
3.8.2. If necessary make appeal on behalf of the team members.
3.8.3. In collaboration with the chief coach, do placing of the relay team, based on results of the day.
3.8.4. Keep record of medals that were won, as well as any results that may be wrong.
3.8.5. If any disciplinary action is necessary, organize a meeting with the relevant manager, coach and captains.
3.8.6. The movement of athletes during competition should be monitored by the Team Leader with the support of the Team Management.



Team Management monitor movement of athletes during competition

3.8.7. The diagram below illustrates what the movement of athletes should be. Any movement of athletes outside the normal flow as illustrated below must be reported to the Team Leader before deviating from the normal flow as illustrated below.

3.8.7.1. The athlete reports to the Team Leader or dedicated Manager

3.8.7.2. The athlete reports to the Team Coach/Personal Coach in the warm-up area

3.8.7.3. The athlete may require medical intervention e.g. treatment by the physio before starting the warm-up session

3.8.7.4. The athlete warms up under the supervision of the coach

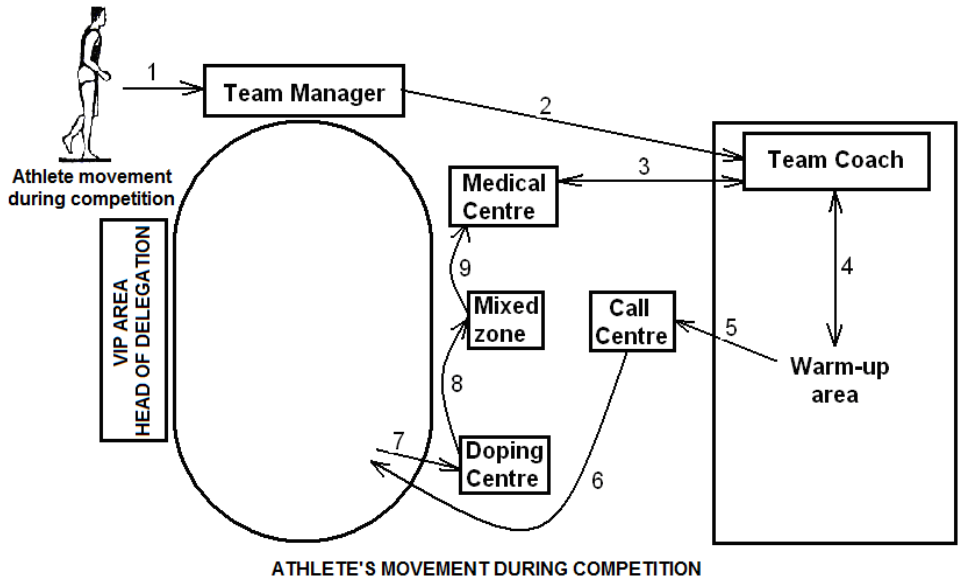
3.8.7.5. The athlete reports at the call centre when called by the Call Centre Manager where the athlete will be screened if he/she is presentable

3.8.7.6. The athlete will be taken to the competition area by a dedicated call centre marshal

3.8.7.7. After the competition the athlete may be requested to undergo a doping test, and will be accompanied by the doping marshal to the doping area.

3.8.7.8. The athlete may be required for an media interview and will be accompanied by a media marshal to the mixed zone for the interview

3.8.7.9. Only in steps 5, 6, 7 does Team Management have no control over the movement of the athlete. In steps 8 and 9 the Team Management must take control again to take care of the well-being of the athlete.



ATHLETE'S MOVEMENT DURING COMPETITION

3.9. AFTER COMPLETION OF THE COMPETITION

3.9.1. Prepare technical report in collaboration with the entire Team Management.

3.9.2. Collect a complete set of result of the meeting in electronic format, or arrange for it to be sent to the ASA Preparation Department.

3.9.3. Check if the account for the residence is paid, and check all rooms before the team leave.

3.9.4. Compile a factual report, not more than 2 pages, in electronic version, consisting of challenges and recommendations, as well as a full set of results of the athletes in the team, and submit it to the ASA Presentation Department on arrival back in South Africa, for direction/redirection where needed.

4. TEAM MANAGERS

4.1. RESPONSIBILITIES

4.1.1. The Team Managers report to the Team Leader.

4.1.2. Collect numbers and sizes of attire of athletes e.g. jackets, tracksuits, vests, bags, etc. directly after the team is announced.

4.2. AT THE TEAM MEETING

4.2.1. Give letter to all members explaining all details

4.2.2. Give airline tickets to team members

4.2.3. Issue attire to all athletes and confirm sizes

4.2.4. Organize a team photo

4.3. ON ARRIVAL AT ACCOMMODATION

4.3.1. Organize with the help of the coaches that athletes arrive safely at residence.

4.4. TEAM MEETING

Get all the athletes together in the meeting hall and discuss the following:

4.4.1. Room numbers - ensure everybody is happy with the room they stay in and adjust if necessary.

4.4.2. Check all attire

4.4.3. Discuss meal arrangements

4.4.4. Discuss training arrangements

4.4.5. Discuss all details with regard to competitions, functions and travel arrangements

4.4.6. Organize a team photo

4.4.7. Issue all instructions, preferably in writing

4.4.8. Appoint various committees e.g. discipline, travelling, training, etc.

4.4.9. Discuss financial arrangements with representative of Athletics Federation Board.

4.4.10. Organize travelling from:

- 4.4.10.1. Airport to place of stay
- 4.4.10.2. Place of stay to airport
- 4.4.10.3. Place of stay to function and back
- 4.4.10.4. Place of stay to training
- 4.4.10.5. Place of stay to competition
- 4.4.10.6. Competition to place of stay

4.4.11. Collect all the team member's air tickets for the next flight. Make block bookings.

4.4.12. Discuss place of stay arrangements of non-team members' e.g. personal coaches, family. Handle on merit.

4.5. DURING MEETING

4.5.1. Be alert, together with the team coaches, for potential problems e.g. injuries, draws, heats, etc.
4.5.2. If necessary advice the Executive Manager to make appeal on behalf of the team members.
4.5.3. Keep record of medals that were won, as well as any results that may be wrong.

4.6. AFTER COMPLETION OF THE COMPETITION

4.6.1. Prepare technical report in collaboration with the coaches.
4.6.2. Ensure all team members have transport back home.
4.6.3. Hand the report and all relevant information over to the Executive Manager.

5. HEAD COACH

The Head Coach is appointed by the Excellence Department in consultation with the ASA Coaches Committee. This appointment is subject to the approval of the ASA Board.

5.1. REPORT TO

5.1.1. The Head of Delegation on team selection and non-team matters
5.1.2. The Team Leader on all matters except selection

5.2. RESPONSIBLE FOR

5.2.1. Directing the preparation and coaching of the team in collaboration with the personal coaches of athletes in the team.
5.2.2. Appraising competition venue prior to the technical meeting and advise management on problem areas.
5.2.3. Coordinating the work of the team of coaches
5.2.4. All coaching/technical/tactical matters
5.2.5. Preparing material for the technical meeting
5.2.6. Preparing a technical report on the competition
5.2.7. In collaboration with the team manager, do placing of the relay team, based on results of the day.

5.3. PREPARING FOR THE TECHNICAL MEETING

The head coach, in consultation with team coaches, prepares a list of technical notes for the managers. These notes must be discussed with the managers prior to technical meeting. This must include:

5.3.1. Lane draws, jumping / throwing orders
5.3.2. Starting heights and adjustments
5.3.3. Whose implements require checking
5.3.4. Program re-scheduling
5.3.5. Team changes
5.3.6. Any relevant medical certification information
5.3.7. Technical points after appraisal of stadium with athletes
5.3.8. Need for lap times / splits etc.

5.4. TECHNICAL MEETING

5.4.1. The Executive Manager is the only official representative at the technical meeting.
5.4.2. The Team Managers and Head Coach must assist the Executive Manager by supplying relevant information when needed.

5.4.3. CONFIRM:

5.4.3.1. Additional competitors should be agreed on
5.4.3.2. Lanes, order of participation and numbers of athletes
5.4.3.3. Starting heights and increments
5.4.3.4. Procedure for control of implements
5.4.3.5. Final calls prior to event
5.4.3.6. Ceremonies
5.4.3.7. Drug control procedures
5.4.3.8. Warming up areas
5.4.3.9. Language of announcements
5.4.3.10. Reading of lap times
5.4.3.11. Correctness of athletes' numbers
5.4.3.12. Program-correctness
5.4.3.13. Approval of medical certificates
5.4.3.14. Number of officials in arena
5.4.3.15. The athletes' seating - protection against weather
5.4.3.16. Transport arrangements to and from stadium
5.4.3.17. Where and when refreshments will be available
5.4.3.18. What the combined events athletes do between events
5.4.3.19. Problem areas in the marathon and walk routes.

5.4.4. GENERAL POINTS

5.4.4.1. Carry the relevant rulebook.
5.4.4.2. Obtain a competition program and check for conflicts on the program.
5.4.4.3. Allocate duties to team coaches.
5.4.4.4. Advise management on travel arrangements of athletes.
5.4.4.5. Request full team meetings with managers at pre-arranged times.
5.4.4.6. Arrange briefing meeting(s) for team coaches.
5.4.4.7. Give additional training where appropriate.
5.4.4.8. Responsible for coaching items on team notice board.
5.4.4.9. Check transport times from accommodation to and from the competition venue and duration of journey.
5.4.4.10. Help management to establish transport routine from and to competition.

6. TEAM COACH

6.1.1. Report to the Head Coach.

6.2. RESPONSIBLE FOR

6.2.1. Appraising competition venue together with the Head Coach prior to the technical meeting and advise management on problem areas.
6.2.2. Equipping the Head Coach with specific information for the technical meetings.
6.2.3. Advising the Head Coach on specific matters concerning the events for which they are responsible.
6.2.4. Providing specific services for athletes in preparation for competitions.
6.2.5. Providing specific information for the technical report.
6.2.6. Developing / reinforcing the bond between athlete and ASA
6.2.7. The athletes wearing attire representing the team.

6.3. GENERAL

6.3.1. Familiarize yourself with the athletes in the relevant events.
6.3.2. Obtain details of athlete's personal best, and season's best.
6.3.3. Provide details of opposition's personal best, season's best, tactics, temperament, etc.

6.3.4. Advise chief coach on fitness level of athlete for heats, tactics, etc.
6.3.5. Maintain close liaison with team doctor, therapist, etc. on areas of doubt.
6.3.6. Check medical clearance on the use of bandaging / taping etc.
6.3.7. Check athletes' personal equipment.
6.3.8. Check the athlete's number.
6.3.9. Advise against carbonated drinks prior to competition.
6.3.10. Advise against the use of alcohol and food experiments 48 hours prior to competition.

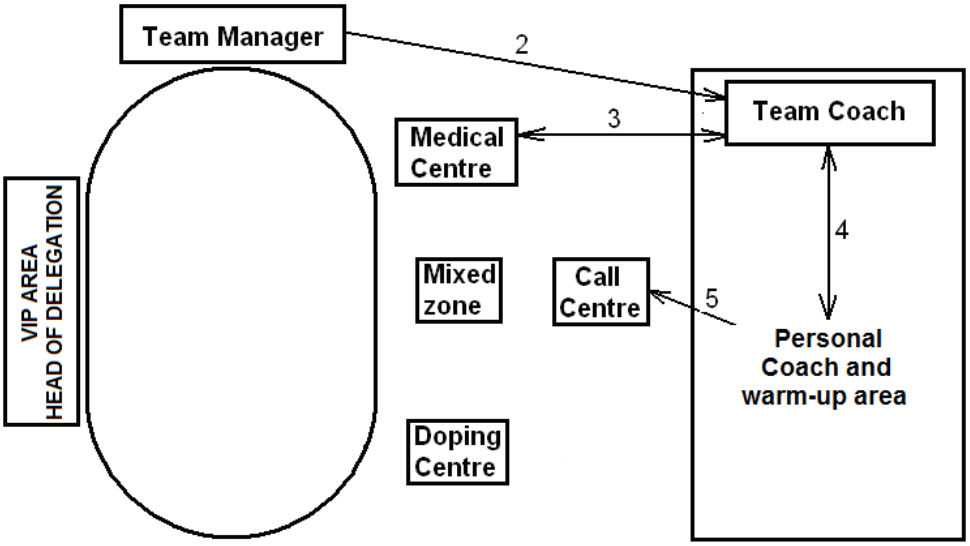
6.4. PREPARING FOR TECHNICAL MEETING

Prepare a list of technical notes for the managers. These notes must be discussed with the Managers and Chief Coach prior to technical meeting. This must include:

6.4.1. Lane draws, jumping / throwing orders
6.4.2. Starting heights and adjustments
6.4.3. Whose implements require checking
6.4.4. Program re-scheduling
6.4.5. Team changes
6.4.6. Any relevant medical certification information
6.4.7. Technical points after appraisal of stadium with athletes
6.4.8. Need for lap times / splits etc.

6.5. AT THE COMPETITION

This is where the team coaches play a major role. They must check the following:



TEAM COACH MONITOR MOVEMENT OF ATHLETES DURING COMPETITION

6.5.1. If the athlete has a personal coach present and refer him to his/her personal coach to be prepared for competition.
6.5.2. If the athlete does not have a personal coach present, it is the responsibility of the Team Coach to see that athletes warm up properly.
6.5.3. The attire of the athletes e.g. spike length, numbers, conflicting branding and sponsorship branding, etc. before they leave the warm-up area.
6.5.4. If they have wet suits available for rain and hot clothing for cold weather. The coach must have spare clothing for an emergency.
6.5.5. If the athletes have a spare pair of shoes.

6.5.6. If the athletes know the reporting procedures.
6.5.7. If they know where the manager, doctor and therapist are.
6.5.8. The coach must:
6.5.8.1. Keep coaching comments to fundamental principles - don't tamper with technique.
6.5.8.2. Offer a service to the athletes. If they don't want it, do not force yourself on them.
6.5.8.3. Have extra pins, chalk, tape, etc. available.

6.6. AFTER THE COMPETITION

6.6.1. Prepare a technical report and give it to the Head Coach. The report must include suggestions where improvements must take place, if any.

7. MEDICAL TEAM

7.1. General

7.1.1. The Medical team are appointed by the Medical Committee. The approval of the Medical team is subject to the approval of the ASA Board.
7.1.2. The Medical Team will purchase its own medicine and ointments and provide the Presentation Department with invoices to be re-imbrued.
7.1.3. The Medical Team must be provided with separate rooms at the place of stay to enable the medical team to treat patients in a confidential and secure environment.
7.1.4. During competition, a temporary structures e.g. a gazebo, must be provided in the warm-up area to allow for the treatment of athletes.

7.2. The Team Doctor and Physiotherapist:

7.2.1. Must be present during the pre-departure camp
7.2.2. Must receive a clearance certificates from the athlete's medical team, declaring that the athlete is fit.
7.2.3. If the athlete cannot produce a clearance certificate, the athletes must be screened before departure and declared fit. If the athlete is not declared fit, the athlete will be reported to the Team Leader. The Team Leader will send the athlete home at his/her own expense.
7.2.4. The Doctor must collect and keep on file a medical clearance form signed by the athlete (or parent in the case of a minor).
7.2.5. The medical clearance certificate must contain:
7.2.5.1. Full name and ID of team member
7.2.5.2. Contact number of a relative in case of an emergency
7.2.5.3. Relevant medical information e.g. intolerances to curtain medicines
7.2.5.4. Medical Insurance detail
7.2.5.5. Clearance for the medical team to treat the team member for the duration of the tour
7.2.5.6. The clearance certificate must be signed before any form of treatment is introduced to the team member

8. ATHLETE REPRESENTATIVE

8.1. Athlete representatives are an extension of the ASA Excellence Programme and work closely with the ASA Preparation and Presentation Departments in preparing the athlete for the Championships.
8.2. Athlete representatives are not members of the team management, but the team management may allow Athlete Representatives to be present during team briefings as observers.
8.3. Athlete Representatives will assist the Team Leader during media sessions to prepare the athlete for a media interview

9. PERSONAL COACHES

9.1. Personal coaches are an extension of the ASA Excellence Programme and work closely with the ASA Preparation and Presentation Departments in preparing the athlete for the Championships.
9.2. Personal coaches are not members of the team management, but the team management may request the personal coach to assist the team coach preparing an athlete for competition. In such cases, the personal coaches will report to the head Coach.
9.3. The personal coach may be present during team briefings and may contribute to the meeting.
9.4. Personal Coaches may be accommodated in the same hotel where the team sleep.

10. PARENTS, RELATIVES AND FRIENDS

10.1. Parents, relatives and friends are not members of the team, and may not attend any team briefing sessions
10.2. Where parents, relatives and friends interfere in team arrangements, the individual at fault must be warned. If the individual continues to not respect the instructions from team management, the athlete related to the parent, relative or friend may be suspended and sent home at his/her own expenses.

CHAPTER 7 : ASA INTEGRITY CODE FOR THE SOUTH AFRICAN ATHLETICS FAMILY

Acknowledgement to the IAAF INTEGRITY CODE

Preamble

- It is an object of Athletics South Africa "ASA" to safeguard the authenticity and integrity of Athletics and to take all possible measures to eliminate corrupt conduct which might place the authenticity, integrity and reputation of Athletics at risk.
- In furtherance of this object, the ASA Rules and Regulations include the following Code of Ethics that sets out the Principles of ethical conduct applicable to the ASA Family (the "Code").
- The IAAF Code of Ethics "the IAAF Code" further provides in its appendices for rules and procedures in specific cases and for the Statutes of the IAAF Ethics Commission and the Procedural Rules of the IAAF Ethics Commission (Procedural Rules). These appendices to the IAAF Code are to be read in conjunction with this ASA Code of Ethics, interpreted as required at a National or Provincial level.
- The Provincial and Associate Members of ASA shall adopt a code of ethics which shall be based on the Principles and rules of the Code.

A Application

1. **Persons Covered by the Code:** The Code applies to the following individuals (collectively referred to as the "ASA Family"):

    a. "ASA Officials" meaning all members of the ASA Council, ASA Board, ASA Committees and ASA Commissions, Individual Members as defined in the ASA Constitution and any person who acts or is entitled to act for or on behalf of ASA, including without limitation ASA staff, consultants, agents and advisors;
    b. "Provincial Member Officials" and "Associate Member Officials", meaning all members of the council and/or executive bodies, committees and commissions of Provincial and Associate Members and others who act, or are entitled to act, for or on behalf of a Provincial or Associate Member, including without limitation, staff, consultants, agents and advisors;
    c. "Club Member Officials" meaning all members of executive bodies and committees of Clubs and Provincial Associate Members and others who act, or are entitled to act, for or on behalf of a club or associate member, including without limitation, staff, consultants, agents and advisors;
    d. "Participants" meaning all Athletes, Athlete Support Personnel, competition officials, officials, managers or other members of any Athletics delegation, referees, jury members and any other person who is or has been accredited to attend or participate in a Competition under the auspices of ASA;
    e. "Competition Organisers" meaning all stakeholders involved in the presentation of Competitions under the auspices of ASA including the sponsors, host cities, suppliers, local organising committees of such competitions and their respective officials, employees and others acting, or entitled to act, on their behalf; and
    f. Such other persons who agree in writing at the request of ASA to be bound by the Code.

2. **Conduct covered by the Code**: The Code applies to all conduct that damages the authenticity, integrity and reputation of Athletics whether it occurs within or in connection with Athletics or otherwise.

3. It shall be the personal responsibility of every person in the ASA Family to make himself aware of the Code, including conduct that constitutes a violation of the Code, and to comply with it.

4. Every person in the ASA Family submits to the exclusive jurisdiction of the ASA Disciplinary Committee convened under the ASA Constitution to hear and determine violations and to the exclusive jurisdiction of the IAAF Ethics Commission to determine any appeal from a decision of the ASA Disciplinary Committee (after ratification by the ASA Board).

5. **Timing:** The Code shall come into force on 1st January 2018 ("Commencement Date") and apply to all violations of the Code committed on or after the Commencement Date.

6. With respect to any proceeding pending as at the Commencement Date under the previous ASA Rules and Regulations, or proceedings brought after the Commencement Date where the facts giving rise to them occurred prior to the Commencement Date, the proceedings shall be governed by the substantive provisions of applicable ASA Rules and Regulations in effect at the time of the alleged facts, unless the ASA Disciplinary Committee hearing the proceeding determines the principle of "*lex mitior*" applies under the circumstances of the proceeding. All such proceedings shall be conducted in accordance with the Procedural Rules under the IAAF Code.

B Principles of the Code

7. The Principles on which the Code is founded are set out in C and D below.

8. Persons subject to the Code shall immediately report any breach of the Code to the ASA Chief Executive Officer or the Chairperson of the ASA Disciplinary Committee.

9. Persons subject to the Code who attempt, or agree with another person, to act in a manner that would constitute or culminate in the commission of a violation of the Code shall be treated as if a violation has been committed, whether or not such attempt or agreement in fact resulted in such violation. However, there shall be no violation where the person who is subject to the Code renounces his attempt or agreement prior to it being discovered by a third party not involved in the attempt or agreement.

10. Persons subject to the Code who knowingly assist, fail to report or are otherwise complicit in any act or omission that constitutes or culminates in the commission of a violation of the Code shall themselves be treated as having committed a violation of the Code.

C Principles of Conduct Applicable to ASA Family
This Part C applies to all members of the ASA Family.

C1 Integrity

11. Persons subject to the Code shall not act in a manner likely to affect adversely the reputation of ASA, or the sport of Athletics generally, nor shall they act in a manner likely to bring the sport into disrepute.

12. Persons subject to the Code shall act with the utmost integrity, honesty and responsibility in fulfilling their respective roles in the sport of Athletics.

13. Doping in Athletics is strictly prohibited in accordance with the Anti- Doping Rules (IAAF Code Appendix 1).

14. Persons subject to the Code shall not participate in betting on Athletics, nor manipulate the results of competitions nor engage in other corrupt conduct in accordance with the Rules against Betting, Manipulation of Results and Corruption (IAAF Code Appendix 2).

15. Persons subject to the Code, shall not offer, promise, give, solicit or accept any personal or undue pecuniary or other benefit (or the legitimate expectation of a benefit irrespective of whether such benefit is in fact given or received) in connection with their activities or duties in Athletics.

16. Persons subject to the Code are prohibited from misappropriating ASA assets.

C2 Equality

17. There shall be no discrimination in Athletics on the basis of race, sex, ethnic origin, colour, culture, religion, political opinion, marital status, sexual orientation or any unfair or other irrelevant factor, except as permitted by law, including in the ASA Council, Committees, Commissions or other elected or appointed bodies of the ASA Family.

18. In electing or appointing persons to positions, Councils, Boards, committees, commissions or other elected or appointed bodies within the ASA Family, both sexes must be considered.

19. Facilitating an inclusive and welcoming environment for persons with disabilities.

C3 Dignity

20. Safeguarding the dignity of the individual is fundamental and all forms of harassment in Athletics; be it physical, verbal, mental or sexual, are prohibited.

C4 Good Faith

21. Members of the ASA Family shall act in good faith towards each other with mutual trust and understanding in all their dealings.

22. Be particularly conscious of the safety and wellbeing of children and protection of the rights of minors and women.

C5 Fair Elections

23. Candidates for elected positions in the ASA Family shall conduct their candidacies with honesty, dignity and respect for their opponents in accordance with the Rules Concerning Candidacy for IAAF Office and the Conduct of Elections (IAAF Code Appendix 3).

C6 Bidding

24. Competition Organisers, Members and Candidate Cities wishing to host International, National and Provincial competitions organised by ASA and its Members (including those persons acting or entitled to act on their behalf) shall conduct their candidacies with honesty, dignity and respect for their opponents in accordance with the Rules of Conduct Applicable to Members and Candidate Cities Wishing to Host World Athletics Series competitions and other International Competitions organised by the IAAF (IAAF Code Appendix 4).

C7 Confidentiality

25. Persons subject to the Code shall not at any time disclose information entrusted to them in confidence in connection with their role or activities in Athletics unless required to do so by the Code or by law. Information which is not confidential and is obtained in connection with their role or activities in Athletics shall not be disclosed for personal gain or benefit, nor be used maliciously to damage the reputation of any person or organisation.

D Principles of Conduct Applicable to the ASA Family

This Part D shall apply in general to the ASA Family and specifically to all ASA, Provincial and Club Officials.

D1 Fiduciary Duties

26. ASA, Provincial and Club Officials shall use due care and diligence in fulfilling their roles for and on behalf of the ASA Family.

27. Uphold and implement standards and procedures to ensure event safety and environmental sustainability.

D2 Improper Benefits

28. ASA, Provincial and Club Officials shall not, directly or indirectly, solicit, accept or offer any form of improper remuneration or commission, or any concealed benefit or service of any nature, connected with the organisation of any Athletics event or election or appointment to office.

29. Gifts and other benefits of nominal value may be given or accepted by an Official as a mark of respect or friendship. The giving or accepting of any other gift or benefit by an Official is prohibited. In all circumstances, the giving or accepting of cash by an Official in any amount is prohibited.

30. The hospitality shown to ASA, Provincial and Club Officials and the person(s) accompanying them shall not be excessive.

D3 Improper Association

31. The ASA Family must not be involved with firms or persons whose activity or reputation is inconsistent with the principles set out in the Code.

D4 No Conflicts of Interest

32. ASA, Provincial and Club Officials shall act for the benefit of the ASA Family when making decisions that affect or may affect ASA and must do so without reference to their own personal interest, either financial or otherwise.

33. ASA, Provincial and Club Officials shall comply with the IAAF Rules Concerning Conflicts of Interest of IAAF Officials (IAAF Code Appendix 5).

D5 Neutrality

34. ASA, Provincial and Club Officials shall remain politically neutral in their dealings on behalf of ASA with government, provincial and municipal institutions and local, provincial, national and international organisations.

D6 Behaviour

35. The ASA Family is expected to work in a spirit of cooperation with all stakeholders, assisting less experienced colleagues, and refraining from public criticism of individuals, including at meetings or through the media.

36. The ASA Family is to demonstrate a high level of personal conduct including; refraining from audible profanity, obscene gestures, verbal abuse including derogatory, insulting or accusing language or tone, inappropriate behaviour, dress or attitude.

37. Members of the ASA Family are to refrain from using alcohol or tobacco products when involved in Athletics training sessions or competitive events. To use these products responsibly when attending athletics social events.

38. Individuals of the ASA Family are to display a high level of professionalism through punctuality, timeous action, and skill in execution of duties, continuous improvement and giving considered opinion.

E Enforcement

39. The Principles in the Code shall be enforced in accordance with its provisions and in accordance with the provisions of the ASA and IAAF Rules and Regulations referred to in it.

40. There shall be an independent and appropriately qualified investigator appointed by the ASA Disciplinary Committee or ASA Board to undertake investigations into violations of the Code (other than violations of the Anti-Doping Rules) according to the Procedural Rules.

41. There shall be an ASA Disciplinary Committee established pursuant to Clause 16.3.3 of the ASA Constitution, which shall carry out its functions in terms of this Code in accordance with the Statutes of the IAAF Ethics Commission (IAAF Code Appendix 6) and the Procedural Rules (IAAF Code Appendix 7). These functions shall include adjudicating whether violations of the Code have been committed and imposing sanctions.

F Final Provisions

42. The Code shall be adopted by the ASA Council as a Chapter of the Rules and Regulations of ASA in accordance with Clause 29 of the ASA Constitution. To the extent of any inconsistency between the Code and the ASA Constitution, the relevant provisions of the ASA Constitution shall prevail.

43. Words used in the Code shall have the same meaning as set out in the ASA Constitution and the ASA Rules, unless specified otherwise.

44. The provisions of the Code shall be governed by and interpreted in accordance with the laws of the Republic of South Africa.

CHAPTER 8 : 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 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:

ORDER OF DRAW (RESULT SHEET) - TRACK EVENTS
(Must be submitted to the Competition Secretary directly after completion of the event)

MEETING:				**RECORDS**	
VENUE:				**WORLD:**	
DATE:		**TIME:**		**AFRICA:**	
EVENT:				**RSA:**	
EVENT NO:		**PAGE:**	**OF**	**PROVINCIAL:**	
				MEETING:	

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

FOR ANNOUNCER, MEDIA, MARKETING, DEVELOPMENT AND STATISTICS
ORDER OF DRAW AND RESULTS ACCORDING TO LANE DRAW
(TO BE USED WHEN LANE DRAWS ARE ALLOCATED PRIOR TO THE RACE)

Draw	No.	Performance	Wind	Pos.	First name	Surname	Province/School

RESULT SHEET FOR ANNOUNCER, MEDIA, MARKETING, DEVELOPMENT AND STATISTICS
(ONLY TO BE USED IN EVENTS WHERE PLACING IS DONE WITHOUT PRIOR LANE DRAWS – SEE ASA IAAF RULE 166)

No.	Performance	Wind	Pos.	First name	Surname	Province/School

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:** ____

COPIES OF THIS DOCUMENT TO 10 DESTINATIONS:
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		SIGNATURE	

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

Time 11	Time 12	Time 13	Time 14	Time 15	Time 16	Time 17	Time 18	Time 19	Time 20

Time 21	Time 22	Time 23	Time 24	Time 25	Time 26	Time 27	Time 28	Time 29	Time 30

NAME OF ELECTRONIC TIME KEEPER		**SIGNATURE**	

CHIEF WIND METER CARD – TRACK EVENTS

SUMMARY OF WIND METER READINGS

(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:**	
Event No.	**Event**	**Reading**		**Event No.**	**Event**	**Reading**
Name of judge:				**Signature:**		

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:**	

No.	Event	1	1	1	2	2	3	3	4	5	6	7	8	9	10

CHIEF ELECTRONIC TIMEKEEPER'S CARD

SUMMARY OF ELECTRONIC TIMES TAKEN

(This Electronic 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:**	

No.	Event	1	1	1	2	2	3	3	4	5	6	7	8	9	10

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.

Event Number	Event	Lane	Competitor's number	Number of Infringement	Detail of infringement
Umpire's name:					Signature

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:

Event Number	Event	Lane	Competitor's number	Number of Infringement	Detail of infringement
Umpire's name:					Signature

CHIEF LAP SCORER'S CARD

SUMMARY OF FINAL POSITION

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

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

No.	Name of Event	Number of athlete									
		1	2	3	4	5	6	7	8	9	10

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:

ORDER OF DRAW (RESULT SHEET) HORIZONTAL JUMPS
(Must be submitted to the Competition Secretary directly after completion of the event)

MEETING:		**RECORDS**	
VENUE:		**WORLD:**	
DATE:	**TIME:**	**AFRICA:**	
EVENT:		**ROSA:**	
EVENT NO:	**PAGE:** **OF**	**PROVINCIAL:**	
		MEETING:	

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

ATHLETE'S RECORD OF PROGRESSION

	No.	1	2	3	Best	Pos.	First name	**Surname**	Province/School

RESULT SHEET FOR ANNOUNCER, MEDIA, MARKETING, DEVELOPMENT AND STATISTICS

No.	Performance	**Wind**	**Pos.**	First name	**Surname**	Province/School

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:**

COPIES OF THIS DOCUMENT TO 10 DESTINATIONS:
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:**

ORDER OF DRAW (RESULT SHEET) VERTICAL JUMPS
(Must be submitted to the Competition Secretary directly after completion of the event)

MEETING:				**RECORDS**	
VENUE:				**WORLD:**	
DATE:		**TIME:**		**AFRICA:**	
EVENT:				**ROSA:**	
EVENT NO:		**PAGE:**	**OF**	**PROVINCIAL:**	
				MEETING:	

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

ATHLETE'S RECORD OF PROGRESSION

		HEIGHT INCREMENTS																										First name	Surname	Prov/ School
	NO.																													

RESULT SHEET FOR ANNOUNCER, MEDIA, MARKETING, DEVELOPMENT AND STATISTICS

No.	Performance	**Wind**	**Pos.**	First name	**Surname**	Province/School

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 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	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:** _____

ORDER OF DRAW (RESULT SHEET) THROWING EVENTS
(Must be submitted to the Competition Secretary directly after completion of the event)

MEETING:		**RECORDS**	
VENUE:		**WORLD:**	
DATE:	**TIME:**	**AFRICA:**	
EVENT:		**ROSA:**	
EVENT NO:	**PAGE:** **OF**	**PROVINCIAL:**	
		MEETING:	

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

ATHLETE'S ORDER OF DRAW AND RECORD OF PROGRESSION

	No.	1	2	3	Best	Pos.	First name	**Surname**	Province/School

RESULT SHEET FOR ANNOUNCER, MEDIA, MARKETING, DEVELOPMENT AND STATISTICS

No.	Performance	Wind	Pos.	First name	Surname	Province/School
		N.A.				

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 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

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:** _____

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:**					

CHIEF JUDGE – RESULTS SUMMARY

HORIZONTAL JUMPS - VERTICAL JUMPS – THROWS

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

Meeting:		**Venue:**				**Date:**			
No.	**Event**	**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	

POS.	TIME	POS.	TIME	POS.	TIME	POS.	TIME

NAME OF CHIEF TIME KEEPER		SIGNATURE	

RESULT SHEET – CROSS COUNTRY RACES, RACE WALKING
(Must be submitted to the Competition Secretary directly after completion of the event)

MEETING:				**RECORDS**	
VENUE:				**WORLD:**	
DATE:		**TIME:**		**AFRICA:**	
EVENT:				**RSA:**	
EVENT NO:		**PAGE:**	**OF**	**PROVINCIAL:**	
				MEETING:	

No.	Pos	Name	Surname	No.	Age	Gen	Cat	Province/School	Time

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	POS.	TIME	POS.	TIME			POS.	TIME
1.		21.		41.		61.		81.	
2.		22.		42.		62.		82.	
3.		23.		43.		63.		83.	
4.		24.		44.		64.		84.	
5.		25.		45.		65.		85.	
6.		26.		46.		66.		86.	
7.		27.		47.		67.		87.	
8.		28.		48.		68.		88.	
9.		29.		49.		69.		89.	
10.		30.		50.		70.		90.	
11.		31.		51.		71.		91.	
12.		32.		52.		72.		92.	
13.		33.		53.		73.		93.	
14.		34.		54.		74.		94.	
15.		35.		55.		75.		95.	
16.		36.		56.		76.		96.	
17.		37.		57.		77.		97.	
18.		38.		58.		78.		98.	
19.		39.		59.		79.		99.	
20.		40.		60.		80.		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

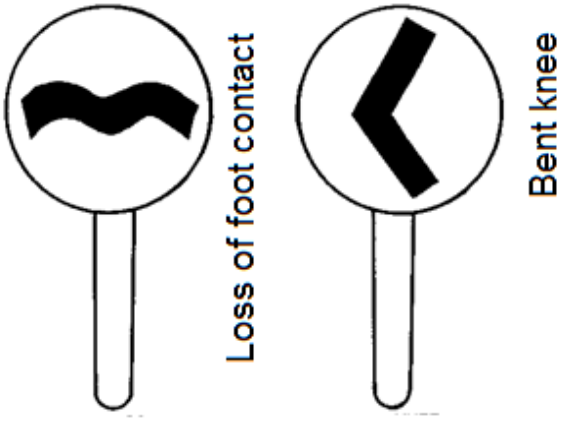
RACE WALKING JUDGE WARNING/DISQUALIFICATION SHEET
(This race tally sheet must be attached to the relevant result sheet)

Event:	Venue:
Distance:	Date:

Athlete		**Caution**		**Competitor told**	**Warning**		**Disqualified**
Name	No.	Reason (> or ~)	Lap or time		Reason (> or ~)	Lap or time	Lap or time

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 are indicated on the right and must be shown to the athlete at fault along with a yellow paddle/flag



Name of judge:	Judge no.	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. Mar.)		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 were 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 TRIPLE 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)
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)

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.

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**

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

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) Veteran to Grand Master: 30 – 60+	X	X		X						

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: 91,4cm)	**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	

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		

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 Rule11, 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

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	50	35	40	7
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

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

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 Rule11, 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

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

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: 8**0mH (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

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	14 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 GIVING AND OTHER CEREMONIAL DUTIES BASED ON FINISHING TIME OF MEN'S RUNNING EVENT

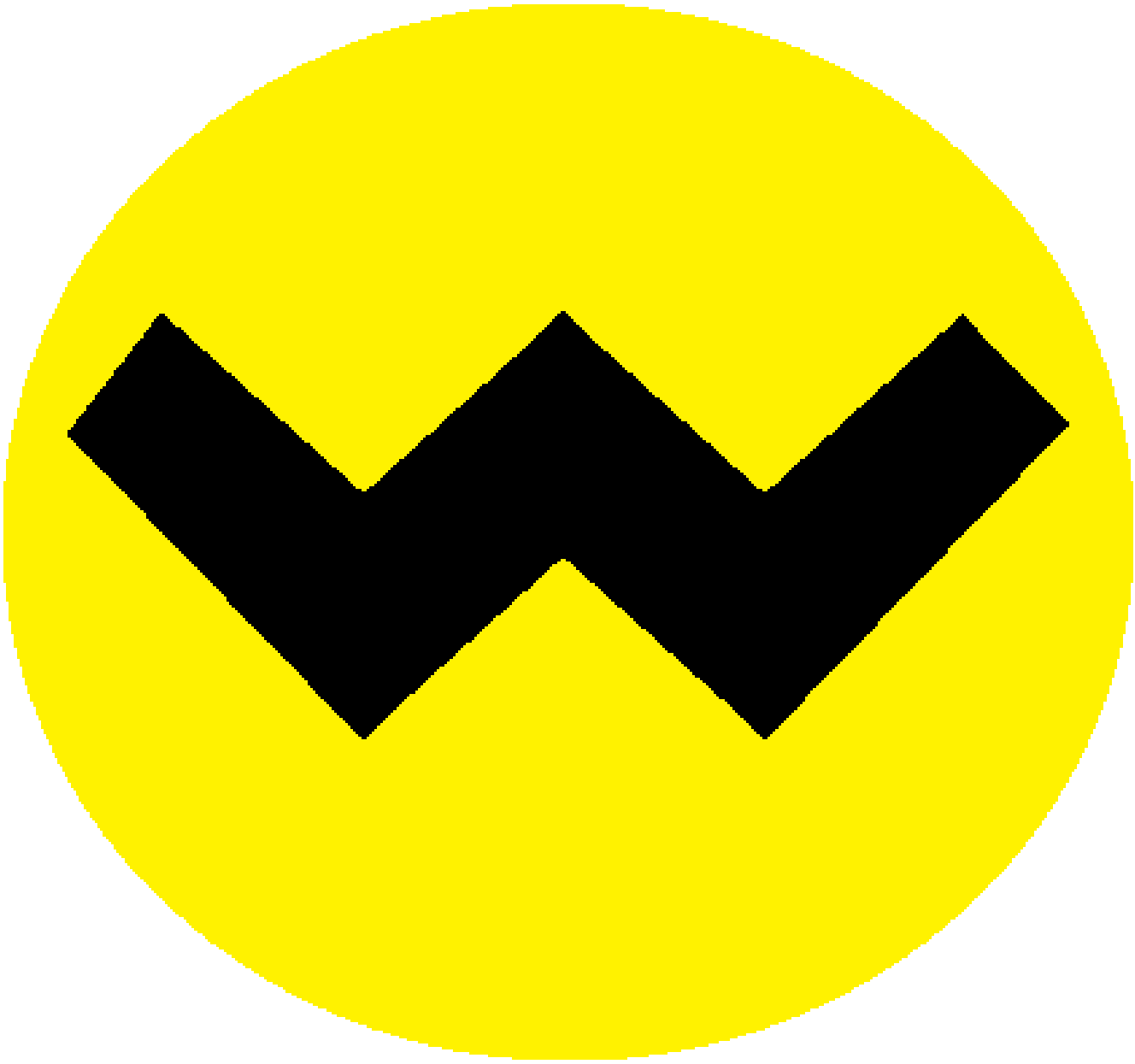
RACE DISTANCE	PROVINCIAL RACES (Running Events + Walking Events)	CLUB RACES (Running Events + Walking Events)
Up to 15 km	1 hour after the winner finished the race	1½ hour after the winner finished the race
20 km+	2 hours after the winner finished the race	2½ hours after the winner finished the race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

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

PROGRESSION OF DISTANCES AND AGE GROUPS

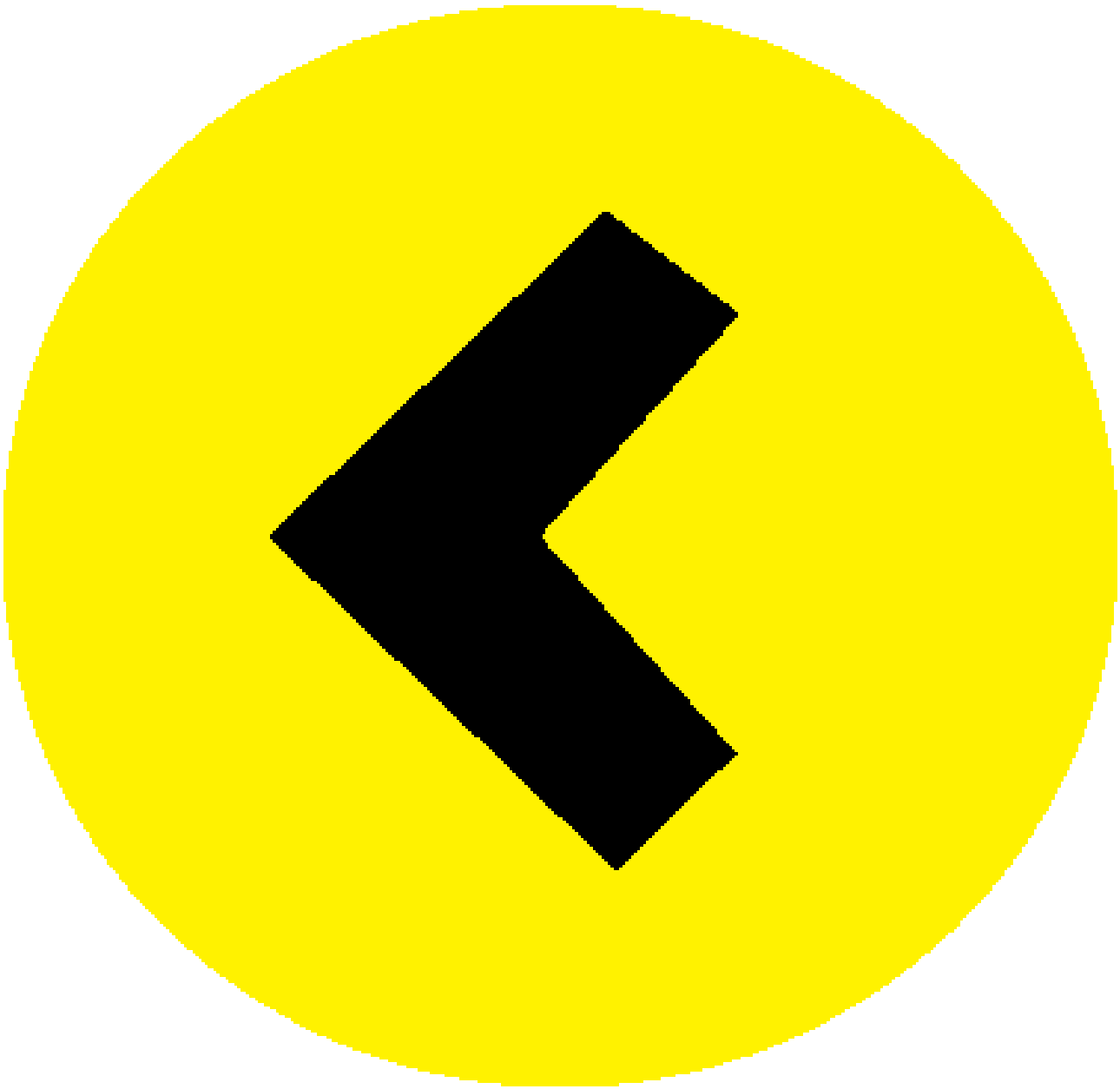
AGE CATEGORIES	1 km	2 km	3 km	4 km	5 km	6 km	8 km	10km	12 km
Senior Men: 16 And Older (Disparity Rule: Athletes, 15 Years Or Younger May Not Participate)				X				**X**	
Senior Men 21 Years				X					
Junior Men: 19 Years (Disparity Rule 17, 18, 19 Years)							X		
Youth Boys: 17 Years (Disparity Rule 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

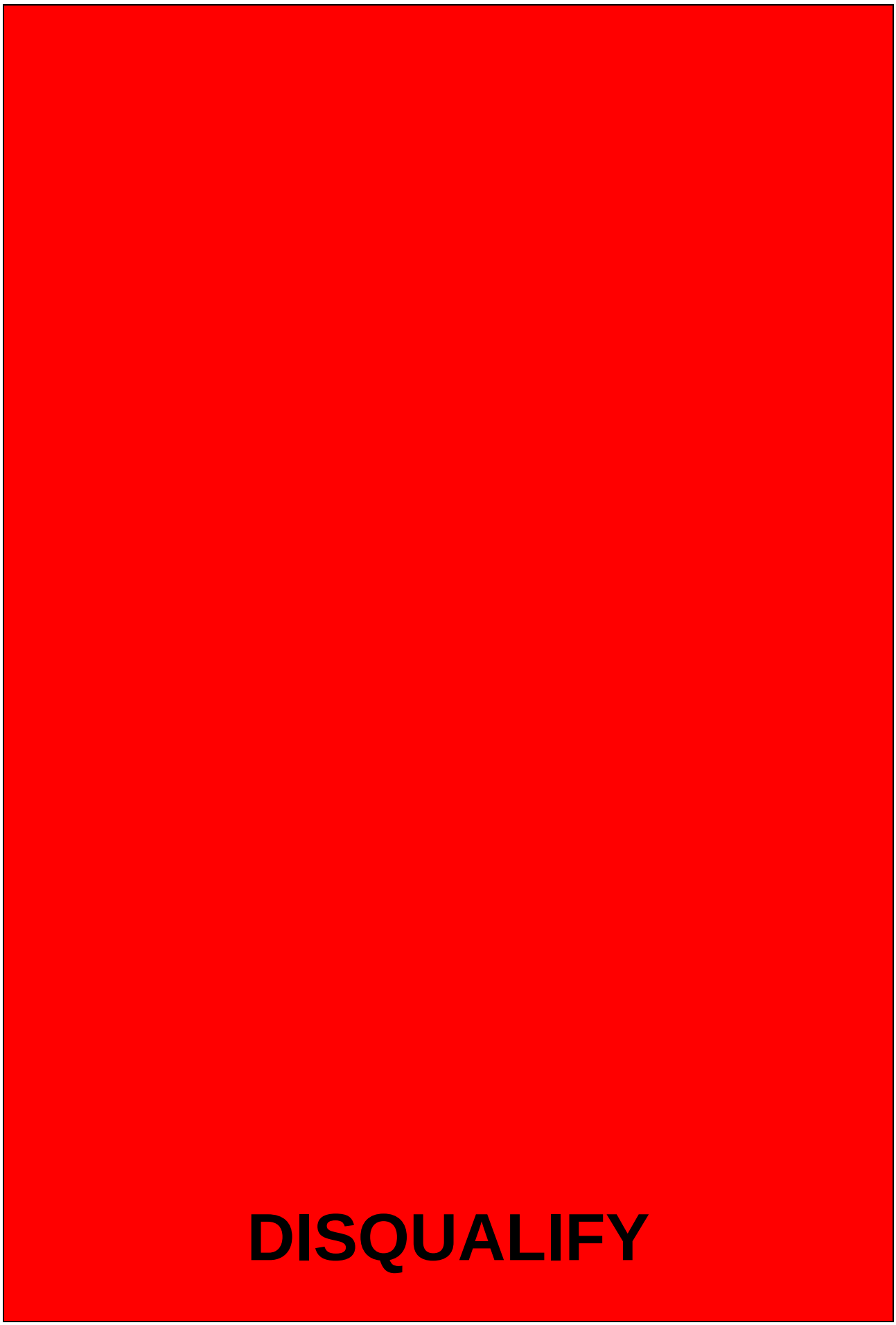


BENT KNEE

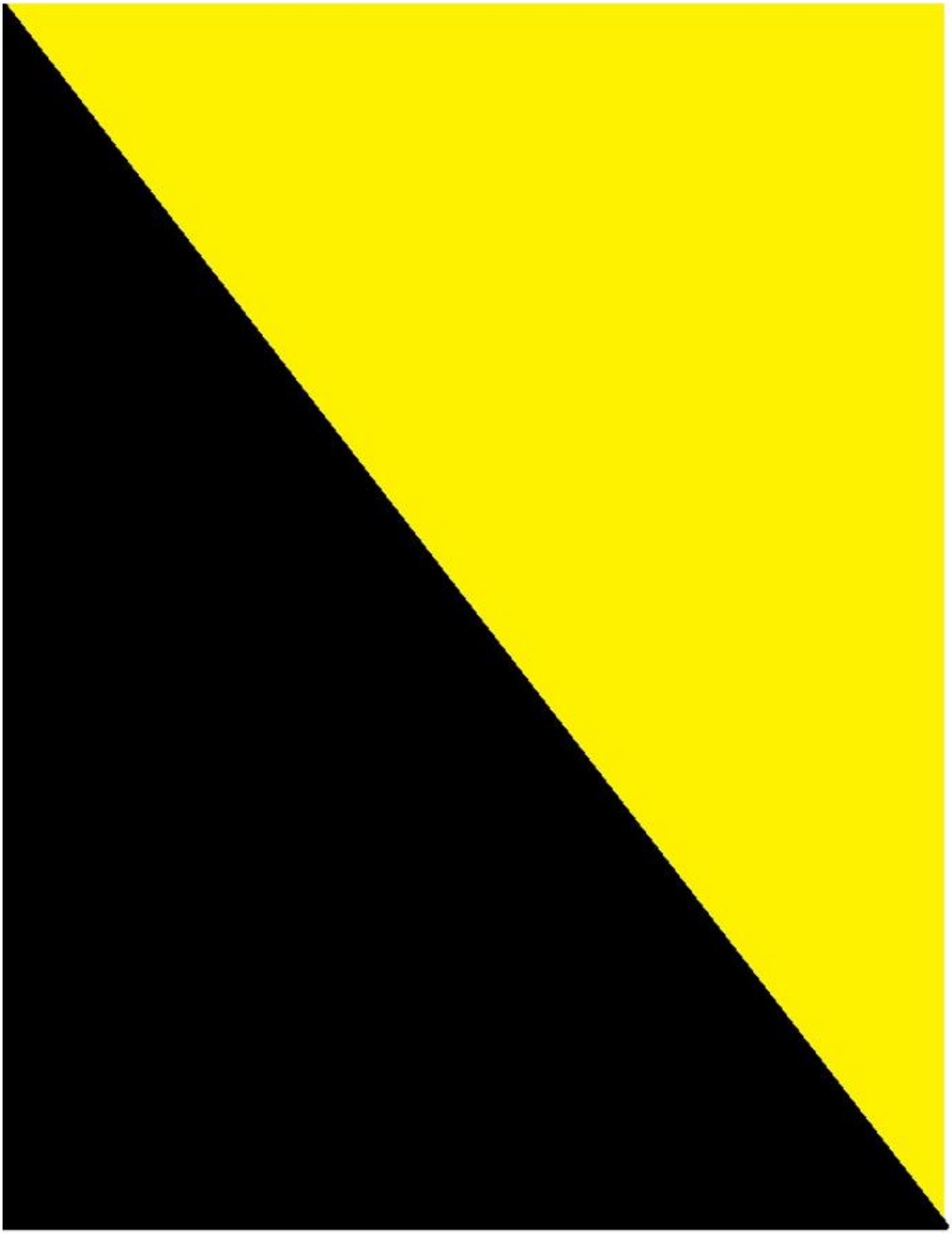
RACE WALK

WARNING

NOT ATHLETE ERROR


DISQUALIFY

FALSE START – IAAF RULE 162.8



FALSE START WARNING – COMBINED EVENTS IAAF RULE 162.8

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