



Handbook

11th Edition
2020 - 2022



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NEW ZEALAND MASTERS ATHLETICS
INCORPORATED

HANDBOOK

2020 - 2022

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March 2020

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New Zealand Masters Athletics Incorporated
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FOREWARD

This latest edition of the handbook supersedes the 2017 edition. Some items have been included that were deleted from the last one. Any item that has been left out from previous editions can be found on the web site. The job of revision has been shared by the board and I am sure that as usual something will be out of date by the time this is printed.

The handbook should be the first place that members go for information for day to day queries as they crop up and is especially useful for those organising championship events.

If anyone feels that additional information would be useful to include in the next handbook, please let the Board know.

Thanks to Michael Wray for coordinating this revision.

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President NZMA

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Website: www.nzmastersathletics.org.nz

The NZMA Constitution is available from the NZMA website.

DOMESTIC COMPETITION – GENERAL

Members of the Association have available to them a wide and varied range of competition at all levels - from club events through to district, centre, national, regional and world championships.

NZMA COMPETITION REGULATIONS

All National, Island and Centre Championships are conducted under World Athletics/Athletics New Zealand rules except where specific WMA and/or NZMA By-Laws apply.

NZMA By-Laws are printed in this Handbook.

Relevant matters included in the WMA By-Laws are set out on selected indexed pages.

Please note: Different specifications apply for the height and spacing of hurdles and for the weight of implements in throwing events in Masters Track & Field competitions.

NEW ZEALAND MASTERS ATHLETICS CHAMPIONSHIPS

- NZ Track & Field Championships
- NZ Indoor Championships

ATHLETICS NEW ZEALAND CHAMPIONSHIPS

- NZ Combined Events Championships
- NZ Cross Country Championships
- NZ Marathon Championships
- NZ Half Marathon Championships
- NZ Road Race and Walking Championships
- NZ Long Distance Walk Championships
- NZ Mountain Running Championships
- NZ Trail Running Championships

All these national championships, except the NZMA Track and Field Championships and the NZMA Indoor Championships are conducted by Athletics New Zealand Championships.

NORTH & SOUTH ISLAND CHAMPIONSHIPS

- NZMA North Island Track & Field Championships
- NZMA South Island Track & Field Championships

CENTRE CHAMPIONSHIPS

Centre Track and Field Championships

All Centres are encouraged to conduct their own championships meetings. However, Centres may combine championships meetings with other Centres at their discretion.

Centre championships may also be held in conjunction with Athletics New Zealand local events.

Non-Stadia Centre Championship Events

Centres are encouraged to hold Centre Marathon, Half Marathon, Road Race and Walks, Cross Country, Mountain and Trail Running, and Combined Events Championships, either separately or in conjunction with other Centres and/or Athletics New Zealand Centres.

AGE GROUPS & COLOURS

In all championship meetings and in many open events, Masters athletics compete in five-year age groups.

The Age Groups for competition is determined by the competitor's age on the FIRST DAY of competition for any specific meeting.

Age groups are often combined because of numbers and timings.

To aid identification for officials and fellow competitors, combined age group participants are required to wear colour coded patches.

These patches must be worn on the top rear of the vest.

The Age Groups and Colours **for both Men and Women** are as follows:

30-34	Light Blue	65-69	Yellow
35-39	Light Green	70-74	Lilac
40-44	Gold	75-79	Maroon
45-49	Black	80-84	Orange
50-54	Red	85-89	White
55-59	Emerald Green	90-94	Brown
60-64	Royal Blue		

Members are expected to provide their own patches and wear them at all championship events.

However, meeting organisers are expected to have spare patches available.

Exceptions

In some championship meetings competitors are provided with competition numbers which clearly identify each competitor's age group. Where such numbers are worn on the front and back, colour patches are not required.

Some centres have designed and marketed to their members their own distinctive Centre uniforms. While not compulsory, the use of such uniforms at NZMA and island championships is encouraged.

NOTE: Individual results are always recorded (and published in Vetline) by reference to the Centre of the athlete rather than by his/her club.

NZMA NATIONAL CHAMPIONSHIPS

INTRODUCTION

NZMA Championships are organised and conducted by Centres, which may be with or without the assistance of the regional Athletics NZ Centre. The Centre assumes full financial responsibility.

ENTRY FORMS

Entry for the NZMA Track & Field Championships, the NZMA Indoor Championships and the North/South Island Championships will be made available by NZMA using their online entry system. The NZMA Events Entries Coordinator will liaise with the LOC to set-up the entry fees and any relevant merchandising items for athletes to purchase, as per LOC requirements.

Entry for Combined Events and non-stadia NZMA Championships held in conjunction with ANZ Championships are available via ANZ, for which ANZ use their own instance of the online entry system.

DETAILS OF NZMA CHAMPIONSHIPS

(a) NZMA Track & Field Championships

The NZMA Track & Field Championships are held on a stand-alone basis from other events. They are usually held on the first weekend in March and must be conducted on an 'all weather' track.

The meeting is to be held over the weekend commencing on the Friday evening, no earlier than 3pm and concluded on the Sunday afternoon. Both the Track Pentathlon and Throws Pentathlon are to be held on the Sunday.

The championships are rostered between Centres with appropriate facilities. The venues are decided at the Annual General Meeting of NZMA, at least two years in advance.

A standard programme of events must be followed as required by NZMA By-Laws.

A generic programme is available as the starting point when deciding on the order / timing of events. Amendments are allowed based on local facilities / rules. A draft program from the Centre hosting the championships must be submitted to the July Board meeting for approval, prior to publication on our website and in Vetline.

The local NZMA Centre is solely responsible for organisation and conduct of the event. NZMA will provide the event entry website, validate the eligibility of entrants and other assistance as required.

Eligibility: Both NZMA Competitive & ANZ Competitive members may compete in this event, as per the MoU between NZMA & ANZ (September 2016). Visitors from outside New Zealand may compete, but are not eligible for titles/placings). Generally, it is accepted practice for an additional medal to be presented to a visitor who finishes in a podium position.

(b) NZMA Indoor Championships

The NZMA Indoor Championships are held over a weekend during July or August. The championships may be rostered between Centres with appropriate facilities. At this time, only Auckland has access to Indoor facilities.

The Indoor facilities in New Zealand are of a limited size and currently only permit for running distances of 50 metres, both flat and hurdles. Indoor jumps and throws should be offered, as can be accommodated by local facilities. The meeting is held on Saturday and Sunday. The host centre may opt to include outdoor events as part of the weekend's programme but these events will not convey titles.

The host centre may choose to offer medals and / or certificates if they feel this is appropriate; it is not customary to do so for this championship.

The local NZMA Centre is solely responsible for organisation and conduct of the event. NZMA will provide the event entry website, validate the eligibility of entrants and other assistance as required.

Eligibility: Both NZMA Competitive & ANZ Competitive members may compete in this event, as per the MoU between NZMA & ANZ (September 2016). Visitors from outside New Zealand may compete, but are not eligible for titles / placings).

(c) **NZMA North/South Island Championships**

The NZMA North and South Island Championships are held in mid-November to early-December. Each Island Championship should be scheduled on different weekends, unless this cannot be avoided.

It is preferable for the Championships to be conducted on an 'all weather' track. If a grass track is to be used, the facilities should be surveyed so that performances can be recognised as records/best performances.

The meeting is to be held over the weekend commencing on the Friday evening, no earlier than 3pm and concluded on the Sunday afternoon. Both the Track Pentathlon and Throws Pentathlon are to be held on the Sunday.

The championships are rostered between Centres with appropriate facilities. The venues are decided at the Annual General Meeting of NZMA, at least two years in advance.

A standard programme of events should be followed. A generic programme is available as the starting point when deciding on the order / timing of events. Amendments are allowed based on local facilities / rules.

The host centre may choose to give or sell results certificates if they feel this is appropriate. It is not customary to issue medals for this championship.

The local NZMA Centre is solely responsible for organisation and conduct of the event. NZMA will provide the event entry website, validate the eligibility of entrants and other assistance as required.

Eligibility: Both NZMA Competitive & ANZ Competitive members may compete in this event, as per the MoU between NZMA & ANZ (September 2016). Visitors from outside the Island may compete, but are not eligible for titles/placings).

(d) **Cross Country Championships**

These events have traditionally been conducted in conjunction with the Athletics New Zealand open championships. However, the NZMA By-Laws do allow NZMA the option of conducting their own championship meeting instead.

If a decision was taken to conduct our own championship meeting, the Board would establish procedures for application and allocation of these events and approval of dates and venues.

The championships are normally held on the first Saturday in August. ANZ approves venues and dates well in advance.

While competitors of varying age groups compete together, separate placings and awards are made for each 5 years age group.

Eligibility: Only ANZ Competitive Members may compete in this event, as per the MoU between NZMA & ANZ (September 2016).

<p>TEAM RACES: Team races for Centre teams are held in conjunction with the <i>cross country</i> and <i>road running</i> championships. For Centre teams the first four from each Centre within each age band (35-49, 50+) count. The points are derived from adding the places of the scoring members, the team with the least points being the winner. If two or more teams share the same score then the team with the highest placing of the last scoring member shall be declared the winner.</p>

(e) **Road Race & Road Walk Championships**

These events have traditionally been conducted in conjunction with the Athletics New Zealand open championships. However, the NZMA By-Laws do allow NZMA the option of conducting their own championship meeting instead.

If a decision was taken to conduct our own championship meeting, then the Board would establish procedures for application and allocation of these events and approval of dates and venues.

These championships are normally held on the first Saturday in September. ANZ approves venues and dates well in advance.

Eligibility: Only ANZ Competitive Members may compete in this event, as per the MoU between NZMA & ANZ (September 2016).

TEAM RACES: Team races for Centre teams are held in conjunction with the *cross country* and *road running* championships. For Centre teams the first four from each Centre within each age band (35-49, 50+) count. The points are derived from adding the places of the scoring members, the team with the least points being the winner. If two or more teams share the same score then the team with the highest placing of the last scoring member shall be declared the winner.

(f) Half Marathon & Marathon Championships

These championships are awarded to and conducted as part of various open races. These events have traditionally been conducted in conjunction with the Athletics New Zealand open championships. However, the NZMA By-Laws do allow NZMA the option of conducting their own championship meeting instead.

If a decision was taken to conduct our own championship meeting, then the Board would establish procedures for application and allocation of these events and approval of dates and venues.

Eligibility: Only ANZ Competitive Members may compete in this event, as per the MoU between NZMA & ANZ (September 2016).

TEAM RACES: Team races for Club teams are held in conjunction with the *Half Marathon* and *Marathon* championships. For Men the first four finishers from each Club count; for Women the first three finishers from each Club count. The positions are derived from adding the finishing gun times of the scoring members, the team with the lowest aggregate time being the winner. If two or more teams share the same aggregate time then the team with the best time of the last scoring member shall be declared the winner.

(g) Long Distance Walk Championships

These events are held in conjunction with the Athletics New Zealand open championships. ANZ approves venues and dates well in advance. The local NZMA Centre officials must liaise with the ANZ officials for the conduct of the meeting.

Eligibility: Only ANZ Competitive Members may compete in this event, as per the MoU between NZMA & ANZ (September 2016).

(h) Combined Event Championships

These events are held in conjunction with the Athletics New Zealand open championships. ANZ approves venues and dates well in advance. The local NZMA Centre officials must liaise with the ANZ officials for the conduct of the meeting.

Events contested are the Decathlon (Men) and Heptathlon (Women).

Eligibility: Only ANZ Competitive Members may compete in this event, as per the MoU between NZMA & ANZ (September 2016).

(i) Mountain Running Championships

These events are held in conjunction with the Athletics New Zealand open championships, usually held in April or May. ANZ approves venues and dates well in advance. The local NZMA Centre officials must liaise with the ANZ officials on the conduct of the meeting.

Eligibility: Only ANZ Competitive Members may compete in this event, as per the MoU between NZMA & ANZ (September 2016).

(j) Trail Running Championships

These championships are awarded to and conducted as part of various open races. They are normally held in conjunction with the same events used for the championships of Athletics New Zealand.

If this situation were to change the Board would establish procedures for application and allocation of these events, and approval of dates and venues.

Eligibility: Only ANZ Competitive Members may compete in this event, as per the MoU between NZMA & ANZ (September 2016).

NATIONAL UNIFORMS

The current New Zealand Masters uniform consists of:

- (a) An approved T-shirt, singlet & crop top have 'New Zealand' on the back and the NZMA monogram on the left front.
- (b) Black running shorts or tights (these are a standard item universally available so are not held in stock – purchase from your local retailer).

No embellishments or other items, other than the athlete's number, may be added without permission from NZMA.

From time to time, NZMA may offer additional items for purchase such as, but not limited to, track suits and training wear. The purchase and use of any additional items is optional.

Items can be purchased from the NZMA website.

WMA and OCEANIA CHAMPIONSHIPS

The wearing of national uniforms (T-shirt, singlet or crop top and shorts) is **mandatory in all events and is a condition of entry.**

WMA AGE GROUP RECORDS

WMA Age Group Records are kept in all recognised track and field events (i.e. events staged at WMA Championships) with the addition of the 3000m, 1 mile and 1 hour running events, for all age groups 30+ for women and men. World Best Performances are recognised for 3000m, 5000m, 10km, 20km, 30km and 50km race walks.

Recognition Procedures

For WMA World Records the WMA By-Laws provide that: 'Only performances by REGISTERED MEMBERS of an affiliated country shall be recognised as WMA World Records and the application must be certified as being correct by the National Body of the Affiliate'.

Three years must elapse from the time a new event is sanctioned by WMA to when official World Records can be recognised in that event. However, applications can still be lodged during this time for recognition at the end of the three year period.

The WMA Records Manager is ultimately responsible for presenting all new World Records to the WMA Council for ratification.

Application Procedure

Initial applications for WMA World Records must be made to George White, 12A Gulfview Road Blackwood, South Australia 5051 Email: gwhite@adam.com.au. If in order, the applications are then forwarded to the Chairman of the WMA Records Committee.

Requirements for record applications are set out elsewhere in this handbook.

NZMA AGE GROUP RECORDS

NZMA Age Group Records are recognised for all Masters athletes 30 years and above, for all sanctioned NZMA Track & Field events.

Events up to 400m: Best electronic times only will be listed. Where it is not readily evident that a historical hand timed record or electronic time is faster, both will be listed.

Events over 400m: If electronic timing is not available (preferred option), then hand times recorded on at least THREE watches, including printout watches will be accepted. Lap scoring sheets are required to be submitted with record applications for events 3000m and above.

Application Procedure

It is recommended that ALL NZMA Age Group Record applications be approved by the local centre before being forwarded to the NZMA Board member responsible for records. Appropriate contact details will be listed on the NZMA website.

NZMA / OCEANIA CHAMPIONSHIP RECORDS

NORTH & SOUTH ISLAND CHAMPIONSHIP RECORDS/BEST PERFORMANCES

Island Championship Records/Best Performances are kept for all events at these Championships. Applications are not required for Island Championship records, as these will be taken off the results. However, it is helpful that record breakers notify the event organisers to ensure no record is overlooked.

If an NZMA record is broken, then an application form and all relevant documentation must be submitted within 30 days of the completion of the competition.

If the North Island & South Island Championships have been held on a grass track, then these will be recognised as Best Performances, as long as the track and throwing areas are surveyed and pass the technical requirements.

NZMA RECORDS/ NZMA CHAMPIONSHIP RECORDS

NZMA Championship records are kept for all events at NZMA Championships. Applications are not required for Championship records. However, it is helpful that record breakers notify the event organisers to ensure no record is overlooked.

Applications are also not required for NZMA records as records will be taken from the results.

For the purpose of NZMA, North Island, South Island records, applicants must be a current NZMA competitive or ANZ competitive member. Applicants must also be a New Zealand citizen or a permanent resident of New Zealand for a minimum of 12 months.

Centre records will be accepted by applicants that meet the above criteria.

Applications for NZMA records at meetings at a lower competition level must be submitted on the appropriate forms and within 30 days.

OCEANIA CHAMPIONSHIP RECORDS

Championship Records are kept for all events at Oceania Championships. Applications are not required.

Oceania Regional Records are not currently recognised as the OMA Council has not been able to establish the appropriate procedures and controls.

NZMA NATIONAL / WORLD RECORDS APPLICATION PROCEDURES

NZMA RECORD APPLICATIONS

For performances at WMA (World) Championships, WMA (Regional) Championships, and at the events shown below under World Record Applications, **applications are not required** but the statistician **should** be advised of the performance.

NZMA Record Performances set at NZMA Championships:

1. Applications are **NOT** required for NZMA records.
2. Records shall be taken from the results.
3. For a Combined Event, only a Championship record can be set for total points scored. However, NZMA Records can be broken within each individual event.

For NZMA Record Performances set at any other meetings.

1. All relevant sections of the application form MUST be signed by the Meeting Officials specified.
2. Applications for Race Walk Records MUST be signed by the Chief Walk Judge.
3. The signed Result Sheets (including Lap Scoring Sheets for track events 3000m and above), or a copy thereof.
4. For electronically timed performances a photo-finish print should be included.
5. Anemometer readings must be shown on 60m, 100m, 200m, Sprint Hurdles, 200m Hurdles, Long Jump and Triple Jump applications. (Anemometer readings are not required for indoor events).
6. For throwing events, it must show the Weight of implement.
7. For barriers, it must show distance and height of hurdles for hurdle and steeplechase events and space between hurdles in sprint hurdle events.
8. For track and field events, if the performance has not been done on a recognised certified track, a copy of a certificate supplied by a Registered Surveyor must accompany the application.
9. For non-stadia events, a certificate signed by a duly accredited course measurer must accompany the application. NZMA have copies of certificates for several recognised events.
10. Applications must be submitted within 30 days of the completion of the competition.

WORLD RECORD APPLICATIONS

Marks set at performances at Olympic Games, World Athletics Championships, Grand Prix Meets, Commonwealth Games and World Athletics Meets will be accepted when the WMA Records Committee Chairman has been notified by the Regional Statistician and the athlete's age has been confirmed. **No application is required.**

For performances set at other meets:

1. All relevant parts of the application form MUST be signed by the Meeting Officials specified.
2. Applications for Race Walk Records MUST be signed by the Chief Walk Judge and two other A graded walk judges.
3. The Result Sheet, or a copy thereof, should accompany the application.
4. Anemometer readings must be shown on 60m, 100m, 200m, Sprint Hurdles, Long Jump and Triple Jump applications. (Anemometer readings are not required for indoor events).
5. A copy of the athlete's Birth Certificate or Passport MUST be included.
6. For electronically timed performances Photo Finish and Zero Test images MUST be included.
7. Throw applications must show weight of implement.
8. Distance and height of hurdles must be shown for hurdle and steeplechase events, and space between hurdles in sprint hurdle events.
9. For track and field events, if the performance has not been done on a recognised certified track, a copy of a certificate supplied by a Registered Surveyor must accompany the application.
10. For non-stadia events, if the performance has not been done on a recognised certified course, a certificate signed by a duly accredited course measurer must accompany the application.
11. Initial applications for WMA World Records must be made to George White, 12 A Gulf View Road. South Australia 5051 Email: gwhite@adam.com.au. If in order the applications are then forwarded to the Chairman of the WMA Records Committee.

Replace for PDF Record Form

WMA RECORD APPLICATION – TRACK OR ROAD EVENT

Application for:
NZ Masters Age Group Record / World Masters Age Group Record /
World Masters Age Group Best Performance / World Masters Age Best Performance

To: George White, 12 A Gulf View Road Blackwood. South Australia 5051

Note: A copy of Birth Certificate is required for World Record Applications
Please type or use capitals throughout

Event _____ Age Group _____ Men/Women _____

Full Name of Competitor(s) _____

_____ Date(s) of Birth _____

(for relays = Full name of each team member is required, in running order)

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

HURDLES AND STEEPLECHASE CERTIFICATION

The distance of the hurdles/steeplechase race was _____

The height of the hurdles/steeplechase was _____

The distance between the sprint hurdles was _____

_____ Name of Chief Hurdle/Steeple Steward or Referee

_____ Signature

TIMEKEEPER'S CERTIFICATES (Hand Timing): I/We the undersigned official Timekeepers of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER: I confirm that the above timekeepers exhibited their watches to me and that the times were as stated:

_____ Name of Chief Timekeeper or Referee

_____ Signature

ELECTRONIC TIMING: A fully automatic electronic timing device was used.
The time recorded was _____ and this was the official time.

_____ Name of Chief Photo-Finish Judge

_____ Signature

Note: A photo-finish print must be included with this application

WIND GAUGE: I hereby certify that wind speed in direction of running was _____ metres/sec

_____ Name of Operator

_____ Signature

CHIEF WALKING JUDGE: I guarantee that the athlete was not disqualified

_____ Name of Chief Walking Judge

_____ Signature

REFEREE: I confirm that the above statements of the Officials are correct.

_____ Name of Referee

_____ Signature

PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE - PLEASE ENLARGE TO A4 SIZE IF POSSIBLE

WMA RECORD APPLICATION – FIELD EVENT

Application for:
NZ Masters Age Group Record / World Masters Age Group Record /
World Masters Age Group Best Performance / World Masters Age Best Performance

To: George White, 12 A Gulfview Road Blackwood. South Australia 5051

Note: A copy of Birth Certificate is required for World Record Applications
Please type or use capitals throughout

Event _____ Age Group _____ Men/Women _____
Full Name of Competitor _____ Date of Birth _____
Competitor's Country _____ Date of Meeting _____
Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE:

I hereby certify that the Shot/Discus/Hammer/Javelin/Weight used in the record claimed has been examined by me after the performance and conforms exactly with the relevant World Athletics Rule except as modified by WMA By-Laws (Appendix A) for masters competition.

I further certify that the implement used weighed _____

Name Signature

FIELD JUDGE'S CERTIFICATE:

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with World Athletics Rule 148: paragraph 10(a). We further certify that the circle or runway used complied with World Athletics specifications.

_____ metres _____
(distance or height) Name of field judge Signature

_____ metres _____
(distance or height) Name of field judge Signature

_____ metres _____
(distance or height) Name of field judge Signature

WIND GAUGE (Long and Triple Jump only):

I hereby certify that wind speed in direction of running was _____ metres/sec

Name of Operator Signature

RESULT OF COMPETITION:

The names of the first three competitors and their performances were as follows:

1st: _____ Performance _____
2nd: _____ Performance _____
3rd: _____ Performance _____

NOTE: A copy of the Results Card must be included with this application

PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE - PLEASE ENLARGE TO A4 SIZE IF POSSIBLE

WMA BY-LAWS / RULES OF COMPETITION / World Athletics Rules relating to Masters

Masters Competitions are conducted under World Athletics rules, except where these are specifically modified by WMA Rules of Competition and any modifications made by national bodies for national competitions.

The WMA By-Laws include the Rules of Competition.

The Rules of Competition include the following specific matters of particular interest:

DRUG TESTING (WMA Rule 35)

Random drug testing may be sanctioned at or before the WMA World Masters Athletic Championships.

NATIONAL UNIFORMS (WMA Rule 143)

In WMA Championships all competitors must wear a competition top that is approved by their national Masters Member.

MIXED COMPETITION (WMA Rule 147)

Two or more age groups, male and female, may compete together provided that there shall be separate results, records and awards for each age group of male and female.

STARTING - Running and Walking Events (WMA Rule 161 and 162)

Masters competitors are not required to use starting blocks or a crouch start or have both hands in contact with the track for the start of any race.

Track rules specific to a venue will apply and may vary from track to track.

Please note that at some tracks you are required to use starting blocks with a crouch start, when wearing spikes.

An athlete charged with a false start shall be warned. If charged with a second false start he/she shall be disqualified. This includes combined events.

HURDLES (WMA Rule 168)

The pull force for all hurdles shall be 3.6-4.4kg.

Competitors must hurdle with a continuous motion thus ensuring both feet must be off the ground for an instant.

STEEPLECHASE (WMA Rule 169)

The W35+ and M60+ distance shall be 2000m. The M35-59 distance shall be 3000m.

The barrier height for the 2000m shall be 0.762m. The barrier height for the 3000m shall be 0.914m.

FIELD EVENTS

In all throwing events only one number bib shall be required. (WMA Rule 143.2)

NOTE: World Athletics Rules also allow only one number bib to be worn in the Pole Vault and High Jump.

(This means that two numbers are required in Masters competition for all events except throwing events, Pole Vault and High Jump.)

VERTICAL JUMPS General Conditions (WMA Rule 181)

When a high jump and pole vault competition includes competitors in different age groups jumping and vaulting in the same competition pool, and there is only one competitor left in an age group, that competitor shall have the right to have the bar raised in terms of the applicable World Athletics rule, even though other competitors in other age groups may still be jumping or vaulting. Said competitors must continue in the normal progression and may not jump at these special heights.

HIGH JUMP / POLE VAULT (WMA Rule 182 & 183)

Both feet must be off the ground during the vault.

Masters competitors are allowed to touch the landing area before clearing the bar but may not use the landing to any advantage as determined by the Field Judge.

HORIZONTAL JUMPS (WMA Rule 184)

Plasticine is not required. The take-off board(s) may be a white taped or painted line and shall measure 0.20m in width.

LONG JUMP (WMA Rule 185)

In the Long Jump, one or two take-off lines may be used, one of which shall be 1m from the nearer end of the landing area.

TRIPLE JUMP (WMA Rule 186)

In the Triple Jump, two or more take-off lines may be used. The distance from the nearer end of the landing area shall be appropriate for the age and sex of the athletes in the flight. When more than one take-off line is used, each take-off line shall be placed in full meters apart from the take-off line closest to the nearer end of the landing area.

THROWING EVENTS General Conditions (WMA Rule 187)

The specifications for throwing implements shall be set out in Appendix A hereto.

USE OF PERSONAL EQUIPMENT (WMA Rule 187.2)

Competitors may use their own personal equipment (field event implements & starting blocks) provided they conform to the rules. Personal implements shall only be issued to the specific competition of their owners. Any competitor in the owner's specific competition has the right to use that equipment if they so wish.

HAMMER AND WEIGHT THROWS (WMA Rule 191 & 194)

In making a throw, the competitor may choose any starting position, holding the hammer/weight exclusively by the handle, and using both hands except at the start of the throw and the moment of release.

WMA has interpreted this as including any preliminary swings around or over the head.

COMBINED EVENTS (WMA Rule 200)

It is required that athletes attempt each discipline in order to continue in the competition and to be included in the final classification.

In all Combined Events, only single attempts at each running event is allowed and a maximum of three attempts shall be allowed in all field events except High Jump and Pole Vault where three successive misses, or voluntary withdrawal, eliminates an athlete.

Road Walking (Rule 230)

3 (d) Masters: All judges must be registered RW Judges.

(12) In events of 10km or more, an athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten the distance to be covered.

(14) Masters – Pacing by athletes or other persons not in the race is not allowed. It is recommended that before the beginning of the race that all athletes are made aware of this rule. This is considered a warning. Athletes may and can be given a red card by the race referee for this infraction during or after the race.

Road Races (Rule 240)

(10) Masters – Pacing by athletes or other persons not in the race is not allowed. It is recommended that before the beginning of the race that all athletes are made aware of this rule. This is considered a warning. Athletes may and can be given a red card by the race referee for this infraction during or after the race.

Cross Country (Rule 250)

WMA Rule 3, Distances Masters:

6km Cross Country (Male and Female age groups 70 and over)

8km Cross Country (Male and Female age groups 35- 65)

Drinking / Sponging and Refreshment Stations – Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking / sponging station shall be provided every lap.

(10) Masters – Pacing by athletes or other persons not in the race is not allowed. It is recommended that before the beginning of the race that all athletes are made aware of this rule. This is considered a warning. Athletes may and can be given a red card for this infraction during or after the race.

Mountain Races (World Athletics Rule 251)

(7) Masters – The WMA has an agreement with WMRA to follow the rules they have established. A Technical Delegate and Safety Officer who may be the same person attends WMRA Masters Competition.

(8) The maximum age of the athletes competing in Mountain Running is 79 for men and women.

INTRODUCTION

The NZMA Constitution provides for the creation and amendment of By-Laws covering matters concerning the operation of the Association which are not specifically covered by the Constitution.

By-Laws may be added to, altered, or rescinded by the Board.

By-Laws must not be inconsistent with the Constitution.

The current By-Laws are set out below.

1. COMPETITION

- 1.1 All NZMA Championships shall be conducted annually in accordance with the Technical and Competition Rules of World Athletics (formerly known as the IAAF) except as modified by the Constitution and By-Laws of WMA and/or NZMA.
- 1.2 (a) In those NZ Championships held in conjunction with ANZ, with the exception of the Combined Events Championship, athletes aged 35 and over registered with ANZ may compete in the Masters grades;
(b) In National Masters Track and Field Championships, Indoor Championships and North and South Island Track and Field Championships, and the Combined Events Championships athletes aged 30 and over currently financial with NZMA and/or ANZ may compete.
- 1.3 Competition shall be conducted in five year age groups from 30 and over (Men and Women) and age-group patches must be worn in championship events/races unless there are front and back race numbers that indicate the athlete's age-group.
- 1.4 An athlete's age group shall be determined by his/her date of birth. Throughout any championships, an athlete shall compete in the age group for which he/she qualifies on the first day of those championships.
- 1.5 Entries shall not be subject to prior achievement of qualifying standards.
- 1.6 Two or more age groups and genders may compete together provided that there shall be separate results and awards for each age group and gender.
- 1.7 NZMA National Track and Field Championships shall be conducted annually, usually over the first weekend in March, on a roster basis by Centres that have all-weather tracks. Competition may not start earlier than 3 p.m. on the Friday.
- 1.8 NZMA National Masters Cross Country Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.9 NZMA National Road and Race Walking Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.10 NZMA National Marathon and Half Marathon Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.11 NZMA Combined Events Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.12 NZMA Long Distance Walking Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.13 NZMA Mountain Running Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.14 NZMA Trail Running Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.15 NZMA shall encourage Centres to hold Centre Marathon, Half Marathon, Road Race and Walks, Cross Country, Mountain and Trail Running, and Combined Events Championships, either separately or in conjunction with other Centres and/or Athletics New Zealand Centres in accordance with NZMA Constitution and By-Laws.

- 1.16 WMA Relay Selection: The four fastest competitors in the appropriate grade or grades for the appropriate relay distance take precedence with the next fastest coming in if one of the first four is unavailable. A second four can be selected on the same basis until all competitors wishing to take part have been included. The selection of a competitor from an older age-group will only be permitted if there are insufficient in the age group to make up a team and if the competitor is not required for a team in his/her own age group. The track or team manager or other nominated person selects and enters teams.
- 1.17 WMA and OMA require that athletes wear the nationally approved uniform when competing in WMA or OMA championships (see page 8).

2. PROGRAMME

- 2.1 NZMA Track and Field Championships shall comprise all international Track and Field events, plus 60m, 3000m, Weight Throw, Track Pentathlon and Throws Pentathlon. A generic championship programme is available from the NZMA website with an indicated preferred order and timing of events.
- 2.2 The Pentathlon shall be held on the Sunday.
- 2.3 The Throws Pentathlon shall be held on the Sunday.
- 2.4 Hosts of North and South Island Championships should, wherever possible, include the standard Track and Field disciplines held at the National Championships. (Refer NZMA website).
- 2.5 Centres conducting Track and Field Championships shall submit a proposed programme to the to the Board by 31 July, prior to publication in the next appropriate Vetline issue.
- 2.6 NZMA Combined Events Championships shall comprise Heptathlon and Decathlon events, held as part of a meeting organised by ANZ.

3. TECHNICAL

- 3.1 Hurdle specifications and weights of throwing implements shall be as approved by WMA, or as modified by NZMA for use in New Zealand.
- 3.2 Combined Event Tables shall be approved by NZMA/WMA.
- 3.3 The Organising Committee, in conjunction with NZMA, shall have the authority to appoint a Safety and Technical Team which shall have the authority to withdraw from competition any athlete who is improperly performing the event or whose continued participation in that competition would endanger the athlete's health or the progress of other competitors.
- 3.4 Competitors shall be advised, preferably in the programme, of the start time for each event. No round or stage of any event shall commence at a time earlier than that previously advised, unless all athletes listed in the programme, less those who have withdrawn, agree unanimously.
- 3.5 The Meeting Manager may alter the composition of heats depending on the number of competitors.
- 3.6 In Sprint and Sprint Hurdle events at least the first two in each heat shall qualify for the next round. Any other qualifiers shall be determined according to their placing or time.
- 3.7 For outdoor races which are run entirely in lanes, lane assignments after the first round shall be based on competitors' performances in the preceding round and shall be assigned as per World Athletics rules.
- 3.8 In races longer than 1500m where two or more Final divisions are necessary, placings may be decided on times. The Organising Committee should, if possible, ensure that the divisions are seeded.
- 3.9 In Masters Road and Cross-Country Championships, Centre Team competition shall be held in each age group with four runners counting towards Team points.
- 3.10 An athlete may compete for only one age group team. An athlete may be permitted to drop to a lower age group to complete a team if the lower age group is competing in the same race and if the athlete's age group does not have sufficient numbers for a team. The athlete must be named in the submitted start list and a maximum of two athletes from an older age group may be declared in a team.

- 3.11 Masters Cross Country Championship distances are 6km for Women, 6km for Men over 65 and 8km for Men below 65. This is also stipulated in the ANZ Competition Regulations.
- 3.12 Masters Road Race Championship distances are 5km for Women and 10km for Men. This is also stipulated in the ANZ Competition Regulations.
- 3.13 Masters Road Walk Championship distances shall be 10km for Women and Men. There shall also be Long Distance Walking Championships over 20km for Women and 50km for Men. This is also stipulated in the ANZ Competition Regulations.
- 3.14 Relay races, over 4 x 100m and 4 x 400m, if numbers allow, should be held in five year age groups by teams entered by Centres or Clubs.
- 3.15 In relay races, an athlete may compete for a team in only one age group which may be a lower age group than that of the athlete only, provided by-law 3.10 is observed.
- 3.16 In races where team events are contested, athletes wishing to be considered for a team must wear a uniform identifying the Centre or Club he/she represents.
- 3.17 Blind Competitors: Blind competitors requiring guides must not gain any advantage over other competitors in the assistance so received. A guide may only be in a position behind or at the side of the competitor. A tether may be used but not to pull the competitor ahead. In races run in lanes the outside lane must be used.
- 3.18 The Organising Committee, in conjunction with NZMA, shall appoint a Jury of Appeal for Championship Meetings.
- 3.19 Javelin: A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin and measurement shall be made from the point of impact provided the tip of the javelin touches the ground first.
- 3.20 Long and Triple Jumps: The use of Metre Boards is not permitted at championship events. If a board closer to the pit is required a temporary chalked, painted or taped board approved by the chief jump official may be used. No record may be claimed where take-off is from a Metre Board.
- 3.21 Pole Vault: Both feet must be in the air when the body passes over the bar.
- 3.22 Throwing Equipment Specifications: Competitors may use their own throwing implements provided that they have been certified by the Technical Manager. Any other competitor in the competition has the right to use that implement if he/she so wishes but only in his or her age group competition.
- 3.23 Steeplechase: Competitors may go over each hurdle in any manner.
- 3.24 Hurdles: At each hurdle both feet must be off the ground for at least an instant.
- 3.25 Combined Events (in order) (WMA Scoring Tables):
- | | |
|--------------------------|---|
| Men's Pentathlon: | Long Jump, Javelin, 200m, Discus, 1500m |
| NZMA Women's Pentathlon: | 100m, Shot Put, Long Jump, Javelin, 800m |
| Men's Decathlon: | 100m, Long Jump, Shot Put, High Jump, 400m (First Day) |
| | Sprint Hurdles, Discus, Pole Vault, Javelin, 1500m (Second Day) |
| Women's Heptathlon: | Sprint Hurdles, High Jump, Shot Put, 200m (First Day) |
| | Long Jump, Javelin, 800m (Second Day) |
| Throws Pentathlon: | Hammer, Shot Put, Discus, Javelin, Weight |

As in all Combined Events competitors are allowed three attempts at each throwing discipline.

4. **MASTERS RECORDS** (also see records applications)

- 4.1 NZMA Records / NZMA Best Performances and Championship Records / Best Performances shall be recognised in all five year age groups for all recognised NZMA Track and Field events.
- 4.2 Championship Records / Best Performances: These are the best performances set in individually specified events at NZMA Track and Field Championships. Performances set for individual disciplines in Multi Events cannot be recognised as **Championship Records**, although they can be considered for NZMA Records.

- 4.3 Only applications from current financial NZMA Competitive and ANZ Competitive members at the time of the performance shall be approved.
- 4.4 While applications are not required for NZMA, OMA, WMA event performances, it is useful for the athlete to alert the NZMA Records Officer to ensure no record is missed; ultimate responsibility for ensuring the record is recognised lies with the athlete.
- 4.5 NZMA Records or Best Performances shall be kept by the NZMA Records Officer.
- 4.6 In races up to and including 400m NZMA will list the best electronic time only. Hand-timed performances for these events are no longer acceptable. For races longer than 400m, times recorded on **three** watches (including manually operated **printout timers**) will be accepted. Lap scoring sheets for track events 3000m and above must be submitted with the application.
- 4.7 Applications must be made on the official World or NZMA application form.
- 4.8 Performances must have been done on recognised certified Tracks or Courses or certification provided by a registered surveyor.
- 4.9 Circles, pits and jumping and throwing areas must comply with World Athletics specifications.
- 4.10 Long and Triple Jump performances from Metre Boards will not be accepted.
- 4.11 Throwing implements and Hurdle specifications must comply with those set out in these By-Laws.
- 4.12 World Records shall be applied for on the official appropriate World Record Application Form and forwarded to the NZMA World Records Officer.
- 4.13 It is permissible in Masters for records to be set in mixed gender competition.
- 4.14 Indoor 50m and 50m Hurdles events will be considered 'Best Performances' rather than records.

5. FINANCE

- 5.1. NZMA will reimburse Board members for travel expenses and reasonable accommodation for Board Meetings. They will also be paid an approved daily allowance. Travel expenses shall be based on the most direct and least expensive method of travel.
- 5.2. Except for emergency meetings Board members are expected to book travel sufficiently in advance to obtain the lowest economy fares.
- 5.3. The Treasurer is authorised to pay on an invoice from a travel agent for Board travel to an approved Board meeting in advance of that meeting.
- 5.4. All requests for reimbursement shall be supported by receipts or other supporting documentation acceptable to the Treasurer.

6. DRUG TESTING

- 6.1. WMA and OMA Championships are subject to random drug testing. Athletes who have a documented medical condition requiring the use of a Prohibited Substance or Prohibited Method must obtain a Therapeutic Use Exemption (TUE). TUEs should be obtained prior to entry.(WMA Rule 30).

7. DISCIPLINE

- 7.1. An allegation of any of the following offences shall be considered by the Board who shall follow the procedures set out in the WMA By-Laws:
 - i) Incorrect statement of age or age group
 - ii) Improper use of drugs
 - iii) Competing or attempting to compete as a member of the opposite sex
 - iv) Unsportsmanlike conduct

8. AUTHORITY

In all matters relating to the interpretation and application of these By-Laws the Board shall be the final authority.

NZMA COLOURS AWARDS

NZMA Colour awards are awarded to athletes who:

- Set a world masters record
- Win a world masters title
- Achieve a performance of 95% or better on the WMA percentage tables using a GROUP percentage, not an actual age percentage.
- If World Masters Athletics issue official tables for individual age grading, NZMA will use actual age percentages from the year of effectivity.

The colours award comprises a NZMA gold brooch with red and black background with the word Colours and the year of the achievement.

NZMA ATHLETE OF THE YEAR AWARDS

NZMA Athlete of the year awards are presented annually for achievements that has taken place between the 1 January and 31 December in each year. Nominations are called for at the time the NZMA Annual General Meeting Notice is sent to Centres. Awards are made to the Male and Female in each category.

Awards are based solely on athletic performance within the time period.

Categories

Sprints: 50 (indoor) - 400 **Middle Distance:** 800 - 3000m **Distance:** 5000m-10000m Track, Marathon, Road and Cross Country, Mountain Running, Trail Running. **Hurdles:** 50 or 60 (indoor) / 80 / 100 / 110, 200 / 300 / 400, Steeplechase **Jumps:** LJ, TJ, HJ, PV **Throws:** DT, SP, HT, JT, WT, Throws Pentathlon **Combined Events:** Decathlon, Heptathlon, Pentathlon **Walks:** All recognised distances

NZMA SERVICE AND MERIT AWARDS

NZMA Service and Merit awards are available to members who have given service to the association.

All members are eligible and this includes officials or others who have given the service to the association.

The Service Award representing 10 years of **service** to NZMA and the Merit Award 20 years of **service** to NZMA. (Non NZMA members are eligible for Service Awards only.)

Nominations are called for with the notice of the NZMA Annual General meeting and must be submitted through the nominees NZMA centre.

The awards are presented at the NZMA Annual General Meeting or Awards Dinner

Nominations are the responsibility of each Centre.

Nominations for the above awards are required to be submitted by 15 January in the following year.

4th WORLD GAMES TRUST

The Trust was established in 1981 from funds that were surplus following the 1981 World Veteran Games in Christchurch.

The purpose of the Trust is for the "promotion of Veteran Athletics in New Zealand or elsewhere." (now called Masters, text from original document) The Trust Deed provides for a termination in 2061

The Trustees meet annually for the AGM, to consider the performance of the Trust and applications for grants.

Grant applications should be made directly to the Trust.

The following are the precedents relating to the Trust:

1. Chairman. An ex officio member shall not be Chairman of Trustees.
2. Elected trustees shall be elected for a term of 6 years, with one member retiring on a two year rotation and must tender their resignation on appointment.
3. The Trustees shall consist of the following. Three ex officio members who are the NZMA President, NZMA Treasurer and the current Canterbury Masters President. A secretary/Treasurer appointed by the Board and three trustees, who may not be members of the NZMA Board, who are elected at large.
4. Grant Applications can be received electronically and are processed as received.
5. Centres applying for grants are encouraged to fund 50% (fifty percent) of the total cost of the project up for consideration.
6. Trust will fund a maximum of \$1000 for computer / software.
7. A Centre hosting the North Island or South Island Track & Field Championships may receive a grant of \$1000.00, plus up to \$500 towards the cost of a Vetline advertisement, provided a budget for the event has been sighted / approved by the Trust.
8. A Centre hosting the NZMA Track & Field Championships may receive a grant of \$2000.00, plus up to \$500 towards the cost of a Vetline advertisement, provided a budget for the event has been sighted /approved by the Trust.
9. A Centre hosting the NZMA Indoor Championships may receive a grant of \$500.00, plus up to \$250 towards the cost of a Vetline advertisement, provided a budget for the event has been sighted /approved by the Trust.
10. Centres applying for grants must submit a copy of their most recent financial statements.
11. Centres are required to provide accountability to ensure the funds have been spent appropriately.

INFORMATION ON HOSTING NZMA TRACK & FIELD CHAMPIONSHIPS

NEW ZEALAND MASTERS ATHLETICS CHAMPIONSHIPS MANUAL

The purpose of this Championship Manual is to assist NZMA Centres, in particular Local Organising Committees, in the effective and efficient planning, organization and conduct of the NZMA Championships in accordance with NZMA requirements. NZMA has developed a set format for the conduct of its Championships to allow certainty for organisers and consistency for competitors.

NZMA POLICIES RE CONDUCT OF THE NZMA CHAMPIONSHIPS

The NZMA Board have established a series of policies in relation to the hosting and the conduct of the NZMA National Championships. The host affiliate, Local Organising Committee should be familiar with these policies as they inform and need to be addressed or incorporated into the running of the Championships. The following is a brief summary of these policies:

1. The NZMA Track & Field Championships are held over three days (late afternoon Friday to mid-afternoon Sunday). Any deviation from this must be with the approval of the NZMA Board.
2. The North Island and South Island Championships are usually held over three days (late afternoon Friday to mid-afternoon Sunday).
3. The Indoor Championships are usually held over two days (Saturday morning to mid-afternoon Sunday).
4. Only financial NZMA Competitive and ANZ Competitive members are eligible to compete at NZMA Championships.
5. Program development must be negotiated with and have the approval of the NZMA Board.
6. All venues, equipment and rules must comply with World Athletics & WMA requirements. Any deviation from this must be with the approval of the NZMA Board.
7. NZMA requires an athlete administration fee from each of its Championships to fund its organisational costs. This fee is set by the NZMA board.
 - a. The current athlete administration fees are: \$25 for NZMA Track & Field Championships, \$15 for Island Championships and \$5 for Indoor Championships.
8. NZMA will provide the entry website for the NZMA Championships. Entry funds are subject to a 4% merchandising and credit card fee. Funds are transferred to NZMA, who will forward the funds, less the athlete administration fee (above), to the host centre after receiving the final funds settlement. Any host centre that needs in-progress settlement before the final settlement should apply to the Board.
9. When entries close, NZMA will provide a data file to the LOC of entrants and events and any merchandise sales. Meet Manager is the default data file format but other formats can be supplied on request. In-progress details of entries and sales can be provided on request.
10. NZMA will provide medals for the NZMA Track & Field Championships; Centres are to provide the ribbons for the medals.

ORGANISING THE NZMA CHAMPIONSHIPS

OVERVIEW

NZMA Championships are generally allocated with a lead time of two to three years notice, which offers centres the opportunity to begin planning well in advance of the event. Each centre that has the responsibility for running these Championships should establish a Local Organising Committee (LOC) approximately eighteen months prior to the date of hosting. Detailed planning should commence some 15 months prior to the commencement of the Championships, starting with the host centre appointing a Manager or Convenor with full responsibility for the Championships. The Convenor should appoint immediately an organising committee. Each of the appointees will be responsible for organising a sub-committee that will take care of a particular element of the overall organization and report regularly to the Convenor. Areas such as program, equipment, officials, awards, social, finance and venues need to be covered.

Programme

A generic NZMA Track & Field Championship programme is available from the NZMA website, indicating a preferred order and timing of events. Modifications made to the generic programme by the Centre hosting the Championships shall be submitted to the NZMA Board for approval by 31 July.

NZMA by-laws contain the rules for competition.

Timeframe

PRE-EVENT 12-18 months

- Form local organising committee
- Allocate responsibilities to sub-committee leaders
- Determine relationship with other local/regional athletics bodies
- Form sub-committees
- Propose dates and venues
- Book main Track and Field venue
- Plan, inspect and book non-stadia venues
- Plan, inspect and book social venue
- Obtain sponsors
- Utilise New Zealand Masters Athletics and local websites for promotion of the event

9-12 months

- Publish dates, venues and accommodation NZMA Board and Centres
- Make arrangements for the Awards Dinner
- Finalise event-schedule in consultation with NZMA Board
- Agree details for entry form with NZMA Event Entries Coordinator
- Develop publicity strategy and implement

6 months

- Release entry forms, accommodation, awards dinner & other information on NZMA website
- Communications updates with NZMA and Centres
- Organise medal ribbons and ascertain possible numbers required
- Book medical personnel, massage personnel and engraver

3 months

- Design event brochure
- Design chest numbers and place order
- Determine required data file format (e.g. Meet Manager)

3 – 6 weeks

- Entries close; NZMA will provide details to LOC
- Send program order, with entrants, to printer
- Place chest number order, with quantity required
- Order required number of ribbons with 1% over requirements
- Organise catering for the officials

2 weeks

- Pack competitor bags

1 week

- Occupy venue
- Set up for the event
- Communications room
- Results room
- Programs room
- Announcer's room
- Medical room / massage room / engraver's room
- Registrations/sign on room
- Call room
- Visitors/sponsors room
- Officials room
- Photo finish
- Signage
- Equipment room, including final equipment check

POST-EVENT

Week 1

- Compile all results and circulate to the Vetline Editor and NZMA Website Administrator, within one week of the event. The official results must include the age grade factors and the wind readings and, preferably, the centre the athlete is representing.
- Debrief
- Pay all outstanding accounts

Organisers should hold a major debrief on the Championships. This will assist in developing a report on the Championships as well as ensuring that all activities associated with closing off the Championships is completed. Debrief and suggestions to be recorded and forwarded to the NZMA Board.

Records

NZMA by-laws detail the process for the recognition of records or best performances.

APPENDIX A: WMA SPECIFICATIONS for HURDLES / STEEPLECHASE

Age Group	Distance	Hurdle Height	Number of hurdles	Distance to first hurdle	Distance between hurdles	Distance to Finish
Women: Indoor Hurdles						
W30-39	60m	840mm	5	13.00m	8.50m	13.00m
W40-49	60m	762mm	5	12.00m	8.00m	16.00m
W50-59	60m	762mm	5	12.00m	7.00m	20.00m
W60 plus	60m	686mm	5	12.00m	7.00m	20.00m
Women: Short Hurdles						
W30-39	100m	840mm	10	13.00m	8.50m	10.50m
W40-49	80m	762mm	8	12.00m	8.00m	12.00m
W50-59	80m	762mm	8	12.00m	7.00m	19.00m
W60 plus	80m	686mm	8	12.00m	7.00m	19.00m
Women: Long Hurdles						
W30-49	400m	762mm	10	45.00m	35.00m	40.00m
W50-59	300m	762mm	7	50.00m	35.00m	40.00m
W60-69	300m	686mm	7	50.00m	35.00m	40.00m
W70+	200m	686mm	5	20.00m	35.00m	40.00m
Women: Steeplechase						
W30+	2000m	762mm	18 barriers including 5 water jumps			
Men: Indoor Hurdles						
M30-49	60m	991mm	5	13.72m	9.14m	9.72m
M50-59	60m	914mm	5	13.00m	8.50m	13.00m
M60-69	60m	840mm	5	12.00m	8.00m	16.00m
M70-79	60m	762mm	5	12.00m	7.00m	20.00m
M80+	60m	686mm	5	12.00m	7.00m	20.00m
Men: Short Hurdles						
M30-49	110m	991mm	10	13.72m	9.14m	14.02m
M50-59	100m	914mm	10	13.00m	8.50m	10.50m
M60-69	100m	840mm	10	12.00m	8.00m	12.00m
M70-79	80m	762mm	8	12.00m	7.00m	19.00m
M80+	80m	686mm	8	12.00m	7.00m	19.00m
Men: Long Hurdles						
M30-49	400m	914mm	10	45.00m	35.00m	40.00m
M50-59	400m	840mm	10	45.00m	35.00m	40.00m
M60-69	300m	762mm	7	50.00m	35.00m	40.00m
M70-79	300m	686mm	7	50.00m	35.00m	40.00m
M80+	200m	686mm	5	20.00m	35.00m	40.00m
Men: Steeplechase						
M30-59	3000m	914mm	28 barriers including 7 water jumps			
M60+	2000m	762mm	18 barriers including 5 water jumps			

APPENDIX B: WMA SPECIFICATIONS for IMPLEMENTS

	Hammer	Shot Put	Discus	Javelin	Heavy Weight
Women:					
W30-49	4.00kg	4.00kg	1.00kg	600g	9.080kg (20lb)
W50-59	3.00kg	3.00kg	1.00kg	500g	7.260kg (16lb)
W60-74	3.00kg	3.00kg	1.00kg	500g	5.450kg (12lb)
W75+	2.00kg	2.00kg	750g	400g	4.000kg (8.9lb)
Men:					
M30-49	7.26kg	7.26kg	2.00kg	800g	15.88kg 35lb
M50-59	6.00kg	6.00kg	1.50kg	700g	11.34kg 25lb
M60-69	5.00kg	5.00kg	1.00kg	600g	9.08kg 20lb
M70-79	4.00kg	4.00kg	1.00kg	500g	7.26kg 16lb
M80 plus	3.00kg	3.00kg	1.00kg	400g	5.45kg 12lb

Shot Put				
Weight Minimum for admission to competition and for acceptance of record	Information for Manufacturer			
	Usual range for supply of implements for competition	Diameters		
		Min Men	Max Men	Max Women
7.260kg	7.265 – 7.285kg	110mm	130mm	
6.000kg	6.005 – 6.025kg	105mm	130mm	
5.000kg	5.005 – 5.025kg	100mm	130mm	
4.000kg	4.005 – 4.025kg	95mm	130mm	110mm
3.000kg	3.005 – 3.025kg	85mm	130mm	110mm
2.000kg	2.005 – 2.025kg	80mm		110mm

Discus						
Weight Minimum for admission to competition and acceptance of a record		0.750kg	1.000kg	1.500kg	1.750kg	2.000kg
Range for supply of implement for competition		0.750-0.775kg	1.005-1.025kg	1.505-1.525kg	1.755-1.775kg	2.005-2.025kg
Outside Diameter of metal rim	Min	166mm	180mm	200mm	210mm	219mm
	Max	182mm	182mm	202mm	212mm	221mm
Diameter of metal plate or flat centre area	Min	50mm	50mm	50mm	50mm	50mm
	Max	57mm	57mm	57mm	57mm	57mm
Thickness of metal plate or flat centre area	Min	33mm	37mm	38mm	41mm	44mm
	Max	39mm	39mm	40mm	43mm	46mm
Width of cord grip	Min	10mm	12mm	12mm	12mm	12mm
	Max	13mm	13mm	13mm	13mm	13mm

Javelin						
Weight Minimum for admission to competition and acceptance of a record		800g	700g	600g	500g	400g
Range for supply of implement for competition		805 – 825g	705 – 725g	605 – 625g	505 – 525g	405 – 425g
Overall length	Min	2.60m	2.30m	2.20m	2.00m	1.85m
	Max	2.70m	2.40m	2.30m	2.10m	1.95m
Length of metal head	Min	250mm	250mm	250mm	220mm	200mm
	Max	330mm	330mm	330mm	270mm	250mm
Distance from tip of metal head to centre of gravity	Min	0.90m	0.86m	0.80m	0.78m	0.75m
	Max	1.06m	1.00m	0.92m	0.88m	0.80m
Diameter of shaft of thickest point	Min	25mm	23mm	20mm	20mm	20mm
	Max	30mm	28mm	25mm	24mm	23mm
Width of cord grip	Min	150mm	150mm	140mm	135mm	130mm
	Max	160mm	160mm	150mm	145mm	140mm

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

Hammer			
Weight Minimum for admission to competition and for acceptance of record	Information for Manufacturer		
	Usual range for supply of implements for competition	Diameter of head	
		Min Men	Max Men
7.260kg	7.265 – 7.285kg	110mm	130mm
6.000kg	6.005 – 6.025kg	105mm	125mm
5.000kg	5.005 – 5.025kg	100mm	120mm
4.000kg	4.005 – 4.025kg	95mm	110mm
3.000kg	3.005 – 3.025kg	85mm	100mm
2.000kg	2.005 – 2.025kg	80mm	90mm
Length measured from inside the handle			
Weight		Min	Max
7.260kg & 6.000kg		1175mm	1215mm
5.000kg		1165mm	1200mm
4.000kg, 3.000kg & 2.000kg		1160mm	1195mm

Weight – Outdoor Implement			
Construction: The weight shall consist of three parts: a metal head			
Head: The head shall be spherical and of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9MM from the centre of the sphere.			
Link: The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to insure that the link(s) cannot stretch appreciably while the weight is being thrown.			
Handle (Grip): The handle (grip) may be either of single or double loop construction but must be rigid and without hinging joints of any kind. It must not stretch appreciably while being thrown. It must be attached to the link(s) in such a manner that it cannot be turned within the link(s) to increase the overall length of the weight.			
Connections: The links shall be connected to the head by means of a swivel, which may be either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).			
Length: The length shall be not more than 410mm measured from inside of the handle (grip).			
Weight Minimum for admission to competition and for acceptance of record	Information for Manufacturer		
	Usual range for supply of implements for competition	Diameter of head	
		Min Men	Max Men
15.880kg	15.885 – 15.905kg	145mm	165mm
11.340kg	11.345 – 11.365kg	130mm	150mm
9.080kg	9.085 – 9.105kg	120mm	140mm
7.260kg	7.265 – 7.285kg	110mm	130mm
5.450kg	5.455 – 5.475kg	100mm	120mm
4.000kg	4.005 – 4.025kg	95mm	110mm

Weight – Indoor Implement			
Construction: The weight shall consist of three parts: a head, a handle (grip), and a connection assembly which may contain a harness. The construction shall be such that no damage will be caused when landing on a normal sport hall floor.			
Head: The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The centre of gravity shall be not more than 9mm from the centre of the head with the connection, handle, and harness removed or suspended.			
Handle: The handle may be as permitted in the hammer or may be made of round metal rod not to exceed 12.7mm in diameter. This rod is to be bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner so as to not stretch appreciably during a throw.			
Connection: The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel and harness must not stretch appreciably during a throw.			
Length: The length shall be not more than 410mm measured from inside of the handle (grip).			
Weight Minimum for admission to competition and for acceptance of record	Information for Manufacturer		
	Usual range for supply of implements for competition	Diameter of head	
		Min Men	Max Men
15.880kg	15.885 – 15.905kg	145mm	180mm
11.340kg	11.345 – 11.365kg	130mm	165mm
9.080kg	9.085 – 9.105kg	120mm	155mm
7.260kg	7.265 – 7.285kg	110mm	145mm
5.450kg	5.455 – 5.475kg	100mm	135mm
4.000kg	4.005 – 4.025kg	95mm	110mm

APPENDIX C: SCORING of WMA COMBINED EVENTS COMPETITIONS

The scoring of Master's Combined Events competitions is as follows. In all events the scoring procedure is exactly like normal World Athletics Combined Events scoring with the addition of one additional step. That additional step is that the actual performance in each event is multiplied by the appropriate Age Factor to arrive at an Age Factored Performance. This Age Factored Performance (AFP) is then looked up in the current World Athletics Combined Events Scoring Tables in the normal manner.

Age Factors: The Age factors to be used for each gender and age group are listed in the appropriate WMA Appendix. Use the full, four place number for Age Factoring. Round the result of the multiplication as shown below. **Note:** the Age Factors automatically correct for the reducing WMA implements and distances. So a M65-69 man throwing a 5 kilogram Shot can be looked up in the standard World Athletics scoring table for the 7.26 kilogram shot put after multiplying his actual performance times the Age Factor because the Age Factor takes into account the fact that he is throwing a smaller Shot. The same is true with a W60-64 woman running 80 meter hurdles, 0.762 meter high with 7 meter spacing. The Age Factor automatically produces an Age Factored Performance that can be looked up in the standard World Athletics 100 Meter, 0.840 high, 8.5 meter spaced women's hurdle table.

Rounding: The general rule is that rounding is done so as to never give artificial aid to the performer. So, after multiplying the Actual Performance by the Age Factor, be sure to round all running events up to the higher one hundredth of a second and round all throwing and jumping events down to the shorter centimeter. Remember: Run up, Jump and Throw down.

Examples:

*M50-54 man runs a 13.12 second Actual Performance in the 100 Meter event. 13.12 times 0.8996 Age Factor equals an Age Factored Performance of 11.802752. Rounded **up** equals 11.81. Look up in the standard World Athletics Combined Events scoring table, 11.81 is awarded 689 points.*

*W35-39 woman jumps a 1.47 meter Actual Performance in the High Jump. 1.47 times the 1.0512 Age Factor equals a 1.545264 Age Factored Performance. 1.545264 rounded **down** equals 1.54. Look up in the standard World Athletics Combined Events scoring table, 1.54 is awarded 666 points.*

Scoring Tables: The scoring tables to use are the current edition of the World Athletics "Scoring Tables for Men's and Women's Combined Events Competitions" and the various supplements that the World Athletics has published. (see below for the formulas that describe the scoring in the tables) If a performance is being scored that does not appear in the tables, be sure to move to the performance that results in less points being scored, not more.

Examples:

Looking up a male 66.06 second 400m, the 66.09 score must be used not the 66.05 score. 66.06 is closer to 66.05 than it is to 66.09, but is faster than was actually ran. 66.06 therefore is awarded 230 points.

Looking up a male 12.36m Shot Put, the 12.35 score must be used, not the 12.37 score. 12.36 is equally close to 12.37, but 12.37m is further than was actually thrown. 12.36m therefore is awarded 628 points.

Hand Timing: If Combined Events running events, from 400 meters down (including hurdles), are hand timed, the times have to be corrected before multiplying by the appropriate Age Factor. Then the score must be looked up in the fully automatic portion of the scoring Tables (Note: The hand timed portions of the scoring tables are never used in Masters Combined Events scoring).

The World Athletics corrections to apply are:

50 through 300 Meters	add 0.24 seconds to the hand time
400 Meters	add 0.14 seconds to the hand time
All above 400 Meters	add nothing (use auto or hand time as is)

For a complete list of Age Factors refer to the WMA website.