

SECTION III – TRACK EVENTS

Rule 15: Track Measurements

(Rule 160)

1. The length of a standard running track shall be 400m. It shall consist of two parallel straights and two bends whose radii shall be equal.

The inside of the track shall be bordered by a kerb of suitable material that should be coloured white, with a height of 50mm to 65mm and a width of 50mm to 250mm. The kerb on the two straights may be omitted and a white line 50mm wide substituted.

If a section of the kerb on a bend has to be temporarily removed for field events, its place shall be marked with a white line 50mm in width and by cones or flags, minimum height 0.15m, placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track, and placed at intervals not exceeding 4m. (Flags shall be placed at an angle of 60° with the ground away from the track). This shall also apply to the outer half of the track in the case of starts for distance races where the field is started in two groups under Rule 17.11 and optionally to the straights, in this latter case, at intervals not exceeding 10m.

Note: All points at which the track changes from a curve to a straight or a straight to a curve shall be marked, in a distinctive colour 50mm x 50mm on the white line by the surveyor and a cone placed at such points during a race.

2. The measurement must be taken 0.3m outward from the kerb or, where no kerb exists on a bend, 0.2m from the line marking the inside of the track.

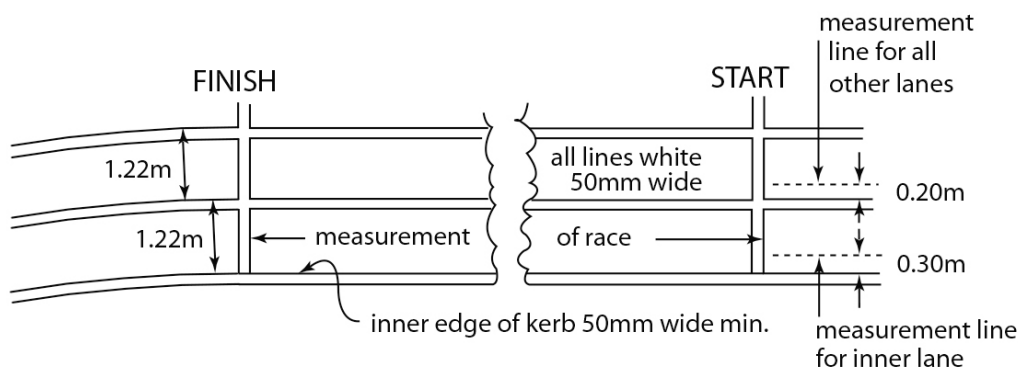


Figure 5 – Track Measurements (infield view)

3. The distance of the race shall be measured from the edge of the start line farther from the finish to the edge of the finish line nearer to the start.
4. In all races up to and including 400m, each athlete shall have a separate lane, with a width of $1.22\text{m} \pm 0.01\text{m}$, including the lane line on the right, marked by white lines 50mm in width. All lanes shall be of the same nominal width. The inner lane shall be measured as stated in Rule 15.2, but the remaining lanes shall be measured 0.2m from the outer edges of the lines.

Note: For all tracks constructed before 1 January 2004 for all such races, the lane may have a width of maximum 1.25m. However, when such a track is fully resurfaced, the lane width shall comply with this Rule.

5. In IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) the track should allow for eight lanes minimum.
6. The lateral inclination of tracks towards the inside edge should not exceed 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption, and the overall downward inclination in the running direction should not exceed 1:1000 (0.1%) between any start and finish line.

Note: It is recommended that, for new tracks, the lateral inclination should be towards the inside lane.

7. Full technical information on track construction, layout and marking is contained in the World Athletics Track and Field Facilities Manual. This Rule gives basic principles only,

which must be followed.

COMMENT: It should be noted that only tracks in accordance with the World Athletics Track and Field Facilities Manual should be used for World Championships and Paralympic Games.

Rule 16: Starting Blocks

(Rule 161)

1. Starting blocks may be used for sport classes T71-72 (Frame Running), T35-38, T42-47 and T61-64 in all races up to and including 400m (including the first leg of ambulant relay races of 4x100m, 4x200m and 4x400m) but shall not be used for any other race. Starting Blocks must be used for sport classes T11-13 and T20 in all races up to and including 400m (including the first leg of universal relay races). When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, with the exception that, provided there is no obstruction to any other athlete, the rear part of the frame may extend beyond the outer lane line.
2. Starting blocks shall comply with the following general specifications:
 - a) The starting blocks shall consist of two foot plates, against which the athlete's feet are pressed in the starting position and which shall be mounted on a rigid frame. They shall be entirely rigid in construction and shall give no unfair advantage to the athlete. The frame shall in no way obstruct the athlete's feet as they leave the blocks.
 - b) The foot plates shall be sloped to suit the starting position of the athlete and may be flat or slightly concave. The surface of the foot plates shall accommodate the spikes in the athlete's shoes, either by using slots or recesses in the face of the foot plate or by covering the surface of the foot plate with suitable material permitting the use of spiked shoes.
 - c) The mounting of the foot plates on the frame may be adjustable, but it shall allow no movement during the actual start. In all cases, the foot plates shall be adjustable forward or backward in relation to each other. The adjustments shall be secured by firm clamps or a locking mechanism, which can be easily and quickly operated by the athlete.
 - d) They shall be fixed to the track by a number of pins or spikes, arranged to cause the

minimum possible damage to the track. The arrangement shall permit the starting blocks to be quickly and easily removed. The number, thickness and length of pins or spikes depend on the track construction. The anchorage shall permit no movement during the actual start.

- e) When an athlete uses his own starting blocks, they shall comply with the above general description but otherwise may be of any design or construction, provided that they do not interfere with other athletes.

Note: It is not a requirement for athletes in Sport Classes T35-38, T42-44 and T61-64 to use both foot plates when using a starting block.

COMMENT: This Rule should also be interpreted so that:

- a) No part of the frame or footplates can overlap a starting line;
 - b) The frame only (but not any part of the footplate) can extend into the outer lane provided there is no obstruction. This reflects the long-standing practice of athletes at the start of races on a bend placing their blocks at an angle to run the most direct line after the start. The use of lights, by deaf or hearing impaired athletes only, at the start of races is allowed and is not considered assistance. It should however be the obligation of the athlete or his team for the financing and supply of such equipment and its compatibility with the start system in use, unless at a particular meeting where there is an appointed technical partner who can provide it.
- 3. In IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)), performances submitted for ratification as a World/Regional Record for Sport Classes T11-13 and T20 shall require that the starting blocks be linked to a World Athletics approved Start Information System. The Start Information system shall not be activated for any other classes, even if the athlete uses blocks.
 - 4. The LOC may insist that only starting blocks provided by them may be used.

Note (i): Some athletes in Sports Classes T20, T71-72 (Frame Running), T35-38, T42-47 and T61-64 may require their starting blocks to be set for them by the Starter's Assistant. Upon request, the Technical Delegate will provide the appropriate athletes and/or their team coach with a document on which they will be able to indicate their requirements (as per Rule 7.13).

Note (ii): Use of personal starting blocks shall require approval from the Technical Delegate.

COMMENT: It should be noted that the only classes of athletes who must use starting blocks are T11-13 and T20. For other classes they have the options of using starting blocks or other approved starting devices.

There are some classes of athlete most notably amputees who require assistance in the form of a single block, two separate single blocks or two regular starting block rigid frames with one block on each frame. This would normally be approved by the Technical Delegate prior to the competition through the completion of a specific Request for Assistance form. In all cases, modifications of starting blocks shall not provide any additional advantage and must conform to the principles espoused in Part B – 7 of these rules.

Rule 17: The Start

(Rule 162)

Note: Unless otherwise stated, in relation to athletes in Sport Classes T11 and T12, any reference under this rule to “athlete” shall be interpreted as referring to both the athlete(s) and/or their guide-runner(s). In the event of a breach of a rule being committed by a guide-runner resulting in a warning or disqualification then the accompanying athlete shall consequently be warned or disqualified.

1. The position of the start of a race shall be denoted by a white line 50mm wide. In all races not run in lanes the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

Note (i): The 1500m start line, or any other curved start line, may be extended out from the outside bend lane to the extent that the same synthetic surface is available.

In all races of Sport Classes T11-13 and T20 up to and including 400m (including the first leg of ambulant relay races of 4x100m, 4x200m, 4x400m and the 4x100m universal relay), a crouch start and the use of starting blocks are compulsory.

Note (ii): A crouch start stance is not required by athletes in Sport Classes T35-38, T42-47 and T61-64

COMMENT: It is anticipated that, in order to efficiently complete the start procedures and for larger meetings to appropriately introduce the competitors in the race the athletes, when assembled, should be positioned facing in the direction of the race.

2. All races shall normally be started by the report of the Starter's gun fired upwards after he has ascertained that athletes are steady and in the correct starting position.

If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter's Assistants shall place them on the assembly line again.

Note: If an athlete has a hearing impairment the starter or his assistant may use a flag, a strobe light or other visual device as well as a pistol to signal the start. In some circumstances, for athletes with both a vision and a hearing impairment, an official may touch an athlete to signal the start.

COMMENT: The Starter must not initiate the start procedures before he is sure that the relevant timing team is ready as well as the Judges at the finish and in races up to and including 200m, the Wind Gauge Operator. The communication process between the start and the finish area and the timing team varies according to the level of the competition. At IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) and many other high-level meetings there is invariably a service company responsible for the electronic timing and the Start Information System. In this case, there will be technicians who are responsible for communication. In other competitions a variety of communication systems are used – radios, phones, or by using flags or flashing lights.

3. The commands of the Starter must be in English only. For all races up to and including 400m (including ambulant relay races of 4x100m, 4x200m, 4x400m and the 4x100m universal relay) the command will be "On your marks" and then "Set". When all athletes are "Set", the gun shall be fired. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his marks. In races longer than 400m, the command will be "On your marks" and when all athletes are steady, the gun will be fired. In races longer than 400m athletes shall not touch the ground with their hand or hands during the start.
4. In races up to and including 400m after the "On your marks" command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind

the start line. For Sport Classes T11-13 and T20, both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the “Set” command, an athlete shall immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks.

In case of wheelchair races (classes T33-34 and T51-54), including Frame Running Events (classes T71-72) the following commands and positions are required. After the ‘On Your marks’ command, an athlete shall approach the start line, assume a position entirely within his allocated lane and behind the start line. At the ‘Set’ command, an athlete should immediately take up his final starting position retaining the contact of the front wheel with the ground behind the line”.

COMMENT: In all races using crouch start, including wheelchair races and Frame Running events, as soon as athletes are steady in their blocks or behind the line respectively, the Starter shall raise his arm in which he holds the gun, then he shall say “Set”. He shall wait then for all the athletes to be steady and shall then fire the gun.

The Starter must not raise his arm too early, especially when manual Timekeepers are being used. He is advised to raise his arm only when he feels he is about to give the command “Set”. There is no rule that enables to determine the time that elapses between the commands “On your marks” and “Set” on one hand, and on the other hand, between the command “Set” and the gun shot. The Starter shall let the athletes go once they are all motionless in the correct starting position. Which means that he may have, for certain starts, to fire the gun quite quickly, but on the other hand, he may also have to wait longer in order to make sure that they are all steady in their starting position.

5. On the command “Set” for races up to 400m and “On your marks” for longer races all athletes shall at once and without delay assume their full and final set position.

Where an athlete in the judgment of the Starter,

- a) After the command “Set” for races up to 400m and “On your marks” for longer races, and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee), or;
- b) Fails to comply with the commands “On your marks” or “Set” as appropriate, or does not

place himself in his final starting position after a reasonable time, or;

- c) After the command “On your marks” or “Set” disturbs other athletes in the race through sound, movement or otherwise, the Starter shall abort the start.

The Referee may warn the athlete for improper conduct in relation to the required start procedure and may disqualify an athlete in case of a second infringement of this Rule during the same competition.

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.

COMMENT: The division of the start Rules into disciplinary matters (under Rule 17.2 and Rule 17.5) and false starts (Rules 17.7) ensures that the whole field was not penalised for the actions of a single athlete. It is important in order to maintain the integrity of the intention of this division and that Starters and Referees are as diligent in the application of Rule 17.2 and Rule 17.5 as well as in detecting false starts. Such conduct, whether wilful or unintentional perhaps through nervousness should cause Rule 17.2 and Rule 17.5 to be applied although where the Starter is of the view that it was unintentional, the application of Rule 17.2 only may be appropriate.

Conversely, there will be instances in which an athlete is entitled to request a delay of the start for legitimate reasons. It is therefore vital that the Start Referee (in particular) pays attention to the environment and conditions surrounding the start, especially in relation to factors of which the Starter may not be aware because he is focussing on preparing himself for the start and/or wearing headphones. In all such cases the Starter and Referee must act reasonably and efficiently and clearly indicate their decisions. If appropriate the reasons for the decisions can be announced to the athletes in the race and if possible or desirable also to the announcers, television team etc. through the communication network.

A green card shall not be shown in any case when a yellow or red card has been issued.

Note: It is acceptable for arm amputee athletes or those with short arms to use pads on which to rest stumps at the start or to improve balance. Pads must be completely behind the start line and not interfere with any other athlete. The pads should be a similar colour to the track or of a neutral colour.

COMMENT: This is always difficult to deal with, the colour of the pads that arm amputee athletes use. It is recommended that tape the same colour of the track be available in the Call Room to modify any pads which do not conform to this requirement.

6. In wheelchair and Frame Running races of 800m or longer the Starter has the authority to recall a race for a restart (but is not obliged to do so) if a collision involving any athletes in the race occurs in the first 50m. This does not reduce or remove the authority of the Referee to take appropriate action on reports received from Umpires during this portion of the race.

False Start

7. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgment of the Starter or Recallers, he does so any earlier, it shall be deemed a false start.

When a World Athletics approved Start Information System is in use, the Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the System indicates a possible false start (i.e. when reaction time is less than 0.100 second). As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun was fired, there shall be a recall and the Starter shall immediately examine the reaction times and any other available information from the Start Information System in order to confirm which, if any, athlete(s) is/are responsible for the recall.

For the purposes of this Rule, the ‘commencement of the start’ is defined as follows:

- a) For those relevant Sport Classes where a crouch start is compulsory or optional (and the athlete elects to employ a crouch start) (see Rule 17.1 Note (ii) and Note (iii)), the commencement of the start is defined as any motion by an athlete that includes or results in one or both feet or lower limb prosthetic device(s) losing contact with the foot plate(s) of the starting blocks (or where starting blocks are not used, the ground), or one or both hands, stump(s), short arm(s) or upper limb prosthetic device(s) losing contact with the ground (or, if applicable, pads); and
- b) In the case of a standing start, the commencement of the start is defined as any motion that results in one or both feet or lower limb prosthetic device(s) losing

contact with the ground.

If the Starter determines that prior to receiving the report of the gun, an athlete initiated a movement that was not stopped and continued into the commencement of his start (as defined above), it shall also be a false start.

Note (i): When a World Athletics certified Start Information System is in operation, the evidence of this equipment shall be used as a resource by the relevant officials to assist in making a correct decision.

Note (ii): Any other motion by an athlete shall not be considered to be the commencement of the start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.

Note (iii): As athletes starting races in a standing position are more prone to over-balance, if such a movement is considered to be accidental, the start should be regarded as “unsteady”. If an athlete is pushed or jostled over the line before the start, he should not be penalised. Any athlete causing such interference may be subject to a disciplinary warning or disqualification.

COMMENT: Generally, no false start should be charged if the athlete has not lost contact with the ground or foot plates. For example, if an athlete moves his hips up, but then moves them down without his hands or feet losing contact with the ground or foot plates at any time, it should not result in a false start. It may be a reason to warn (or disqualify if there has been a previous warning) the athlete for improper conduct under Rule 17.5 However in cases of a “rolling start” where the Starter (or Recaller) is of the opinion that an athlete has effectively anticipated the start through some continuous movement even if he did not move his hands or feet before the gun sounded, the race should be recalled. This can be done by a Starter or Recaller but it will be the Starter who is in the best situation to judge such a case as only he will know the position of his finger on the gun trigger when the athlete began his movement. In these cases where the Starter is sure that the athlete’s movement began before the report of the gun, a false start should be awarded. In accordance with Note (iii) Starters and Referees should avoid being over-zealous in the application of Rule 17.7 to those events started from a standing position. Such instances are rare and usually occur unintentionally as it is easier to overbalance from a two-point start or a three-point start. It is not intended that same should be unduly penalised. If such a movement was considered to be accidental, Starters and Referees are

encouraged to first consider calling the start “unsteady” and proceed according to Rule 17.2. However repeat practices during the same event may entitle the Starter and/or Referee to consider applying either the false start or disciplinary procedures, as might best be applicable in the situation.

Note (iv): In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given, and a green card shall be shown to all the athletes.

8. Any athlete responsible for a false start shall be disqualified by the Starter.
9. In case of a false start, the Starter’s Assistants shall proceed as follows:

The athlete(s) responsible for the false start shall be disqualified and a red and black card (diagonally halved) shall be raised in front of him.

If lane markers that provide for it are being used, then whenever a card is shown to the athlete(s) responsible for the false start, the corresponding indication should be shown on the lane marker(s).

COMMENT: While it is the Starter who is responsible for disqualifying the athlete, the Starter’s Assistant is the one to show the disqualification card to the athlete. If the athlete gives an immediate oral protest the Starter’s Assistant would normally call the Start Referee over to discuss the situation with the athlete and make a decision as to allow or disallow the athlete to continue “under protest”.

Note: The reason for the diagonally halved cards was to provide a distinction between cards given for this purpose and those (the traditional all yellow or all red) cards given for disciplinary reasons – as each of these can be used in the start area. With this difference the reason for the card should be clearer both to the athletes as well as those observing the start, particularly those in need of immediate information, such as the announcer or television or radio commentators. It is recommended that the size of the diagonally halved cards be A5 and that they be double sided. Note that the corresponding indication on the lane markers may remain yellow and red as previously, in order to avoid unnecessary expense in modifying existing equipment.

10. The Starter or any Recall Starter, who is of the opinion that the start was not a fair one, for whatever reason, shall recall the athletes by firing a gun or activating a suitable audible signal.

COMMENT: The reference to a fair start does not relate solely to cases of a false start. This rule should also be interpreted as applying to other situations such as blocks slipping, a foreign object interfering with one or more athletes during a start etc.

5000m and 10,000m

11. When there are more than 12 people including athletes and their guide-runner(s) in a distance race, they may be divided into two groups for the purpose of the start. One group comprising approximately two thirds of the field shall be placed on the regular arced start line and the second group on a separate arced start line marked across the outer half of the track. The outer group shall run as far as the end of the first bend on the outer half of the track, which shall be marked by cones or flags. The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance. Any athlete in the second group who fails to keep within the marked outer lanes during such a start will be disqualified on the same grounds as any athlete who runs out of his lane.

The break line for an 800m race indicates where the athletes in the second/outer group may join the athletes using the regular start in races which start at the normal (home straight) start finish line. For races that start in the back straight (200m start position) the track shall be marked at the beginning of the finish straight for group starts to indicate where athletes starting in the second/outer group may join the athletes using the regular start. This mark may be a 50mmx50mm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.

Rule 18: The Race

(Rule 163)

1. In races including at least one bend, the direction of running shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.

COMMENT: Where conditions permit and the track is properly surveyed, straight events can be conducted in the opposite direction, i.e., right-hand inside.

Obstruction

2. If an athlete or the athlete's guide-runner is jostled or obstructed during an event so as to impede his progress:
 - a) If the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete or their guide-runner, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected in accordance with Rule 2.13.7, order that the race (for one, some or all of the athletes) be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;
 - b) If another athlete or his guide-runner is found responsible for the intentional jostling or obstruction by the Referee, such athlete or his team shall be liable to disqualification from that event. The Referee may, if he is of the opinion that an athlete was seriously affected in accordance with Rule 2.13.7, order that the race (for one, some or all of the athletes) be re-held excluding any disqualified athlete or team or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event.

In order for (a) and (b) to apply, the Referee must deem that the athlete (or team) affected (or whose guide-runner was affected) by the jostling or obstruction would likely have completed the race were it not for the jostling or obstruction.

COMMENT: For the purposes of these Rules, "jostling" shall mean an athlete or guide-runner making physical contact on one or more occasions with another athlete or guide-runner.

3. During wheelchair races propulsion by any other method except the athlete pushing on the wheels or push-rims will result in disqualification.
4. During wheelchair and Frame Running races an athlete coming from behind in an attempt to overtake carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The athlete being overtaken has the responsibility not to obstruct or impede the incoming athlete once the front wheel(s) of the athlete are in sight.

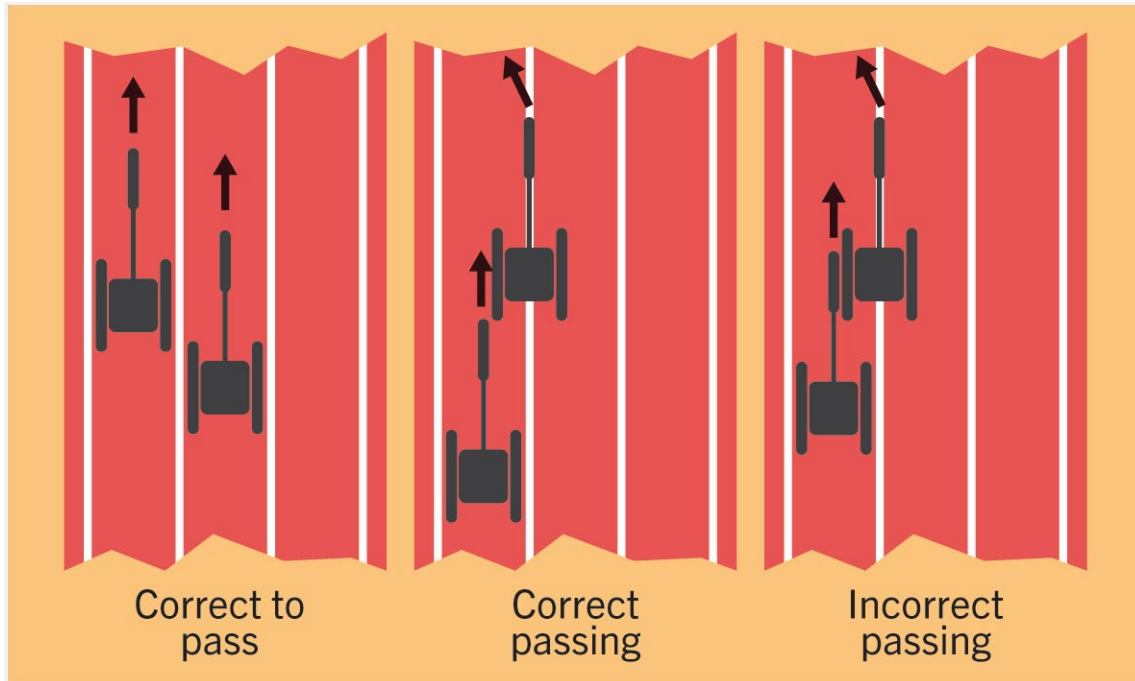


Figure 6 – Wheelchair overtaking

Lane Infringement

5.

- a) In all races run in lanes, each athlete or the athlete's guide-runner shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race where there is a requirement to run in lanes.
- b) In all races (or any part of races) not run in lanes, an athlete or the athlete's guide-runner running on a bend, on the outer half of the track as per Rule 17.11, shall not step, run or wheel on or inside the kerb or line marking the applicable border (the inside of the track or the outer half of the track).

Except as stated in Rule 18.6, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete or the athlete's guide-runner has infringed this Rule, they or in the case of a relay race, their team shall be disqualified.

6. An athlete or the athlete's guide-runner or in the case of a relay race, his team, shall not be disqualified for running or wheeling out of his lane if he:
 - a) is pushed or forced by another person or object to step, run or wheel outside his lane or

on or inside the kerb or line marking the applicable border, or;

b) steps, runs or wheels outside his lane in the straight or outside the outer line of his lane on the bend,

c) in all races run in lanes, touches once the line on their left, or the kerb or line marking the applicable border (as defined in Rule 18.5(b)) on a bend; provided that:

In the case of wheelchair races, the duration for which the wheel of the racing chair making contact with the line remains in contact with the line does not exceed the time that it takes the athlete to make [two] further pushes on the push-rim of the racing chair from the point at which the wheel of the racing chair first made contact with the line ; and

In the case of Frame Running races, the duration for which the wheel of the Frame Runner making contact with the line remains in contact with the line does not exceed the time that it takes the athlete to make [two] further steps from the point at which the wheel of the Frame Runner first made contact with the line.

d) in all races (or any part of races) not run in lanes, steps/wheels once on or completely over the kerb or line marking the applicable border (as defined in Rule 18.5(b)) on a bend.

and no material advantage is gained and no other athlete being jostled or obstructed so as to impede the other athlete's progress (see Rule 18.2). If material advantage is gained, the athlete (or team) shall be disqualified.

In races with multiple rounds, an infringement defined in Rules 18.6.(c) and 18.6.(d) may be made only once during all rounds of an event by a particular athlete without the disqualification of that athlete. A second infringement will result in the disqualification of that athlete whether it was made in the same round or in another round of the same event.

In the case of Relay Races, any second step (as described in this Rule 18.6.(c) and 18.6.(d) by an athlete who is a member of a team, regardless of whether committed by the same or different athletes, will result in the disqualification of the team whether it happens in the same round or in another round of the same event.

For the ratification of records, see Rule 51.17(d).

Note: Material advantage includes improving his position by any means, including removing himself from a "boxed" position in the race by having stepped or run inside the inside edge

of the track.

COMMENT: This Rule specifically outlaws the practice of an athlete seeking to improve his position in races by moving onto the inside of the track (whether intentionally or after being pushed or jostled there by another athlete) to get out of a boxed position by running on the inside until clear. Whilst normally running on the inside of lane 1 in the straight (as distinct from doing so on the bend) would not lead to mandatory disqualification, the Referee has the power to disqualify in his discretion if this occurs and the athlete is advantaged even if the initial reason for being there was the result of being pushed or jostled. In such cases the athlete should take immediate steps to return to the track without seeking or gaining any advantage.

Where a race is started in lanes and then continues not using separate lanes, Rules 18.5 and 18.6 apply accordingly to each such part of the race. When determining whether the exception in Rule 18.6.(c) applies in cases where some part of the shoe/foot/prosthesis or wheel is also to the left of the line, there is a requirement for at least some part of the outline of athlete's shoe/foot/prosthesis or wheel to be touching the line, i.e. some contact with the line (depicted by the outline of the relevant part of the shoe/foot/ prosthesis or wheel) is required for this exception to apply. If this is not the case, then the exception does not apply. All lane infringements should be tracked in the competition data systems and shown in the start lists and results.

In relation to the exception in Rule 18.6(c) for wheelchair racers, it is understood that, whilst there may only be a single contact, the duration of the contact of the wheel of the racing chair with the line may be for a prolonged period that might afford the athlete a material advantage. That being the case the athlete shall be permitted [two] pushes on the push rim of the racing chair from the point at which the racing chair first touched the line to bring himself back within the lane (so as not to be touching the line) to the effect that, if the athlete makes a [third] push on the push rim of the racing chair whilst the racing chair is in contact with the line, the athlete shall be disqualified.

7. In IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) the start of the 800m event shall be run in lanes for as far as the nearer edge of the break line where athletes may leave their respective lanes.

The break line shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. To assist athletes in identifying the break line, small cones or

prisms, 50mmx50mm no more than 0.15m high, and preferably of different colour from the break line and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the break line. If an athlete or his accompanying guide-runner does not follow this Rule he, or in case of a relay team his team, shall be disqualified.

Note (i): For wheelchair and Frame Running races, cones should not be placed on the track. Coloured flat markers 50mmx50mm may be placed at the intersection of the lane lines at the break-line.

COMMENT: In addition to the flags, some sort of flat marker may be placed on the track surface at the intersection of the lane lines immediately before the break-line; which may be more visible to athletes and not interfere with their performance. It is important that the colour of these flat markers, usually tape, must be a different colour to both the surface of the track and the white lines. It could be a coloured marker with a soft “flap” sticking up, as long as that will not disrupt athletes.

Note (ii): For wheelchair races, a flag, 1.5m high must be positioned on both ends of the break line. One on the infield and the other on the outside of the track.

Note (iii): For wheelchair races, athletes may leave their respective lanes when the bottom of both rear wheels which are touching the ground have gone past the nearer edge of the break line close to the start line.

Note (iv): In WPA Approved Competitions (see Part B - 3.1.2 (d)), countries may agree not to use lanes.

8. For athletes in Sport Class T11 and T12, in track events run entirely or partly in lanes, each shall be allocated 2 lanes. The start lines in a staggered start will be lanes 1, 3, 5 or 7.

COMMENT: For the purpose of officiating, these two lanes should be viewed and marked as one lane (lanes 1 & 2 = lane 1, lanes 3 & 4 = lane 3, and so on). It is at the discretion of the athlete on which side of him his guide-runner shall run. Both the athlete and guide-runner must keep within their allocated lane (being the two allocated lanes together) from start to finish.

Athletes in Sport Class T12 who do not compete with a guide-runner shall also be allocated two lanes. They may set their starting blocks anywhere along the start line within the allocated lane and must keep within their allocated lane from start to finish.

Leaving the Track

9. An athlete and/or the accompanying guide-runner who during the course of a race voluntarily leaves the track prior to the finish, except in compliance with Rule 23.5(c) will not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete and/or his guide-runner attempt to re-enter or continue in the race the athlete shall be disqualified by the Referee.

Check-Marks

10. Except as stated in Rule 23.3, athletes may not make check-marks or place objects on or alongside the running track for their assistance. The Judges shall direct the relevant athlete to adapt or remove any marks or objects not complying with this Rule. If he does not, the Judges shall remove them.

Note: Serious cases may further be dealt with under Rule 2.13.5 and Rule 8.2.

Wind Measurement

11. All wind gauge equipment shall have been manufactured and calibrated according to international standards. The accuracy of the Measurement equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority.
12. Non-mechanical wind gauges shall be used at all IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) and for any performance submitted for ratification as a World/Regional Record.

A mechanical wind gauge should have appropriate protection to reduce the impact of any crosswind. Where tubes are used, their length on either side of the measuring device should be at least twice the diameter of the tube.

13. The Track Referee shall ensure that the wind gauge for Track Events is placed beside the straight, adjacent to lane 1, and 50m from the finish line. It shall be positioned 1.22m high and not more than 2m away from the track.
14. The wind gauge may be started and stopped automatically and/or remotely, and the

information conveyed directly to the competition computer.

15. The periods for which the wind velocity shall be measured are as follows:

In the 100m event – for 10 seconds immediately following the start.

In the 200m event – the wind velocity shall be measured for a period of 10 seconds commencing when the first athlete enters the straight.

16. The wind gauge shall be read in metres per second, rounded to the next higher tenth of a meter per second, unless the second decimal is zero, in the positive direction (that is, a reading of +2.03 meters per second shall be recorded as +2.1; a reading of -2.03 meters per second shall be recorded as -2.0). Gauges that produce digital readings expressed in tenths of meters per second shall be constructed so as to comply with this Rule.

Indication of Intermediate Times

17. Intermediate times and preliminary finishing times may be officially announced and/or displayed. Otherwise, such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee who may authorise or appoint no more than one person to call times at each of no more than two agreed timing points.

Athletes who receive intermediate times that have been communicated in violation of this Rule shall be considered to have received assistance and will be subject to the provisions of Rule 7.2.

For Sport Class T12 in events of 800m and above, athletes who compete without a guide-runner may have assistance from personnel other than from competition officials, who will be permitted to call intermediate times from a designated area inside the competition area adjacent to the start line of the respective event where appropriate. The placement of this area shall be determined by the Technical Delegate.

Note (i): Individuals who are placed in this location inside the competition area are not permitted to give any guidance to the athletes other than the reading of intermediate times. In violation of this Rule, the athlete concerned shall be warned or disqualified subject to Rule 7.2.

Note (ii): The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and to personnel authorised in accordance with the relevant Rules and Regulations.

Drinking / Sponging

18. In Track Events of 5000m and 10000m, the LOC may provide water and sponges to athletes if weather conditions warrant such provision.

- a) An athlete and/or the athlete's guide-runner may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.
- b) An athlete and/or guide-runner who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete and/or guide-runner, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the track.

Note: An athlete and/or guide-runner may receive from or pass to another athlete and/or guide-runner refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete and/or guide-runner to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.

Rule 19: The Finish

(Rule 164)

1. The position of the finish of a race shall be denoted by a white line 50mm wide.
2. The ambulant athletes shall be placed in the order in which any part of their torso (not the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
3. In wheelchair and Frame Running races the athletes shall be placed in the order in which the

centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.

4. In races for athletes in Sports Class T11 and T12 competing with a guide-runner the athlete must reach the nearer edge of the finish line in front of the guide-runner or the athlete will be disqualified. When photo finish is in use, the Chief Photo Finish Judge shall make this determination and apply any disqualification. In any other case, or where a Photo Finish image is not available, the Track Referee shall decide.
5. Event Time Limits (Sport Classes T32-34 and T51-54)

In wheelchair races of 1500m or longer, officials may conclude the event and clear the track after an agreed time limit has expired. Any athlete who has not completed the set distance when an event is concluded shall be shown in the official results as “DNF” (i.e., Did Not Finish). The referee has the authority to remove any athlete who has been overlapped.

Rule 20: Timing and Photo Finish

(Rule 165)

1. Three alternative methods of timekeeping shall be recognised as official:
 - a) Hand Timing;
 - b) Fully Automatic Timing obtained from a Photo Finish System;
 - c) For road races only - timing provided by a Transponder System.
2. Save for wheelchair and Frame Running races, under Rule 20.1 (a) and Rule 20.1 (b) the time shall be taken to the moment at which any part of the body of an athlete (i.e., torso as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
3. In wheelchair and Frame Running races the time shall be taken to the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.
4. Times for all finishers shall be recorded. In addition, whenever possible, lap times in races of 800m and over shall be recorded.

Hand Timing

5. The Timekeepers shall be in line with the finish and where possible, they should be placed at least 5m from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.
6. Timekeepers shall use manually operated electronic timers with digital readouts. All such timing devices are termed “watches” for the purpose of the Rules.
7. The lap and intermediate times shall be recorded either, by designated members of the timekeeping team using watches capable of taking more than one time, or by additional Timekeepers, or by transponders.
8. The time shall be taken from the flash / smoke of the gun.

9. Three official Timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional Timekeepers shall time the winner of every event and any performances for record purposes.

The times recorded by the additional Timekeepers' watches shall not be considered unless one or more of the official Timekeepers' watches fail to record the time correctly, in which case the additional Timekeepers shall be called upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official winning time.

10. Each Timekeeper shall act independently and without showing his watch to, or discussing his time with, any other person, shall enter his time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported times.

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

- a) For races on the track, unless the time is an exact 1/10th of a second, the time shall be read and recorded to the next longer 1/10th of a second, e.g. 10.11 shall be recorded as 10.2;
- b) 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., for the Marathon 2:39:44.3 shall be recorded as 2:39:45.

12. If, after converting as indicated above, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time. If all three watches disagree, the middle time shall be official. If only two times are available and they disagree, the longer time shall be official.

13. The Chief Timekeeper, acting in accordance with the Rules mentioned above, shall decide the official time for each athlete and provide the results to the Competition Secretary for distribution.

Fully Automatic Timing and Photo Finish System

The System

14. A Fully Automatic Timing and Photo Finish System must have been tested and have a

certificate of accuracy within 4 years of the competition, including the following:

- a) The System must record the finish through a camera positioned in the extension of the finish line producing a composite image.
 - i) For competitions as defined in Part B - 3.1.2, this composite image must be composed of at least 1000 images per second.
 - ii) For other competitions, this composite image must be composed of at least 100 images per second.

In each case, the image must be synchronised with a uniformly marked time scale graduated in 0.01 seconds.

- b) The System shall be started automatically by the Starter's signal, so that the overall delay between the report from the muzzle, or its equivalent visual indication and the start of the timing system is constant and equal to, or less than 0.001 seconds.

15. In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 20mm beyond, and not extended before, the leading edge of the finish line. Similar black marks may also be placed on each side of the intersection of an appropriate lane and the finish line to further facilitate reading.

COMMENT: If we want to define a minimum in order to achieve the accuracy required in Rule 20.24, a composite of at least 100 component images per second is required. To achieve the accuracy demanded in Rule 22.2 for determining fastest losers by reference to times read to 0.001 second where times achieved by athletes are identical to 0.01 second then a composite of at least 1000 component images per second would be required. Most photo finish systems can operate at 1000 images per second or greater.

16. The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.

17. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of any athlete. Additionally, the system shall provide a tabular overview which shows the time of every athlete. Subsequent changes of automatically determined values and manual input of values (such as start time, finish time), shall be indicated by the system automatically in the time scale of

the printed image and the tabular overview.

18. A System which operates automatically at the finish, but not at the start, shall be considered to produce Times provided that the system was started in accordance with Rule 20.8 or with equivalent accuracy. The image may be used as a valid support in order to determine placings and adjust time intervals between athletes.

Note: If the timing mechanism is not started by the Starter's signal, the time-scale on the image shall indicate this fact automatically.

19. A system which operates automatically at the start but not at the finish, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times.

Operation of the System

20. The Chief Photo Finish Judge shall be responsible for the functioning of the System. Before the start of the competition, he will meet the technical staff involved and familiarise himself with the equipment, checking all applicable settings. In cooperation with the Track Referee and the Starter, he shall initiate a zero control test, before the beginning of each session, to ensure that the equipment is started automatically by the Starter's signal within the limit of 0.001 second. He shall supervise the testing of the equipment and ensure that the camera(s) is correctly aligned.

21. There should be at least two photo finish cameras in action, one from each side. Preferably, these timing systems should be technically independent, i.e., with different power supplies and recording and relaying the report of the Starter's signal, by separate equipment and cables.

Note: Where two or more Photo Finish cameras are used, one should be designated as official by the Technical Delegate (or International Photo Finish Judge where appointed) before the start of the competition. The times and places from the images of the other camera(s) should not be considered unless there is reason to doubt the accuracy of the official camera or if there is need to use the supplementary images to resolve uncertainties in the finishing order (i.e., athletes wholly or partially obscured on the image from the official camera).

22. In conjunction with his Assistants, the Chief Photo Finish Judge shall determine the placing

of the athletes and, as a consequence, their official times. He shall ensure that these results are correctly entered in or transferred to the competition results system and conveyed to the Competition Secretary. He shall also make any necessary determination and disqualification under Rule 19.4.

COMMENT: At major events where the technology is available, the photo finish image is often immediately provided on the video board or published on the internet. It has become the practice to provide athletes, or persons on their behalf, who are considering making a protest or appeal the opportunity to see the photo, in order to avoid time being spent on any unnecessary protests or appeals.

23. Times from Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. At the discretion of the TD, such back-up Timekeepers may be appointed where any possibility exists of failure of the timing system.

24. Times shall be read and recorded from the Photo Finish image as follow:

- a) For all track 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.
- b) 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., for the Marathon, 2:09:44.322 shall be recorded as 2:09:45.

Transponder System

25. The use of Transponder Timing Systems complying with the World Athletics Rules for Road Race Events is permitted provided that:

- a) None of the equipment used at the start, along the course or at the finish line constitutes a material obstacle or barrier to the progress of an athlete;
- b) The weight of the transponder and its housing carried or worn by the athletes is not significant;

- c) The System is started by the Starter's gun or synchronized with the start signal;
- d) The System requires no action by an athlete during the competition, at the finish or at any stage in the result processing;
- e) For all races, the time shall be converted to 0.1 second and recorded to the whole second. All read times not ending in zero shall be converted and recorded to the next longer whole second, e.g., for the Marathon, 2:39:44.3 shall be recorded as 2:39:45;

Note: The official time shall be the time elapsed between the firing of the starting gun (or the synchronised start signal) and the athlete reaching the finish line. However, the time elapsed between an athlete crossing the start line and the finish line can be made known to him, but will not be considered an official time.

- f) It is recommended that judges and/or video recording(s) also be provided to assist in determining the finishing order and the identification of athletes.

26. The Chief Transponder Timing Judge shall be responsible for the functioning of the System. Before the start of the competition, he will meet the technical staff involved and familiarise himself with the equipment, checking all applicable settings. He shall supervise the testing of the equipment and ensure that the passing of the transponder over the finish line will record the athlete's finish time. In conjunction with the referee, he shall ensure that provision is made for the application, when necessary, of Rule 20.25 (f).

COMMENT: Transponder timing is acceptable for World Record performances in races outside of the stadium.

Rule 21: Seedings, Draws and Qualification in Track Events

(Rule 166)

Rounds and Heats

1. Qualification Rounds shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where Qualification Rounds are held, all athletes must compete in, and qualify through, all such rounds except that the relevant governing body, may, for one or more events, authorise the conduct of additional preliminary qualification round(s) either at the same competition or at

one or more earlier competition(s) to determine some or all of the athletes who shall be entitled to participate and in which round of the competition. Such procedure and any other means (such as e.g. achieving entry standards during a specified period, by specified placing in a designated competition or by specified rankings) by which an athlete is entitled to participate, and in which round of the competition, shall be set out in the regulations for each competition.

COMMENT: This Rule was adopted by WPA in March 2016 following World Athletics amendments so that the Championship competitions can, through the specific regulations for each competition, begin at a point earlier than the competition and that this can be achieved in different ways.

2. The Qualification Rounds shall be arranged by the appointed Technical Delegates. If no Technical Delegates have been appointed, they shall be arranged by the LOC.

The following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure, i.e., those to advance by place (P) and time (T), for each round of Track Events:

- a) Whenever possible, representatives of each nation or team and the best-performed athletes shall be placed in different heats in all Qualification Rounds of the competition. In applying this Rule after the first round, the required exchanges of athletes between heats should, to the extent possible, be made between athletes seeded in the same “group of lanes” according to Rule 21.4 (b).
- b) When heats are being arranged, it is recommended that as much information as possible about the performances of all athletes should be considered and the heats drawn so that, normally, the best performers reach the final.

COMMENT: The Qualification Rounds should determine in the best possible way the athletes who will take part in the next round and eventually the final. This includes avoiding where possible the clashing of the best performed athletes (determined generally on performance in the qualification period but also taking into account such matters as outstanding recent career records) in the same heats as also applies to athletes from the same nation or team. For major competitions, at least, the basis of the seeding should be the best times achieved by each athlete in valid conditions (including with wind readings for the relevant events) during the pre-

determined period. This period will usually be specified in the Technical Regulations or in the document setting out the entry conditions and standards for the competition. Where there is no such specification, then the technical delegate(s) or the LOC should decide the basis on which the seeding will be determined. Such factors as performances achieved during training or tests, even if they appeared to look like competition or notions about what an athlete might “be worth” but has never achieved, should not be taken into account in seeding. The requirements of the Rule in relation to the “best performed athletes” does require some deviation from the strict protocol outlined above. For example, an athlete who might normally be seeded in a high position might not have any, or only a poor, valid performance in the predetermined period (through injury, illness, ineligibility or in the case of indoor meetings only have outdoor results). Whilst he would normally be placed lower or at the bottom of the seeding list, adjustment should be considered by the Technical Delegate(s). Similar principles should be applied to avoid a clash in a Qualification Round between athletes considered to be the favourites to place highly in the event if the results of the previous round would strictly dictate that they should be in the same heat. At this same time any adjustments to ensure as much as possible that athletes from the same nation or team are in different heats should also be made. In all such cases adjustments of the seeding should be made after the initial allocation to the heats but before any draw is made for the lanes. In applying these principles exchanges of athletes should be made:

- a) In the first round, between athletes with a similar ranking on the list of best valid performances during the pre-determined period; and
- b) In subsequent rounds, between athletes seeded in the same “group of lanes” according to Rule 21.4 (b).

Following these principles is more important in competitions in which the number of rounds has been reduced in some events - making accurate and well considered seeding vital to achieving both a fair and an athletically appealing outcome.

For lower level competitions, the technical delegate(s) or the LOC may consider use different principles to achieve a similar final outcome.

100m, 200m, 400m,

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
9-16	2	3	2						
17-24	3	2	2						
25-32	4	3	4				2	3	2
33-40	5	4	4				3	2	2
41-48	6	3	6				3	2	2
49-56	7	3	3				3	2	2
57-64	8	3	8	4	3	4	2	4	
65-72	9	3	5	4	3	4	2	4	
73-80	10	3	2	4	3	4	2	4	
81-88	11	3	7	5	3	1	2	4	
89-96	12	3	4	5	3	1	2	4	
97-104	13	3	9	6	3	6	3	2	2
105-112	14	3	6	6	3	6	3	2	2

800m, 4x100m, 4x200m, 4x400m

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
9-16	2	3	2						
17-24	3	2	2						
25-32	4	3	4				2	3	2
33-40	5	4	4				3	2	2
41-48	6	3	6				3	2	2
49-56	7	3	3				3	2	2
57-64	8	2	8				3	2	2
65-72	9	3	5	4	3	4	2	4	
73-80	10	3	2	4	3	4	2	4	
81-88	11	3	7	5	3	1	2	4	
89-96	12	3	4	5	3	1	2	4	
97-104	13	3	9	6	3	6	3	2	2
105-112	14	3	6	6	3	6	3	2	2

1500m

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
16-30	2	4	4						
31-45	3	6	6				2	5	2
46-60	4	5	4				2	5	2
61-75	5	4	4				2	5	2

5000m

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
20-40	2	5	5						
41-60	3	8	6				2	6	3
61-80	4	6	6				2	6	3
81-100	5	5	5				2	6	3

10,000m

Declared Entries	First Round		
	Heats	Place	Time
28-54	2	8	4
55-81	3	5	5
82-108	4	4	4

The following alternative tables shall be used for the specific class or class combination as denoted in the respective table. For class combination not entirely covered by the below tables, the above regular tables shall normally be applied, otherwise an appropriate table shall be determined by the Technical Delegate.

100m, 200m, 400m, 800m (T11-12)

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
5-8	2	1	2						
9-12	3	1	1						
13-16	4	1	4				2	1	2
17-20	5	1	7				3	1	1
21-24	6	1	6				3	1	1
25-28	7	1	5				3	1	1
29-32	8	1	8	4	1	4	2	1	2

1500m (T11-12)

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
7-12	2	2	2						
13-18	3	1	3						

5000m, 10000m (T11-12)

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
11-20	2	3	4						
21-30	3	2	4						

1500m, 5000m (T32-34 and T51-54)

Declared	First Round			Second Round			Semi-Finals		
Entries	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
11-20	2	3	4						
21-30	3	3	1						
31-40	4	4	4				2	3	4

10000m (T32-34 and T51-54)

Declared	First Round			Second Round			Semi-Finals		
Entries	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
13-24	2	4	4						
25-36	3	3	3						
37-48	4	3	0						

4x100m, 4x100m Universal Relay, 4x400m (T11-13, T33-34, T51-52 and T53-54)

Declared	First Round			Second Round			Semi-Finals		
Entries	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
5-8	2	0	4						
9-12	3	0	4						
13-16	4	0	8				2	0	4

Note: For World Championships and Paralympic Games, alternate tables may be included in the relevant Technical Regulations.

COMMENT: The most complex event for seeding progressions is the 800m as it crosses both the laned events and non-lane events where seed performances are needed. This is critical for lane assignments as the progressions is based generally on finish place and time in the previous race and athletes are ranked according to seed times or performance in previous race, which are better than seed times are used (as noted in Rule 21.3 (b) below).

Ranking and Composition of Heats

3. For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from the relevant list of valid performances achieved during the predetermined period.

a) After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:

For events of 100m to 400m inclusive, and relays up to and including 4x400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:

- i) Fastest heat winner
- ii) 2nd fastest heat winner
- iii) 3rd fastest heat winner, etc.
- iv) Fastest 2nd place
- v) 2nd fastest 2nd place
- vi) 3rd fastest 2nd place, etc
(Concluding with)
- vii) Fastest time qualifier
- viii) 2nd fastest time qualifier
- ix) 3rd fastest time qualifier, etc.

b) For other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).

c) The athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g., three heats will consist of the following seedings:

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

d) In all cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

COMMENT: For the first round in order to reduce the number of heats required, it is acceptable and normal for additional available lanes (for example a ninth lane on a straight or oval track) to be used in races up to and including 400m and to have more than one athlete in a lane at the

start of an 800m race.

The random draw to determine the order in which the heats are conducted is based on fairness. In middle and long-distance races, the athletes running in the last heat will know as far as qualifying by times the performance they have to realise in order to qualify. Even with the shorter races there is a fairness aspect as weather conditions can change (rain suddenly falling or an alteration in wind strength or direction). Fairness dictates that order be determined by chance.

Draw for Lanes

4. For events 100m to 800m inclusive, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows:
 - a) In the first round and any additional Qualification Round as per Rule 21.1, the lane order shall be drawn by lot;
 - b) For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown above.

Three draws will then be made:

- i) One for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
- ii) Another for the fifth and sixth ranked athletes or teams to determine placings in lanes 7 and 8, and;
- iii) Another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

Note (i): When there are fewer than 8 lanes, the above system with the necessary modifications should be followed.

Note (ii): In Sanctioned and Approved Competitions the 800m event may be run with one or two athletes in each lane, or with group start behind an arced line. This should normally be applied only in the first round, unless because of ties or advancement by the Referee, there are more athletes in a race of a subsequent round than were anticipated.

Note (iii): In any 800m race, including a final, where for any reason there are more athletes competing than lanes available, the Technical Delegate shall determine in which lanes more than one athlete will be drawn.

Note (iv): when there are more lanes than athletes, the inside lane(s) should always remain free.

COMMENT: With regard to Note (iii), there is no exact specification as to how the Technical delegates should act as the situations which may give rise to it may vary greatly. However, this issue only affects the running of the first bend of the race and is not as important as the allocation of lanes in a shorter race. Technical delegate(s) are advised to place the additional athlete(s) in the lane(s) where the “double-up” will cause least inconvenience - usually the outer lanes so that the athletes are not running around a tighter bend together.

As to Note (iv), where a stadium has more than eight lanes available, the Technical Delegate(s) (or if none the LOC) should decide in advance which lanes are to be used for this purpose. For example, in the case of a nine-lane oval track, lane one would not be used in cases where less than nine athletes are taking part in a race. Consequently, for the purposes of Rule 21.4, lane 2 is regarded as lane 1 and so on. The allocation of lanes for T11-12 track races when a 9- lane track is being used is as follow: lanes 1-2, 3-4, 5-6, 7-8 are allocated to athletes and guide-runners with the outside lane (9) remaining free.

Single Rounds

5. For any track events where only a single round (final) is required, lanes/starting positions shall be drawn by lot, except at IPC Games and IPC Competitions under Part B - 3.1.2 (a) and (b), for Track Events running entirely in lanes i.e., 100m, 200m, 400m, 4x100m lanes shall be drawn according to the ranking determined from the relevant list of valid performance achieved during that predetermined period and Rule 21.4 b) (i) (ii) (iii).

COMMENT: The intent of this rule is to ensure that where there may not be sufficient athletes at a competition to justify heats and finals, that the better athletes are not disadvantaged by random lane draws. Therefore, at the IPC Games and IPC Competitions seed times/performances achieved during a predetermined time period as specified in the technical regulations for the competition will be used to determine lane draws.

6. Where it is decided to conduct a series of races in an event rather than rounds and finals, the Regulations for the competition shall set out all relevant considerations including seedings and draws and the method by which the final results will be determined.
7. An athlete shall not be allowed to compete in a heat or lane other than the one in which his name appears, except in circumstances which, in the opinion of the Referee, justify an alteration.

Progression

8. In all Qualification Rounds, unless otherwise provided by alternate tables permitted under Rule 21.2, at least the first and second places in each heat shall qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify. Except where Rule 22 applies, any other athletes may qualify by place or by time according to Rule 21.2 the particular Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.

Note: If the Technical Delegate decides different tables are to apply, it is recommended in races longer than 800 metres where rounds are conducted, that only a small number of athletes qualify by time.

COMMENT: Where tables are prescribed in the regulations for a competition it is usual that the principle set out in Rule 21.8 will have been incorporated. Where not, the Technical Delegates or LOC should follow same principle when establishing the progression table to be used. There will however be occasions when Rule 22 may cause a variation to be applied, particularly where there is a tie for the last qualifying position based on place. In such cases, it may be necessary for one less athlete to progress on time. In circumstances where there are sufficient additional lanes available, or in the case of the 800m (where a lane at the start may be used for more than one athlete) or a non-laned race, the Technical delegate(s) may decide to progress an additional athlete(s). Because of the provision within Rule 21.8 that for time qualification only one system of timing may be applied it is important for back-up timing systems to be available for qualification rounds in case the primary system (usually photo finish) fails. In the event that only times from different timing systems are available for two or more heats, the Technical delegates in conjunction with the Track Referee should determine, within the circumstances of

the particular competition, the fairest method for determining those athletes who should proceed to the next round. Where additional lanes are available, it is recommended that this option be considered first.

One Day Meetings

9. In WPA Approved Competitions under Part B - 3.1.2 (d), athletes may be seeded, ranked and/or allocated to lanes in accordance with the applicable regulations for the competition or any other method determined by the LOC but preferably notified to the athletes and their representatives in advance.

COMMENT: In one day meetings, if there is only a “final” round but with more than one race, the races should be arranged according to any applicable regulations for the meeting or the series of meetings of which it is a part. If there are none then it is usual for allocation of athletes to the various “races” to be undertaken by the LOC or if requested by the appointed Technical Delegate(s).

Similar considerations apply to how the final ranking of the athletes in such events will be made. In some meetings the “race(s)” other than the main race are regarded as separate races and are not considered for the overall ranking but in others the results of more than one race are “combined” to give the overall ranking. It is highly advisable to ensure that whichever is to apply for the competition is also notified to the participants in advance as it may affect prizes and other considerations.

Minimum Times between Rounds

10. The following minimum times must be allowed, when practicable, between the last heat of any round and the first heat of a subsequent round or final:

Up to and including 200m	45 minutes
Over 200m up to and including 1000m	90 minutes
Over 1000m	Not on the same day

Rule 22: Ties

(Rule 167)

1. If the Judges or the Photo Finish Judges are unable to separate the athletes for any place according to Rules 19.2, Rule 19.3, and 20.18, 20.22 or 20.25 (as may be applicable), it shall be determined to be a tie and the tie shall remain.

Tie for ranking position (according to Rule 21.3 (a))

2. If there is a tie for any ranking position under Rule 21.3 (a), the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to .001 second and if it is equal, it shall be determined to be a tie and lots shall be drawn to determine the higher ranking position.

Tie for last qualifying position based on place

3. If after the application of Rule 22.1, there is a tie for a last qualifying position based on place, if there are lanes or positions available (including lane sharing in 800m races) the tying athletes shall be placed in the next round. If that is not practicable lots shall be drawn to determine which athlete(s) shall be placed in the next round.
4. Where qualifying for the next round is based on place and time (e.g., the first three in each of two heats plus the next two fastest), and there is a tie for the last qualifying position based on place, placing the tied athletes in the next round shall reduce the number of athletes qualifying based on time.

Tie for last qualifying position based on time

5. If there is a tie for a last qualifying position based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to .001 second and if it is equal, it shall be determined to be a tie. If there are lanes or positions available (including lane sharing in 800m races) the tying athletes shall be placed in the next round. If that is not practicable lots shall be drawn to determine which athlete(s) shall be placed in the next round.

Rule 23: Relay Races

(Rule 170)

1. Lines 50mm wide shall be drawn across the track to mark the distances of the legs and to denote the scratch line.
2. In ambulant relay races of 4x100m, 4x200m relays and for the first and second take-overs in the 4x100m universal relays, each take-over zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For wheelchair relay races of 4x100m and 4x400m and for the third take-over in the 4x100m universal relay, *the* take-over zone shall be 40m long of which the scratch line is 30m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone. The designated officials shall also ensure that Rule 23.3 is observed.

COMMENT: The Umpires must ensure that each athlete from each team takes his position in the correct lanes or position. The Starter's Assistants will be responsible for the positioning of the first runners and for ensuring that each is supplied with a baton when required. They may also be assigned to assist at any takeover zones which subsequently occur at the start line. Chief Umpires for each takeover zone and the umpires placed at their disposal will be responsible for the positioning of the subsequent runners. When all athletes are correctly positioned, the zone Chief Umpire should advise the relevant other officials by the agreed means of communication – which for major competitions would usually be by radio.

They must also ensure that for all takeovers the outgoing runners' feet, prosthetic device(s) and both rear wheels are completely inside the zone before they commence their movement which eventuates in either the taking of the baton or the touch. This movement may not commence at any point outside the zone.

3. When all or the first portion of a relay race is being run in lanes, an athlete or guide-runner may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.

Note: For the 4x100m universal relay, the Technical Delegate(s) may, upon request, permit an assistant at each take-over zone, to help the athlete with the placement of a distinctive check-mark on the track within his own lane.

4. The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 28cm to 30cm. The outside diameter shall be 40mm (± 2 mm) and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.

Note: For wheelchair relays in IPC Games and IPC Competitions (see Part B – 3.1.2 (a) and (b)), the LOC shall provide helmet socks to each team of a distinctive colour so as to be easily identified during the race.

COMMENT: For the Wheelchair relay races helmet socks shall be required to be worn by athletes in addition to or in place of helmet numbers. Where this is required, the LOC shall ensure that helmet socks are available. The Call Room Judges are responsible for ensuring that the helmet socks are checked in the Call Room.

5.

- a) A baton shall be used for all Relay Races held in the Stadium and shall be carried by hand throughout the race except as stated in Rule 23.6 for wheelchair relays, amputee relays and 4x100m universal relays. At least in IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)), each baton shall be numbered and of a different colour and may include a timing transponder.

Note: If possible, the allocation of the colour to each lane or starting order position should be shown on the start list.

- b) Athletes and guide-runners are not permitted to wear gloves or to place material (other than those permitted by Rule 7.4(c) or substances on their hands in order to obtain a better grip of the baton.
- c) If dropped, the baton shall be recovered by the athlete or guide-runner who dropped it. He may leave his lane to retrieve it provided that, by doing so, he does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete or guide-runner who dropped it, after retrieving it, must return at least to the

point where it was last in his hand before continuing in the race. Provided this procedure is adopted and no other athlete or guide-runner is impeded, dropping the baton shall not result in disqualification.

If an athlete or guide-runner does not follow this Rule, his team shall be disqualified.

6. The baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving athlete or guide-runner and is completed the moment it is in the hand of only the receiving athlete or guide-runner. In relation to the take-over zone, it is only the position of the baton that is decisive, and not the position of the bodies of the athletes. Passing of the baton outside the take-over zone shall result in disqualification.

COMMENT: 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 by the outgoing runner with the baton prior to the baton entering the takeover zone, particularly in 4x400m ambulant relays. 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.

For wheelchair relays (T33-34, T51-52 and T53-54), ambulant relays (T42-47, T61-64) and the 4x100m universal relay the Take-over shall be by a touch on any part of the body of either the incoming or outgoing athlete. The first touch must be within the Take-over Zone. Pushing the outgoing athlete to gain advantage during Take-over shall result in disqualification.

Note: For the 4x100m universal relay, the helmet worn by the wheelchair athlete is considered as a part of the body.

7. Athletes and guide-runners before and/or after the completion of the Take-over, should keep in their lanes or zones or maintain position until the course is clear to avoid obstruction to other athletes and guide-runners. Rule 18.5 and Rule 18.6 shall not apply to those athletes and guide-runners. If an athlete or guide-runner impedes a member of another team by running out of position or lane at the finish of his leg, Rule 18.2 shall be applied.
8. Baton Exchange for T11-13 Relays:
 - a) Either the athlete or the guide-runner can carry the baton;

- b) The baton exchange may take place between either guide-runners or athletes without restriction, except that the conditions of the method of guidance must be met;
 - c) A fair exchange is established when the baton carrier passes the baton to the baton receiver within the take-over zone;
 - d) Once the outgoing athletes and/or guide-runner leaves the take-over zone they can re-enter the take-over zone to receive the baton (i.e., if they go too early);
 - e) One (1) assistant per take-over zone will be allowed on the track to help with the positioning of any T12 athlete competing without a guide-runner. The assistant must leave the competition area prior to the start of the event and must remain in a position designated by the technical officials which does not interfere with the conduct of the race. In violation of this rule, the athlete shall be warned or disqualified subject to Rule 7.2.
9. If during the race an athlete takes or picks up the baton of another team, his team shall be disqualified. The other team should not be penalised unless an advantaged is obtained.
10. Each member of a relay team may run one leg only. Any four athletes and with their accompanying guide-runner(s) from among those entered for the competition, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, up to a total of four additional athletes who have been entered in the same race and their corresponding guide-runners may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.

Note: The substitution of guide-runners shall not count towards the overall substitution of athletes.

11. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time (the time by which the athletes must be present in the Call Room) for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the LOC and may be made only until the final call time (the time at which the athletes are listed to depart the Call Room) for the particular heat in which the team is competing. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.

At WPA Recognised Competitions (see Part B - 3.1.2) relays can be contested in accord with

clusters of Sports Classes and associated team composition requirements stipulated in the Table below.

Sports Class/es	Relay Team Composition Requirements
T11-13	Must include a minimum of one (1) Sports Class T11 athlete and can only include a maximum of one (1) Sports Class T13 athlete.
T33-34	Must include at least one (1) Sports Class T33 athlete
T35-38	Can only include a maximum of two (2) Sports Class T38 athletes
T42-47, T61-64	Can only include a maximum of two (2) Sports Class T46/47 athletes
T51-52	Must include at least one (1) Sports Class T51 athlete
T53-54	Must include at least one (1) Sports Class T53 athlete

Team composition, running order and eligible Sport Classes for the 4x100m universal relay are stipulated as follows:

- The team must include two (2) male and two (2) female eligible athletes.
- A maximum of two (2) athletes must be selected from the following Sports Classes: T13, T46/47, T38, T54.
- The remaining two (2) athletes must be selected from any of the other Sport Classes outlined in the table below.
- The running order must be in accordance with the below table:

Running Order	Eligible Classes
First Leg	T11-13
Second Leg	T42 – 47, T61 - 64
Third Leg	T35 -38
Fourth Leg	T33 - 34, T51- 54

COMMENT: In all relay races, strategy plays an important role. For example, some teams may select the fastest runner first, second fastest second etc., with the slowest runner finishing the race. Other teams could use a completely different strategy. For the 4x100m universal relay it is not that simple. Unlike the ambulant and wheelchair relay races, for the 4x100m universal relay there are additional requirements. Firstly, the team must be composed of two (2) male and two (2) female athletes. Secondly, a predetermined running order must be respected at all times during the race, which means that each leg shall be run by athletes from different Sport Classes as described in the above table. Finally, only a maximum of two (2) athletes may be selected from the following Sports Classes: T13, T46/47, T38, and T54. Therefore, depending on the team's strategy, they may choose none (0), one (1) or two (2) athletes from these classes. It is very important to note that regardless of the team's strategy, only a maximum of two (2) athletes from the previous Sport Classes can be selected. As an example, where a team has selected a T13 and T54 athlete for the First and Fourth Leg respectively, then for the Second and Third Legs they cannot select participants from Sport Classes T38 or T46/47.

12. The 4x100m including the 4x100m universal relay race shall be run entirely in lanes.

13. The 4x200m race may be run in any of the following ways:

- a) where possible, entirely in lanes (four bends in lanes)
- b) in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the break line described in the Rule 18.7, where athletes may leave their respective lanes (three bends in lanes),
- c) in lanes for the first leg up to the nearer edge of the break line described in Rule 18.7, where athletes may leave their respective lanes (one bend in lanes).

Note: Where not more than four teams are competing and option (a) is not possible, it is recommended that option (c) should be used.

14. The 4x400m race may be run in either of the following ways:

- a) in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the break line described in Rule 18.7 where athletes may leave their respective lanes (three bends in lanes),
- b) in lanes for the first leg up to the nearer edge of the break line described in Rule 18.7, where athletes may leave their respective lines (one bend in lanes).

Note: In relay races other than visually impaired and wheelchair, where not more than four teams are competing, it is recommended that option (b) should be used.

15. For all takeovers, athletes are not permitted to begin running or wheeling outside their take over zones and shall start within the zone. If an athlete does not follow this Rule, his team shall be disqualified.
16. The athletes/guide-runners in the third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes/guide-runners have passed this point, the waiting athletes/guide-runners shall maintain their order and shall not exchange positions at the beginning of the take-over zone. If an athlete/guide-runner does not follow this Rule, his team shall be disqualified.

Note: In the 4x200m relay race (if this event is not run entirely in lanes) where the previous leg is not run in lanes, the athletes/guide-runners shall line up in the order of the start list (inside to out).

17. For wheelchair relays, relays for Sports Classes T11-13 (i.e., involving guide-runners) and 4x100m universal relay, where it is required for the relay to be run in lanes, each team shall be allocated two adjacent lanes. The athletes/guide-runners may use either of their two allocated lanes. The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distances of the stages and to denote the scratch lines. Changes will take place as for lanes 1, 3, 5 and 7. The extension-of-start and exchange box lanes should be done with tape of the same colour and width as the existing lane markings.
18. In any ambulant relay race, when lanes are not being used, including when applicable, in 4x200m and 4x400m, waiting athletes/guide-runners can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete/guide-runner so as to impede his progress. In 4x200m and 4x400m, waiting athletes/guide-runners shall maintain their order in accordance with Rule 23.16. If an athlete/guide-runner does not follow this Rule, his team shall be disqualified.

COMMENT: Chief Umpires must remain at the zone to which they and their Umpires have been assigned. Once the athletes are correctly placed in their lanes and the race has started, zone

Chief Umpires and those Umpires assigned to them are responsible for reporting any infringements of both these Rules as well as any other infringements particularly those under Rule 18.

19. In any wheelchair relay race, when lanes are not being used, including when applicable, in 4x200m and 4x400m, waiting athletes will be allocated two adjacent lanes, in their order in accordance with Rule 23.16. The waiting athletes may use either of these two lanes but must remain in these two lanes until after the takeover has been completed. In wheelchair relay races waiting athletes cannot take up an inner position or any other position than in the two allocated lanes. If an athlete does not follow this Rule, his team shall be disqualified.
20. In the case of relay events not covered by this Rule, the relevant competition regulations should specify any particular rules that should be applied and the method by which the relay should be conducted.