

SECTION V – INDOOR COMPETITIONS

Rule 38: Applicability of Outdoor Rules to Indoor Competitions

(Rule 210)

With the exceptions stated in the following Rules of this Section V and the requirement for wind measurement set out in Rule 18 and Rule 27, the Rules of Sections I to IV for outdoor competitions shall apply to Indoor Competitions.

Rule 39: The Indoor Stadium

(Rule 211)

1. The stadium shall be completely enclosed and covered. Lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.
2. The field of play should include an oval track; a straight track for sprints and 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.
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. If the track manufacturer or the stadium operator mandates an alternate maximum or prohibits the use of certain shaped spikes, this shall be applied and the athletes notified of accordingly.

WPA Indoor Championships should be held only on facilities that hold a current valid World Athletics Indoor Athletics Facility Certificate.

It is recommended that other WPA Recognised competitions (see Part B - 3.1.2) should also be held on these facilities.

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

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

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

COMMENT: Lack of suitable lighting is a common problem for Indoor 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.

Rule 40: The Straight Track

(Rule 212)

1. The lateral inclination of the track should not exceed 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption and the inclination in the running direction shall not exceed 1:250 (0.4%) at any point and 1:1000 (0.1%) overall.

Lanes

2. The track should have a minimum of 6 and a maximum of 8 lanes separated and bounded on both sides by white lines 50mm wide. The lanes shall all be 1.22m ± 0.01m wide including the lane line on the right.

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

Start and Finish

3. There should be a clearance of at least 3m behind the start line free of any obstruction. There shall be a clearance of at least 10m beyond the finish line free of any obstruction with adequate provision beyond for an athlete to come to a halt without injury.

Note: It is strongly recommended that the minimum clearance beyond the finish line should be 15m.

COMMENT: The straight track can measure 50m or 60m. In major competitions, it is necessary that the events take place over a distance of 60m.

If advice is sought, it is necessary to insist on the area which must be free at the start and at the finish.

Experience has proved that in many situations, behind the starting line, the free zone cannot be more than 2 metres. This distance is sufficient to place the starting-blocks with false start apparatus and the lane boxes indicating the lanes.

Rule 41: The Oval Track and Lanes

(Rule 213)

1. The nominal length should preferably be 200m. It shall consist of two parallel straights and two bends, which may be banked, 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 line or kerb 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. The kerb on the two straights may be omitted, and a white line 50mm wide substituted.

Note: All measurements shall be taken as indicated in Rule 15.2

Lanes

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 1.10m including the lane line on the right. All lanes shall be of the same nominal width with a tolerance of ± 0.01 m to the selected width. The lanes shall be separated by white lines 50mm wide.

COMMENT: Despite the oftentimes narrowness of the width of the lanes for indoor competitions, athletes must still start (e.g. Have their hands completely within) inside their lanes. This does not mean that part of their starting blocks cannot be outside their lanes providing they do not interfere with another athlete, (see Rule 16.2 (e)).

Banking

3. The angle of banking in all the lanes 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

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 0.25mx0.20m 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 distances not exceeding 1.5m on the bends and 10m on the straights.

Note: the use of an inside kerb is strongly recommended.

COMMENT: An Oval Track may be longer than 200m but any records for 200m or longer races would not be ratified. The development of a 200m track is more advantageous than those of a shorter distance. 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.

Cones must be placed not only along the bends, but along the whole of the oval track.

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 runner drawn in that lane. Cones are preferred and recommended for Indoor Competitions

Rule 42: Start and Finish on the Oval Track

(Rule 214)

1. Technical information on the construction and marking of a 200m banked indoor track are given in detail in the World Athletics Track and Field Facilities Manual. The basic principles to be adopted are given hereunder.

Basic Requirements

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.
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; that it shall be on a straight part of the track and that as much of that straight as possible should be before the finish.
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.
5. As far as possible, start lines (and take-over zone lines for relay races) should not be on the steepest part of the banking.

Conduct of the Races

6.
 - a) Races of up to, and including, 300m shall be run entirely in lanes.

- b) Races over 300m, and less than 800m shall start and continue in lanes until the break line marked at the end of the second bend.
- c) 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, 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 break line marked at the end of the first bend, or if the race is run with two bends in lanes, end of the second bend.
- d) Races longer than 800m shall be run without lanes using an arced start line or group starts. If a group start is used, the break line shall be at the end of either the first or second bend. If an athlete does not follow this Rule, he shall be disqualified. The break line shall be an arced line marked after each bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify the break line, small cones or prisms, 5cm 50mm × 50mm and no more than 0.15m high, 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.

Note (i): In competitions other than IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) the NPCs concerned 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. This doesn't apply for athletes in class 11 and class 12 if accompanied by a guide-runner.

Note (iii) For races running in lanes, athletes in Sport Classes 11 and 12, if accompanied by a guide-runner, shall have two lanes available.

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

- 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 degrees.

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.

COMMENT: Colours to use for marking the track are indicated on the Track Marking Plan

included in the World Athletics Track and Field Facilities Manual.

Rule 43: Seeding, Draws and Qualification in Track Event

(Rule 215)

Rounds and Heats

1. In indoor competitions, 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:

60m

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	4	
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	2	6				3	2	2
73-80	10	2	4				3	2	2

200m, 400m, 800m, 4x200m, 4x400m

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	3	3				2	3	
19-24	4	2	4				2	3	
25-30	5	2	2				2	3	
31-36	6	2	6				3	2	
37-42	7	2	4				3	2	
43-48	8	2	2				3	2	
49-54	9	2	6	4	3		2	3	
55-60	10	2	4	4	3		2	3	

1500m

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
12-18	2	3	3						
19-27	3	2	3						
28-36	4	2	1						
37-45	5	3	3				2	3	3
46-54	6	2	6				2	3	3
55-63	7	2	4				2	3	3

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.

60m (T11-12) – 8 Lanes

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

200m, 400m, 800m (T11-12) – 6 Lanes

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
4-6	2	1	1						
7-9	3	1	0						
10-12	4	1	2				2	1	2
13-15	5	1	1				2	1	2
16-18	6	1	0				2	1	2

1500m (T11-12) – 6 Lanes

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	Place	Time	Heats	Place	Time	Heats	Place	Time
6-10	2	1	3						
11-15	3	1	2						
16-20	4	1	6				2	1	3

Note: The above qualifying procedures are only valid for 6 lanes oval tracks and/or 8 lanes straight tracks.

COMMENT: For an outdoor competition with a track having only 6 lanes this rule could be used for seeding and progressions.

Draw for Lanes

2. For all events run wholly or partly in lanes around a bend, where there are successive rounds of a race, three draws for lanes will be made:
 - a) One for the two highest ranked athletes or teams to determine placings in the outer two lanes;
 - b) Another for the third and fourth ranked athletes or teams to determine placings in the next two lanes;
 - c) Another for the other athletes or teams to determine placings in any remaining inner lanes;
 - d) The ranking referred to shall be determined as follows:
 - e) For the first round, from the relevant list of valid performances achieved during the predetermined period;
 - f) After the first round, in accordance with the procedures identified in Rule 21.3 (a) or in the case of 800m, Rule 21.3 (b).
3. For all other races, the lane order shall be drawn in accordance with Rules 21.4 and 21.5.

COMMENT: 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 LOC

Rule 44: Spike Length

(Rule 216)

When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 6mm (or as required by the LOC) subject always to the maxima provided in Rule 6.4.

Rule 45: Relay Races

(Rule 218)

Conduct of the Races

1. In the 4x200m relay race all the first leg and the first bend of the second leg up to the nearer edge of the break line described in Rule 42.6 shall be run in lanes. Each takeover zone shall be 20m long and the second, third and fourth athletes shall start within this zone.
2. The 4x400m relay race shall be run according to Rule 42.6 (b).
3. The 4x800m relay race shall be run according to Rule 42.6 (c).
4. In relay races where athletes are permitted to leave their respective lanes on entering the straight after running two or three bends in lanes, the layout for the echelon start is described in Rule 42.
5. The waiting athletes in the third and fourth legs of the 4x200m relay race, in the second, third and fourth legs of the 4x400m and the 4x800m 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 have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. If an athlete does not follow this Rule, his team shall be disqualified.

Note: Owing to the narrow lanes, indoor relay races are much more liable to collisions and unintended obstruction than outdoor relay races. It is, therefore, recommended that, when possible, a spare lane should be left between each team.

Rule 46: High Jump

(Rule 219)

Runway and Take-Off Area

1. If portable mats are used, all references in the Rules to the level of the take-off area must be constructed as referring to the level of the top surface of the mat.
2. An athlete may start his approach on the banking of the oval track provided that the last 15m of his run up is on a runway complying with Rules 26.3, Rule 26.4 and Rule 26.5.

Rule 47: Horizontal Jumps

(Rule 221)

Runway

An athlete may start his approach on the banking of the oval track provided that the last 40m of his run up is on a runway complying with Rules 27.1 and Rule 27.2.

Rule 48: Shot Put

(Rule 222)

Landing Sector

1. The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimise any bounce.
2. The landing sector shall be enclosed at the far end and on the two sides, as close to the circle as may be necessary for safety of the other athletes and officials, by a stop barrier and protective netting of approximately 4m height which should stop a shot whether in flight or bouncing from the landing surface.
3. In view of the limited space inside an indoor 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:
 - a) 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;
 - b) The sector lines on either side shall be symmetrical about the centre line of the 34.92° sector;
 - c) The sector lines may either run radially from the centre of the Shot Put circle including a full 34.92° sector, or may be parallel to each other and the centre line of the 34.92° sector. Where the sector lines are parallel, the minimum separation of the two sector lines shall be 9m.

COMMENT: 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 5m.

4. For Seated Throw Shot Put Events, a stop board is not necessary. For these classes, the use of a movable platform at a suitable place in the indoor area is allowed.

Construction of the Shot

5. Depending on the type of landing area (see Rule 48.1), 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

6. These shall comply with Rule 31.4 and Rule 31.5, for the Shot Put outdoors.

Plastic or Rubber Cased Shot

7. 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 1.6µm, i.e., a roughness number N7 or less.

8. The shot shall conform to the following specifications:

Shot						
Minimum weight for admission to competition and acceptance of a						
Record	2.000kg	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Information for manufacturers						
Range for supply of implement for competition	2.005kg	3.005kg	4.005kg	5.005kg	6.005kg	7.265kg
	2.025kg	3.025kg	4.025kg	5.025kg	6.025kg	7.285kg
Minimum Diameter	80mm	85mm	95mm	100mm	105mm	110mm
Maximum Diameter	110mm	120mm	130mm	135mm	140mm	145mm