

PART V – 200M STANDARD OVAL TRACK STADIUM (SHORT TRACK) COMPETITIONS

40. Applicability of 400m Standard Oval Track Stadium Rules to Short Track Competitions

With the exceptions stated in the following Rules of this Part V and, in the case of performances made in an enclosed and covered facility, the requirement for wind measurement set out in Rules 17 and 29 of the Technical Rules, the Rules of Parts I to IV for 400m Standard Oval Track Stadium competitions shall apply to Short Track Competitions.

41. The Short Track Stadium

41.1 The stadium may be completely enclosed and covered. If enclosed and covered, lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.

41.2 The Field of Play should include an oval track; a straight track for sprints and hurdles; runways and landing areas for jumping events. In addition, a circle and landing sector for the Shot Put should be provided, whether permanently or temporarily. All the facilities should conform to the specifications in the World Athletics Track and Field Facilities Manual.

41.3 All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6mm spikes in running shoes (See also Regulation 11 of the Athletic Shoe Regulations). The track manufacturer or the stadium operator may allow the use of spikes of up to 9mm.

Short Track Athletics competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition should be held only on facilities that hold a World Athletics Short Track Athletics Facility Certificate. It is recommended that, when such facilities are available, competitions under paragraphs 1. (d), (e) and 2. (c), (d), (e) of the World Rankings Competition definition should also be held on these facilities.

41.4 The foundation on which the synthetic surface of the tracks, runways and take-off areas is laid shall be either solid, e.g. concrete or, if of suspended construction (such as wooden boards or plywood sheets mounted on joists), without any special sprung sections and, as far as technically possible, each runway shall have a uniform resilience throughout. This shall be checked, for the take-off area for the jumps, before each competition.

Note: A “sprung section” is any deliberately engineered or constructed section designed to give extra assistance to an athlete.

Note (i): The World Athletics Track and Field Facilities Manual, which is available from the World Athletics Office, or may be downloaded from the World Athletics website, contains more detailed and defined specifications for planning and construction of Short Track stadia including diagrams for track measurement and marking.

Note (ii): The current standard forms required to be used for the certification application and measurement report as well as the Certification System Procedures are available from the World Athletics Office, or may be downloaded from the World Athletics website.

Lack of suitable lighting is a common problem for covered stadium competitions. A covered stadium must have a lighting which allows a correct and fair delivery of the events and if there is television coverage the illumination level may need to be higher. The finish line area(s) may require additional lighting for the Fully Automatic Timing.

42. The Straight Track

(See the Rules for 400m Standard Oval Track Stadium competitions and the World Athletics Track and Field Facilities Manual.)

43. The Oval Track and Lanes

Oval Track

- 43.1** The nominal length of a standard running track shall be 200m (“200m Standard Oval Track”). It shall consist of two parallel straights and two bends, which may be banked, and whose radii should be equal.

The inside of the track shall be bordered either with a kerb of suitable material, approximately 50mm in height and width, or with a white line 50mm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the kerb or line shall be horizontal throughout the length of the track. However, this kerb or line may be located on the banking slope such that the pivot line of the banking shall be horizontal throughout the length of the banking.

Note: All measurements shall be taken as indicated in Rule 14.2 of the Technical Rules.

Performances achieved on an oval track with a nominal length other than 200m may count towards the Short Track results if the nominal length doesn't exceed 201.20m (220 yards).

Lanes

- 43.2** The track should have a minimum of four and a maximum of six lanes. The nominal width of the lanes shall be between 0.90m and 1.22m including the lane line on the right. All lanes shall be of the same nominal width with a tolerance of $\pm 0.01\text{m}$ to the selected width. The lanes shall be separated by white lines 50mm wide.

To organise top level competitions, it will be useful to have a 6-lane track. The ideal width of the lanes of an oval Track should be 1m.

Banking

- 43.3** The angle of banking in all the lanes in the bend and, separately, in the straight, should be the same at any cross section of the track. The straight may be flat or have a maximum lateral inclination of 1:100 (1%) towards the inside lane.

In order to ease the change from the straight to the banked bend, the change may be made with a smooth gradual horizontal transition which may be extended into the straight. In addition, there should be a vertical transition.

Marking of the Inside Edge

- 43.4** Where the inside edge of the track is bordered with a white line, it shall be marked additionally with cones or flags on the bends and, optionally, on the straights. The cones shall be at least 0.15m high. The flags shall be approximately 0.25m \times 0.20m in size, at least 0.45m high and set at an angle of 60° with the ground away from the track. The cones or flags shall be 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. The cones or flags shall be placed at intervals not exceeding 1.5m on the bends and, if used, 10m on the straights.

Note: For all Short Track competitions directly under World Athletics, the use of an inside kerb is strongly recommended.

When positioning the flags or cones it must be taken into account that the white line on the inside edge of lane 1 does not belong to the athlete drawn in that lane. Cones are preferred and recommended for Short Track Competitions.

44. Start and Finish on the Oval Track

- 44.1** Technical information on the construction and marking of a standard banked Short Track oval is given in detail in the World Athletics Track and Field Facilities Manual. The basic principles to be adopted are given hereunder.

Basic Requirements

- 44.2** The start and finish of a race shall be denoted by white lines 50mm wide, at right angles to the lane lines for straight parts of the track and along a radius line for curved parts of the track.
- 44.3** The requirements for the finish line are that, if at all possible, there should be only one for all the different lengths of race, it shall be on a straight part of the track and as much of that straight as possible should be before the finish.
- 44.4** The essential requirement for all start lines, straight, staggered or curved, is that the distance for every athlete, when taking the shortest permitted route, shall be the same.
- 44.5** As far as possible, start lines (and takeover zone lines for Relay Races) should not be on the steepest part of the banking.

Conduct of the Races

- 44.6** Conduct of the Races, as follows:

- 44.6.1** Races of up to, and including, 300m shall be run entirely in lanes.
- 44.6.2** Races over 300m, and less than 800m shall start and continue in lanes up to the breakline marked at the end of the second bend.
- 44.6.3** For the start of races of 800m, each athlete may be assigned a separate lane, or up to two athletes may be assigned per lane, or a group start, as in Rule 17.5.2 of the Technical Rules preferably commencing in lanes 1 and 4, may be used. In these cases, athletes may leave their lane, or those running in the outer group may join the inner group, only after the breakline marked at the end of the first bend, or if the race is run with two bends in lanes, at the end of the second bend. A single curved start line may also be used.

Note (i): In competitions under paragraphs 1. (e) and 2. (e) of the World Rankings Competition definition, the participating teams may agree not to use lanes for the 800m event.

Note (ii): On tracks with less than six lanes, a group start may be used to allow six athletes to compete.

- 44.6.4** Races longer than 800m shall be run without lanes using an arced start line or group starts. If a group start is used, the breakline shall be at the end of either the first or second bend.

If an athlete does not follow this Rule, they shall be disqualified.

The breakline shall be an arced line marked after each bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones, prisms or other suitable markers, 50mm × 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

Start Line and Finish Line for a Track of 200m Nominal Length

- 44.7** The start line in lane 1 should be on the principal straight. Its position shall be determined so that the most advanced staggered start line in the outside lane (400m races) should be in a position where the angle of banking should not be more than 12°.

The finish line for all races on the oval track shall be an extension of the start line in lane 1, right across the track and at right angles to the lane lines.

Colours to use for marking the track are indicated on the Track Marking Plan included in the World Athletics Track and Field Facilities Manual.

45. Seedings and Draw for Lanes in Track Events

- 45.1** The ranking and composition of heats shall be made in accordance with Rule 20.3 of the Technical Rules.

Note (i): Tables to determine the number of rounds and heats in each round to be held and the qualification procedure which may be used in the absence of any provision in applicable regulations or other determination by the Organisers are published on the World Athletics website.

Note (ii): The applicable regulations may specify how vacant positions due to withdrawals in semi-finals and finals may be filled in by athletes ranked next following the previous round after those qualified.

- 45.2** For all rounds in all events run wholly or partly in lanes around a bend, where there are successive rounds of a race, three draws for lanes will then be made:

45.2.1 one for the two highest ranked athletes or teams to determine placings in the outer two lanes;

45.2.2 another for the third and fourth ranked athletes or teams to determine placings in the next two lanes;

45.2.3 another for the other athletes or teams to determine placings in any remaining inner lanes.

- 45.3** For all other races, the lane order shall be drawn in accordance with Rules 20.4.1, 20.4.2, 20.4.3 and 20.5 of the Technical Rules.

Where tracks have a different configuration of lanes, then the tables to be used should be adapted either in the specific Technical Regulations for the competition or if not by the Technical Delegate(s) or the Organisers.

46. [Intentionally Left Blank]**47. Hurdle Races**

47.1 The standard distances shall be: 50m or 60m on the straight track.

47.2 Layout of the hurdles for races:

	U18 Men	U20 Men	Men	U18 Women	U20 Women / Women
Height of hurdle	0.914m	0.991m	1.067m	0.762m	0.838m
Distance	50m/60m				
Number of hurdles	4/5				
Start line to first hurdle	13.72m			13.00m	
Between hurdles	9.14m			8.50m	
Last hurdle to finish line	8.86m/9.72m			11.50m/13.00m	

48. Relay Races***Conduct of the Races***

48.1 In the 4 × 200m race, all the first leg and the first bend of the second leg up to the nearer edge of the breakline described in Rule 44.6 of the Technical Rules, shall be run in lanes. Each takeover zone shall be 20m long and the second, third and fourth athlete shall start within this zone.

48.2 The 4 × 400m and the 4 × 400m Mixed races shall be run according to Rule 44.6.2 of the Technical Rules.

48.3 The 4 × 800m race shall be run according to Rule 44.6.3 of the Technical Rules.

48.4 The waiting athletes in the third and fourth legs of the 4 × 200m 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 have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, their team shall be disqualified.

48.5 The waiting athletes in the second, third and fourth legs of the 4 × 400m, the 4 × 400m Mixed and the 4 × 800m 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 pass the finish line to enter the last lap of their leg. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, their team shall be disqualified.

Note: Owing to the narrow lanes, Short Track Relay Races are much more liable to collisions and unintended obstruction than Relay Races on 400m Standard Oval Tracks. It is, therefore, recommended that, when possible, a spare lane should be left between each team.

To avoid any interference with the team members currently running, the waiting athletes should be placed in their order under the direction of the designated official on the outside of the track and only be led to their final waiting position on the track once the athlete of the last team has passed the finish line.

49. High Jump

Runway and Take-Off Area

- 49.1** If portable mats are used, all references in the Rules to the level of the take-off area must be construed as referring to the level of the top surface of the mat.
- 49.2** An athlete may start their approach on the banking of the oval track provided that the last 15m of their run up is on a runway complying with Rules 27.3, 27.4 and 27.5 of the Technical Rules.

50. Pole Vault

Runway

An athlete may start their approach on the banking of the oval track provided that the last 40m of their run up is on a runway complying with Rules 28.6 and 28.7 of the Technical Rules.

51. Horizontal Jumps

Runway

An athlete may start their approach on the banking of the oval track provided that the last 40m of their run up is on a runway complying with Rules 29.1 and 29.2 of the Technical Rules.

52. Shot Put

Landing Sector

- 52.1** The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimise any bounce.
- 52.2** Where necessary to ensure the safety of spectators, officials and athletes, the landing sector shall be enclosed at the far end and on the two sides by a stop barrier and/or protective netting, placed as close to the circle as required. The recommended minimum height of the netting should be 4m and sufficient to stop a shot, whether in flight or bouncing from the landing surface.
- 52.3** If there is limited space in the Field of Play, the area enclosed by the stop barrier may not be large enough to include a full 34.92° sector. The following conditions shall apply to any such restriction.
- 52.3.1** The stop barrier at the far end shall be at least 0.50m beyond the current World Record in Shot Put for men or women.
- 52.3.2** The sector lines on either side shall be symmetrical about the centre line of the 34.92° sector.
- 52.3.3** The sector lines run radially from the centre of the Shot Put circle at an angle of 34.92° until the sector has a width of at least 9m. From there on they run parallel to the centre line of the landing sector.

It is recommended that the stop barrier / protective netting on either side should be extended towards the circle so that it starts within 8m of it and that, for the length of these extensions, the height of the netting should be at least 6m.

Construction of the Shot

- 52.4** Depending on the type of landing area (see Rule 52.1 of the Technical Rules), the shot shall be either solid metal or metal cased or, alternatively, soft plastic or rubber casing with a suitable filling. Both types of shot may not be used in the same competition.

Solid Metal or Metal Cased Shot

- 52.5** These shall comply with Rule 33.4 and 33.5 of the Technical Rules.

Plastic or Rubber Cased Shot

- 52.6** The shot shall have a soft plastic or rubber case with a suitable filling such that no damage shall be caused when landing on a normal sports hall floor. It shall be spherical in shape and its surface finish shall be smooth.

Information for manufacturers: to be smooth, the surface average height must be less than or equal to 1.6µm, i.e. a roughness number N7 or less.

- 52.7** The shot shall conform to the following specifications:

Minimum weight and diameter limits for admission to competition and acceptance of a Record:

Diameter:	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Minimum	85mm	95mm	100mm	105mm	110mm
Maximum	120mm	130mm	135mm	140mm	145mm

53. Combined Events Competitions

U18, U20 and Senior Men (Pentathlon)

- 53.1** The Pentathlon consists of five events, which shall be held on one day in the following order:

60m Hurdles; Long Jump; Shot Put; High Jump; 1000m.

U18, U20 and Senior Men (Heptathlon)

- 53.2** The Heptathlon consists of seven events which shall be held over two consecutive 24-hour periods in the following order:

First day: 60m; Long Jump; Shot Put; High Jump.

Second day: 60m Hurdles; Pole Vault; 1000m.

U18, U20 and Senior Women (Pentathlon)

- 53.3** The Pentathlon consists of five events and shall be held on one day in the following order:

60m Hurdles; High Jump; Shot Put; Long Jump; 800m.

Heats and Groups

- 53.4** Preferably four or more, and never less than three, athletes shall be placed in each heat or group.