

RULE CHANGES FROM 3 MAY 2023 - effective immediately.

Please note that the changes are noted in **bold**.

For some Rules sections of the Rule have been deleted, making the changes more obvious – and shortening the document. The shortenings are denoted by “...” Inserted in the text.

There are several other Rule changes not listed below that relate more to change of Rule number and the like.

Competition Rule 20 – Umpire Reports – Green Text

It is important that Umpires “report” all instances where they believe the Rules have been infringed, even when the athlete or team does not finish the race. The addition of Rule 8.4.4 of the Technical Rules is intended to standardise practice and to complement Note (ii) to Rule 20.4 of the Competition Rules - as there has been a clear difference of approach across the world.

The standard practice overall should be that where an athlete / relay team does not finish a race, it is generally to be denoted as DNF rather than DQ, including in hurdles races where a technical rule has been breached but the athlete **obviously stopped racing even if eventually reaching the finish line**. Rule 8.4.4 of the Technical Rules is in place to cover the situation where such an athlete or team makes a protest – so sub-rule 8.4.4 is thus added.

Technical Rule 4.3 – Simultaneous Entries

If an athlete is entered in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee may, for one round of trials at a time, or for each trial in the High Jump and Pole Vault, allow an athlete to take their trial in an order different **from the start list (or as determined in accordance with Rule 25.6.1 of the Technical Rules)**. However, if an athlete subsequently is not present for that particular trial, it shall be deemed that they are passing once the period allowed for the trial has elapsed. **As this possibility exists only for that particular round/trial allowed by the Referee, if the athlete is then not present for a subsequent round/ trial, when their competing order will be again according to the start list (or as determined in accordance with Rule 25.6.1 of the Technical Rules), it will be counted as a failure once the period allowed for the trial has elapsed.**

Note: In Field Events, the Referee shall not allow an athlete to take a trial in a different order in the final round of trials but the Referee may allow an athlete to do so during any earlier round of trials. In Combined Events, a change may be allowed in any round of trials.

Technical Rule 6.4.5

Viewing by athletes competing in Field Events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area (see Note to Rule 6.1 of the Technical Rules). The viewing device or images taken from it must not be taken into the competition area **beyond the immediate area in which those providing the recording are placed. To ensure a better view of the images, the athlete may hold the device whilst communicating with the persons who have taken the images.**

Technical Rule 19.10.2 – Official Times for Road Miles.

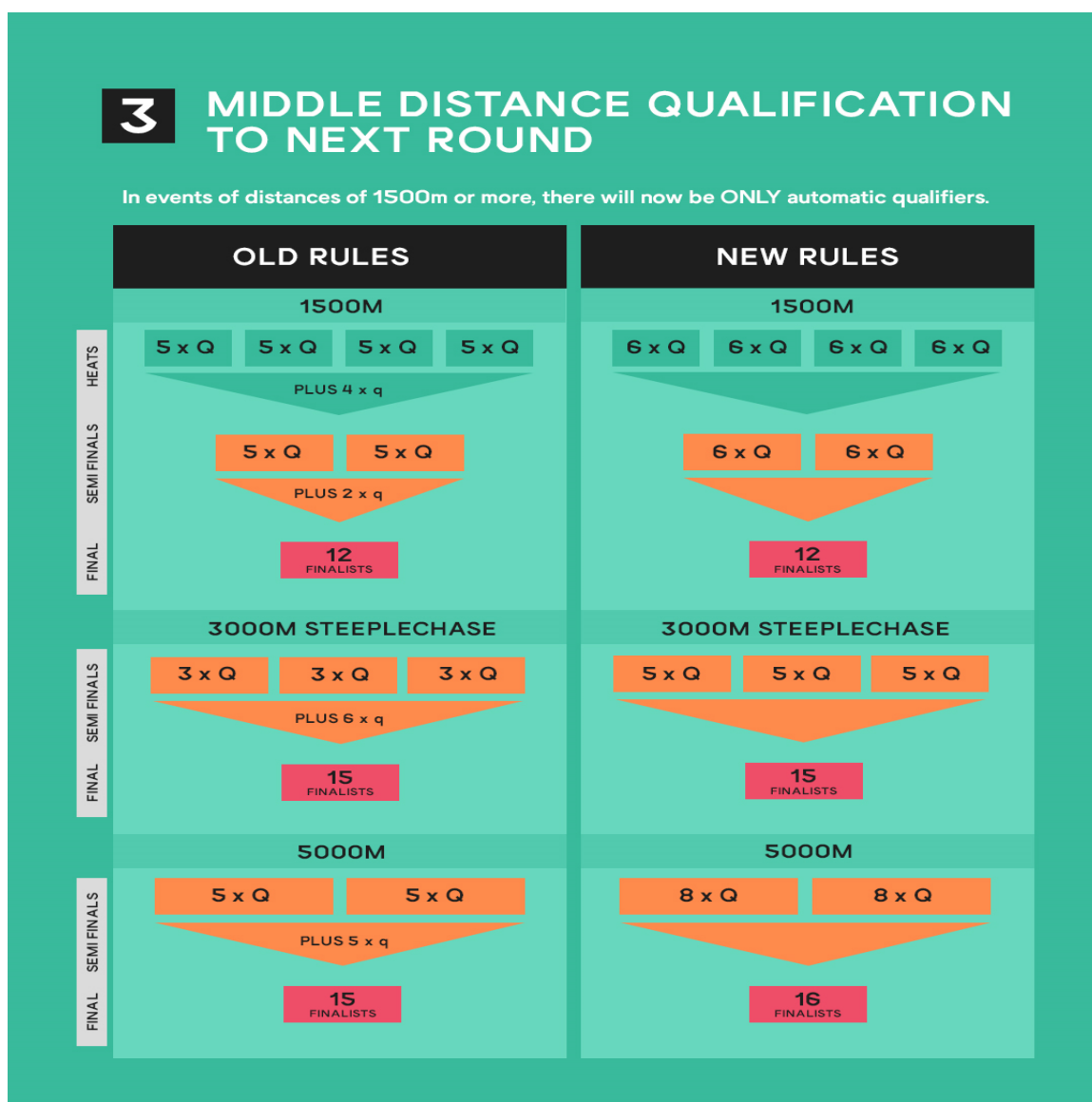
19.10 For all hand-timed races, times shall be read and recorded as follows:

19.10.1 For races on the track, unless the time is an exact 0.1 second, the time shall be converted and recorded to the next longer 0.1 second, e.g. 10.11 shall be recorded as 10.2.

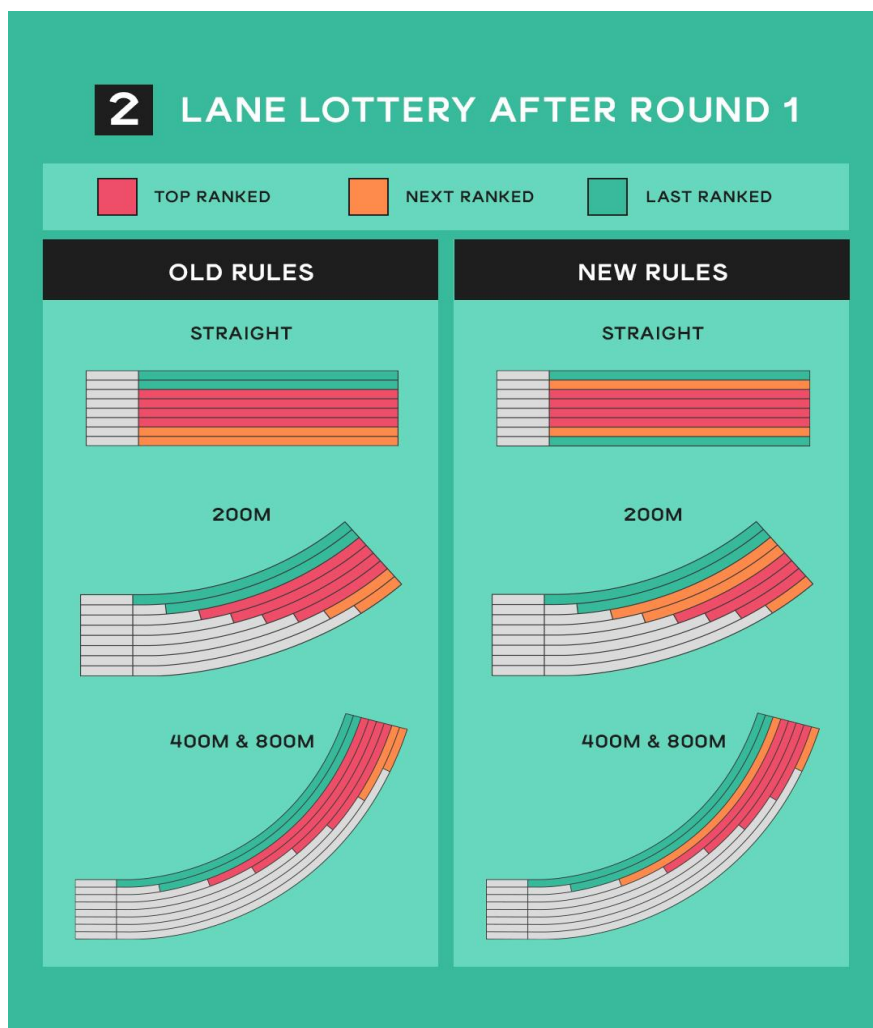
19.10.2 For races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.

Note: For the Road Mile, the conversion shall be done to the next longer 0.1 second.

Technical Rule 20.2.1 – Middle Distance qualification.



Technical Rule 20.4 – Track Draws – “Preferred” Lanes.



Technical Rule 24.11 – Relay teams.

24.11 The composition of a team and the order of running for a relay shall be officially declared **no later than the published first call time (the time by which the athletes must be present in the Call Room) for their respective heat in each round of the competition.** The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.

Technical Rule 25.5 – Competing Order in Field Events.

25.5 Except where Rule 25.6 of the Technical Rules applies, **or the applicable regulations provide otherwise**, the athletes shall compete in an order drawn by lot.

If any athlete by their own decision makes a trial in an order different from that previously determined, **Rule 18.5 of the Competition Rules and Rule 7.2 Rules 7.1 and 7.3** of the Technical Rules shall be applied. In the case of a warning, the result of the trial (valid or failure) will stand. If there is a Qualification Round, there shall be a fresh drawing of lot for the final.

Technical Rule 25.6 – Clarification: Combined Event Retirements.

CLARIFICATION update.

When an athlete has retired from an event either by their own decision or by a decision made in accordance with Rule 6 of the Competition Rules, they may take no further part in that event, including, in the case of Vertical Jumps, in a jump-off for first place or, in the case of Combined Events, in **any further that particular event** of the Combined Events **within that Combined Event**.

Technical Rule 25.12 – Qualifying.

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 Organisers. For competitions conducted under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, there should be at least 12 athletes in the final unless otherwise provided in the regulations for the competition.

Note: The applicable regulations may specify how vacant positions due to withdrawals in finals may be filled in by athletes ranked next following the qualification round after those qualified.

Technical Rule 25.17 - Clarification: Timing for Consecutive Trials.

Individual Events

Number of athletes remaining in the competition	High Jump	Pole Vault	Other
More than 3 athletes (or for the very first trial of each athlete)	1 min	1 min	1 min
2 or 3 athletes	1.5 min	2 min	1 min
1 athlete	3 min	5 min	-

Combined Events

Number of athletes remaining in the competition	High Jump	Pole Vault	Other
More than 3 athletes (or for the very first trial of each athlete)	1 min	1 min	1 min
2 or 3 athletes	1.5 min	2 min	1 min
1 athlete	2 min	3 min	-

Consecutive Trials

	High Jump	Pole Vault	Other
Consecutive trials	2 min	3 min	2 min

Note (v): In Vertical Jumps, the number of athletes remaining in the competition is determined at the time the bar is raised to a new height.

Note (vi): The time for consecutive trials will be applied for any consecutive trial regardless of it being in the same round for a replacement trial, at the same height or consecutive heights in Vertical Jumps or when the order is changed at the end of a round of trials. The time for consecutive trials will be applied if it is longer than the time allowed for the trial based on the calculation of the number of athletes remaining in the competition. However, when an athlete, based on the calculation of the number of athletes remaining in the competition, is entitled to a longer time, then that will be applied.

Technical Rule 32.2 – Personal Throwing Implements.

Except as provided below, all such and made available to all athletes. ~~Such implements will not be accepted if the same model is already on the list of those provided by the Organisers.~~ Unless the Technical Delegate decides otherwise, not more than two implements may be submitted by any athlete for any throwing event in which they are competing.

Technical Rule 39.8.5 – Combined Events Lane Draws.

39.8.5 starting positions / lanes for last event of a Combined Events competition may be determined by the Technical Delegate(s) or the Combined Events Referee as they deem desirable. **In the 200m and 400m events, after ranking the athletes according to Rule 20.3.1 of the Technical Rules, the lanes shall be drawn in accordance with Rule 20.4.4 and 20.4.5 of the Technical Rules, respectively.** In all other events, they shall be drawn by lot.

Technical Rule 30.1.1 - Clarification: Take-off in Horizontal Jumps.

30.1.1 they while taking off (**at any time**) prior to the instant at which they cease contact with the take-off board or ground), break the vertical plane of the take-off line with any **front** part of their take-off foot / shoe, whether running up without jumping or in the act of jumping; or

Note: It will not be considered a failure, if the break of the vertical plane is made by a loose part of the shoe (e.g. shoelace).

Technical Rule 32.14.2 – Clarifications – Throwing Events.

32.14 It shall be a failure if an athlete in the course of a trial:

32.14.1 releases the shot or the javelin other than as permitted under Rules 33.1 and 38.1 of the Technical Rules;

32.14.2 after they have stepped into the circle and begun to make a throw, touches with any part of their body the top (or the top inside edge) of the rim or the ground outside the circle;

Note: However, it will not be considered a failure if the touch ~~is made without providing any propulsion and~~ occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle. **Nor, at any time, if the touch, including of the top of the stopboard, is made by a loose part of the shoe (e.g. shoelace) or clothing, of any other item (e.g. cap) which was attached to the body at the time of the start of the throw and became detached during or after the throw.**

Technical Rule 7.

Technical Rule 7 (now titled **Warnings and Disqualifications**) is substantially changed from 1 November 2023. Its key internal headings will now be:

Bona Fide Participation, Unsporting and Improper Conduct

TR 7.1 will read:

Athletes and relay teams shall participate in athletics competitions in a bona fide manner and shall not engage in unsporting or improper conduct. Any athlete or relay team failing to

comply with this Rule may be warned or disqualified. [Most of the rule and green text that was previously in Competition Rule 18.5 will follow]

Disqualification resulting from an infringement of a Technical Rule (other than Rule 7.1 of the Technical Rules)

TR 7.2 will read very much like the previous TR7.1

Disqualification resulting from exclusion under Rule 7.1 of the Technical Rules

TR 7.3 will read very much like the previous TR7.2

TR 7.4 will include much of the previous TR7.3 but is also amended to cover some aspects of "conduct" disqualifications in relays. [See next slide]

TR 7.5 will read as the previous TR7.4

Technical Rule 7.4 (amendment to previous TR7.3)

7.4 When a relay team is excluded from competition under **Rule 7.1 of the Technical Rules**, it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. **If the disqualification of the relay team was a consequence of (an) athlete(s) acting in a manner than would lead to disqualification under Rule 7.1 if competing in an individual event, Rule 7.3 of this Rule will be applicable to such athlete(s). Otherwise,** such disqualification shall not prevent any athlete or relay of that team taking part ~~in all further events (including individual events of a Combined Event, other events in which they are simultaneously participating and relays)~~ in any other event(s) in that competition.

However, if the behaviour of one or more such individual athletes is considered serious enough, **Rule 7.1 of the Technical Rules** may be applied to them with the applicable consequences.

Rule 7.3 shall be applied to an athlete whose second warning in the competition incurred in the relay race, or who had a direct exclusion in the relay race that led to the disqualification of the team.

Technical Rule 8.3 – Protests relating to Placings in Races.

8.3 Any protest shall be made orally to the Referee by an athlete, by someone to the Jury. Where the Referee is not accessible or available, the protest should be made to them through the Technical Information Centre.

Note: The World Athletics Photo Finish Judge, where appointed, should act on behalf of the Running and Race Walking Events Referee regarding protests about the placing of athletes.

Technical Rules 8.4.1 and 8.4.2 – Protests relating to the Start.

8.4 In a Running or Race Walking Event,

8.4.1 if an athlete makes an immediate oral protest against having been charged with a false start, the Start Referee determines that the information provided by the System is obviously inaccurate. **If an athlete is allowed to compete under protest, a red and white (diagonally halved) card shall be raised in front of the athlete.**

8.4.2 a protest may be based on the failure of the Starter to recall a false start or, under Rule 16.5 of the Technical Rules, to abort a start. The protest may be made only by, or on

behalf of, an athlete who **should normally have** completed the race **with bona fide effort**. If the protest is upheld, any athlete who committed the false start or whose conduct should have led be held again if in their opinion justice demands it.

Note: The right of protest and appeal in Rule 8.4.2 of the Technical Rules shall apply whether or not a Start Information System is used.

Technical Rule 16.5.3 – Disturbing the Start.

Where an athlete in the judgement of the Starter,
16.5.1 after the command “On your marks” or “Set”, and; or
16.5.2 fails to comply with the at once and without delay; or
16.5.3 after the command “On your marks” or “Set” disturbs (an) other athlete(s) in the race through sound, movement or otherwise, **resulting in such athlete(s) committing what would otherwise be a false start**,
the Starter shall abort the start.

The Referee may warn the athlete for improper conduct (disqualify in case of a second infringement of the Rule during the same competition), according to ~~Rule 18.5 of the Competition~~ Rules 7.1 and 7.3 of the Technical Rules. A green card shall not be shown. However, when an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter’s decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

Technical Rule 19.23 – Timing of Events under TR11.2

19.23 Times shall be read and recorded from the Photo Finish image as follows:

19.23.1 For all races up to and including 10,000m, unless the time is an exact 0.01 second, the time shall be converted and recorded to the next longer 0.01 second, e.g. 26:17.533 shall be recorded as 26:17.54.

19.23.2 For all races on the track longer than 10,000m, all times not ending in two zeroes shall be converted and recorded to the next longer 0.1 second, e.g. 59:26.322 shall be recorded as 59:26.4.

19.23.3 For all races held partly or entirely outside the stadium, all times not ending in three zeroes shall be converted and recorded to the next longer whole second, e.g. 2:09:44.322 shall be recorded as 2:09:45.

Note: For the Road Mile, the conversion shall be done to the next longer 0.01 second.

Note: Events held according to Rule 11.2 of the Technical Rules shall be considered to be conducted inside the stadium for timing and recording of performance.

Technical Rule 20.4.1 – Draw for Lanes.

20.4 For events 100m to 800m inclusive, and relays up to and including 4 × 400m, where there are several successive rounds of a race, lanes will be drawn as follows:

20.4.1 **Unless the applicable regulations provide otherwise**, for the first round and any additional preliminary qualification round as per Rule 20.1 of the Technical Rules, the lane order shall be drawn by lot.

Technical Rule 24.7 – Passing of the Baton.

24.7 The baton shall be passed within the takeover zone. The passing takeover zone shall result in disqualification. **Rule 17.3.2 of the Technical Rules shall apply when relevant.**

The application of Rule 17.3.2 of the Technical Rules may be necessary when an athlete, during the takeover, steps outside the allocated lane inside the takeover zone without material advantage gained and other athletes obstructed.

In determining the position of the baton, it is the whole baton which must be considered.

Umpires must be diligent to ensure that they observe any contact with the baton prior to the baton entering the **takeover** zone. If the outgoing runner even touches the baton prior to the baton being inside the zone, the team will be subject to disqualification. They must also ensure that the baton is only in the hand of the receiving athlete before it “leaves” the takeover zone.

Technical Rule 25.2 – Practice Trials for Field Events.

25.2 Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate,

25.2.1 the runway or take-off area;

25.2.2 vaulting poles;

25.2.3 implements;

25.2.4 the circles **or runway** or the ground within the sector with or without implements.

However, the use of implements outside the circle or runway is prohibited at any time.

Technical Rule 25.19 – Absence during Competition.

25.19 An athlete may not leave the immediate area of the event during the progress of the competition, unless they have the permission of, and is accompanied by, an official. If possible, a warning should be given first, but for subsequent instances or in serious cases the athlete shall be disqualified. **If an athlete subsequently is not present for a particular trial, it will be counted as a failure once the period allowed for the trial has elapsed.**

technical Rule 28.1 – Pole Vault: Movement of the Crossbar.

28.1 Athletes may of their time limit.

Once the time for the trial has started, no further change in the position of the crossbar is allowed.

Technical Rule 28.11 – Use of other Athletes’ Vaulting Poles.

28.11 Athletes may use their own poles. No athlete shall use any other athlete’s pole except with the consent of the owner.

Note: If the Judges are aware, they shall direct any athlete not complying with this rule to correct the situation. If the athlete does not, such trial(s) shall be a failure. It shall also be judged a failure if a trial is completed before the non-compliance is noticed. In all cases considered serious enough, Rule 7.1 of the Technical Rules may also be applied.

Technical Rule 31.2 – Clarification – “Sleeping Leg” in Triple Jump.

31.2 The hop shall is performed.

It shall not be considered a failure if an athlete, ~~while jumping,~~ touches the ground with the “sleeping” leg.

Technical Rule 32.3 – Spitting on implements.

32.3 No modification shall be made to any implements during the competition. **No spitting or application by other means of human body fluids on any implement, is permitted.**

Technical Rule 32.4 – Assistance (Throws).

Note: If the Judges are aware, they shall direct any athlete not complying with this Rule to correct the situation. If the athlete does not, such trial(s) shall be a failure. ~~If a trial is completed before the non-compliance is noticed, the Referee shall decide what action shall be taken.~~ It shall also be judged as a failure, if a trial is completed before the non-compliance is noticed. In all cases considered serious enough, ~~Rule 18.5 of the Competition Rules and~~ Rule 7.1 of the Technical Rules may also be applied.

Technical Rules 33.4; 34.1; 36.5 and 36.6 – Implements.

33.4 The shot shall be smooth. **There shall be no loose parts.**

34.1 The body of the discus centre of the sides. **The plates shall be tightly fixed and not able to be rotated.** Alternatively, the discus to the specifications. **There shall be no loose parts.**

36.5 The head shall or other solid material. **There shall be no loose parts.**

36.6 The wire shall or ball bearing.

Note: A small section of clear vinyl tubing 50mm long with an internal diameter of 5mm may be placed over the twisted ends of the hammer wire.

Technical Rule 54.7.5 – Fourth Red Card Disqualification.

54.7.5 If, at any time when Rule 54.7.3 of the Technical Red Card, they shall be disqualified. **They 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.**

Technical Rule 56 – Cross Country Races.

56.3 For Championships and international events and, wherever possible, for other competitions:

56.3.1 A loop course must be designed, ~~with the loop measuring~~ **and it should measure** between 1500m and 2000m. If necessary total ascent of at least 10m.

56.4 Course markings, as follows:

56.4.1 The course shall be clearly 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.

Technical Rule 56.5 – Cross Country Relays.

56.5 For Cross Country Relays, lines 50mm wide 20m apart shall be drawn across the course to denote the takeover zone. **For all takeovers, athletes are not permitted to begin running outside their takeover zone, and shall start within the 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. **If an athlete does not follow this Rule, their team shall be disqualified.**

Note: 1m x 1m flags, mounted at least 2m high, should be placed at the beginning and end of the relay takeover zone. Green flags for the beginning of the zone and red flags for the end of the zone.

Athletic Shoe Regulations – New Sole Thickness Table.

New Sole Thickness Table – in force from 1 November 2024

Event	Maximum thickness of the sole (as per Regulation 10.6 of the Regulations).	Further Requirement/Note
Track Events including hurdle and steeplechase events	20mm spike shoe or non-spike shoe	For relays, the rule applies to the distance of the leg being run by each athlete. For Track Race Walking Events, the maximum thickness of the sole is the same as that for Road Events.
Field Events	20mm spike shoe or non-spike shoe	For all Jumping Events, the sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).
Road Events (Running and Race Walking Events)	40mm	
Cross-Country	20mm spike shoes or 40mm non-spike shoes	Athletes may wear spikes or non-spike shoes (i.e. road shoes). If wearing spike shoes the maximum thickness of the sole must not exceed 20mm. If wearing non-spike shoes the maximum thickness of the sole must not exceed 40mm.
Mountain and Trail Races	Any thickness	

Important notice: Pursuant to Regulation 5.3, from 1 November 2024 an Existing Shoe whose sole is greater than the maximum thicknesses set out in the above table is no longer approved and cannot be worn in Applicable Competitions.

RULE CHANGES FROM 1 APRIL 2025.

There has been concern for many years about the flight and landing capacity of the currently specified 700gm javelin which is used in Men Under 18 competitions and some Men's Masters age groups.

After long examination, new specifications are agreed for this implement and after time for manufacture and purchase, will apply from **1 April 2025**.

Technical Rule 38.10 – New Specifications for 700g Javelin. Effective 1 April 2025.

700g

L0: ~~2300~~-**2400-2500**mm

L1: ~~860~~-~~1000~~ **850-990**mm

L2: ~~1300~~-~~1540~~ **1410-1650**mm

L3: 250-330mm

L4: 150-160mm

D0: 23-28mm