



Toruń, Poland (26 March - 1 April 2023)

COMPETITION AND TECHNICAL RULES 2023

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DEFINITIONS

- Affiliate** has the same meaning as a Member.
- Competition Committee** means the WMA committee chaired by the VP of Competition. It discusses and reports on all competition matters and is responsible to the Council.
- Council** means the body responsible for the administration of WMA consisting of the elected members of the

	Executive, the WA Representative and the Regional Representatives.
Gun time	means the signal which starts the timing mechanism for all athletes in the race.
Member	means an athletics organisation affiliated with WMA which is responsible to represent all Masters Athletes of a Country or Territory; and Membership shall have a corresponding meaning.
Region	means each of the six geographical areas into which the world has been divided for the purposes of the administration of WMA and for the grouping of Members, and Regional or Area has a corresponding meaning.
Regional Records Chair	means the person responsible for each WMA Region's records and Regional or Area Statistician has a corresponding meaning.
Safety Director	head official responsible for event and athlete safety.
Safety Officer	one of several officials assigned by the Safety Director responsible for event and athlete safety.
Stadia	means all athletic events normally conducted in a stadium and Track and Field has a corresponding meaning.
Non-stadia	means all athletic events normally conducted outside of a stadium.
WA	means World Athletics (formally IAAF).
WMA	means World Masters Athletics. It is the body which controls athletics for men and women from age 35 and up.
WMA Records Manager	means the person responsible for maintaining the WMA records and WMA Records Statistician has a corresponding meaning.

WMA COMPETITION RULES -2023

Note 1: *The WMA Competition and Technical rules additions and exceptions to the WA Rules are arranged to correspond to the WA Competition and Technical Rules numbering system.*

Rule 1 Authorisation to Stage Competitions

- 1.1 Championships Sanctioning
 - 1.1.1 WMA shall sanction such other World Masters Championships as may be approved by the General Assembly.
 - 1.1.2 WMA shall sanction such other road, cross-country and mountain running races as may be approved by the General Assembly, including the holding of a WMA Marathon, a 100K WMA World Championship Road Race, a WMA 24 Hour World Championship Road Race, and a WMA World Championship Mountain Running Race.
 - 1.1.3 WMA shall encourage its Regional Associations to promote regular Regional Masters Athletics Championships, but only in countries whose governments do not refuse visas to or otherwise restrict participation by individuals, on the grounds of race, religion, politics, nationality or place of residence. Regional Masters Athletics Championships shall require the approval of the WMA Council.
 - 1.1.4 WMA shall, where appropriate, encourage the promotion of Regional Masters Indoor Championships.
 - 1.1.5 WMA shall encourage its Members to promote regular National Masters Athletics Championships. WMA shall, where appropriate, encourage the promotion of National Masters Indoor Championships.

Rule 2 Regulations Governing the Conduct of International Competitions

- 2.1 Championship Events
 - 2.1.1 **WMA World Outdoor Championships (Stadia)**
 - 2.1.1.1 Each WMA World Outdoor Championships (Stadia) shall include the following events.
Each event will be offered for both males and females except as noted.
Stadia:

100m	High Jump
200m	Pole Vault
400m	Long Jump
800m	Triple Jump
1500m	Hammer Throw
5000m	Shot Put
110/100/80m Short Hurdles	Discus Throw
400/300/200m Long Hurdles	Javelin Throw
4x100m Relay	Weight Throw
4x400m Relay	Decathlon (Male)
3000/2000m Steeplechase	Heptathlon (Female)
5000m Track Race Walk	Throws Pentathlon

Non-Stadia:

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

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

10km Road Race (not a team event)

Half Marathon

10km Road Race Walk

20km Road Race Walk

2.1.1.1.2 The Half Marathon shall be the last long-distance event.

2.1.1.1.3 The WMA Championship Marathon shall be an event hosted as part of an established Marathon. (not a team event)

2.1.2 WMA World Indoor Championships (Stadia)

2.1.2.1 Each WMA World Indoor Championships shall include the following events. Each event will be offered for both males and females except as noted.

2.1.2.2 Stadia:

60m High Jump

200m Pole Vault

400m Long Jump

800m Triple Jump

1500m Shot Put

3000m Weight Throw

60m Hurdles 3000m Track Race Walk

4x200m Relay Indoor Pentathlon

2.1.2.3 The following Championships Events are optional. If offered, they will be hosted concurrently with the Indoor Championships:

2.1.2.3.1 WMA Winter Championship events:

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

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

- 10km Road Race (not a team event)
 - 5km Road Race Walk (not a team event)
 - Half Marathon
 - 10km Road Race Walk
- 2.1.2.3.2 WMA Winter Throwing Championship events:
Hammer Throw, Discus Throw, Javelin Throw

Rule 3 International Officials

- 3.1 WMA shall define the roles of International Officials regarding the specific needs of Masters athletes and WMA World Championships. All WMA delegates of a technical nature, if required, including International and Area Technical Officials, International Road Race Measurer, International Starter, and International Photo Finish Judge shall be nominated by the WMA Vice-President Competition and approved by the WMA Council.
- 3.2 The WMA Council shall appoint a Safety Director, who shall appoint one or more Safety Officers with authority to withdraw from competition any athlete whose continued participation in that competition would, in the opinion of the Safety Officers, endanger the athlete's health or the safety of the other competitors. The Safety Officer may exercise their authority through Deputies and both the Safety Officers and any Deputies shall be clearly identifiable with full accreditation.

Rule 9 Establishment of a WMA Race Walking Panel

The panel shall consist of: Experienced, registered Race Walking Judges in Masters Athletics from a variety of countries, as selected and approved by WMA VP Competition. All Judges will serve a probationary period before final approval as a WMA Race Walking Judge. A list of approved WMA Race Walking Judges will be placed on the WMA Website. All WMA Race Walking Championship Judges shall only be those approved by the Competition VP no later than one month prior to the championship.

Rule 12 Jury of Appeal

- 12.1 The President shall appoint the members of the Jury of Appeal based upon recommendations from the VP Competition.

Rule 31 World Records

- 31.1 **Submission and Ratification**

For both relays and individual events, at least two athletes (or teams) must be bona fide competitors in the same race or flight, within a bona fide meet. Records shall be ratified if it is accomplished during a mixed age and/or gender event. For record purposes, where a women 70+ or a man 80+ compete alone in the 200m hurdles, in a fully accredited meeting, their time achieved will be considered for record purposes when all other requirements are met.

31.1.1 Technical Basis for Recognition

- 31.1.1.1 Observance of the appropriate specification(s), as set out in Appendix A shall be a necessary condition for ratification of a World Masters Record. WA rules for individual events, as modified by WMA shall apply.
- 31.1.1.2 Only performances by athletes who are members of their WA or Masters Member shall be recognised as WMA world records and the application must be certified as being correct by their Member.
- 31.3.1 An athlete (or athletes in the case of a relay record) who sets a WMA World Record must:
 - (a) have been eligible to compete under the rules;
 - (b) have membership with either their WA or Masters Member;
 - (c) must supply a birth certificate as proof of age, unless previously submitted, to be included with the record application. The age group of an athlete shall be determined by the athlete's date of birth on the day of the record.
 - (d) must, in the case of a relay, all be eligible to represent a single Masters Member.
 - (e) must not have a doping violation from any doping control test that was collected at the meet, or have admitted that at some time prior to achieving a World Record, has used or taken advantage of a substance or technique prohibited at that time.

31.4.1 Application Procedure

- 31.4.1.1 An application for a World Masters Record shall be made on the official application form, and shall be submitted to the Regional Records Chair, who shall forward a copy thereof to the WMA Record Manager. If the WMA form has not been used, a record may still be accepted if the substitute form has all of the information and attachments required on the WMA application form. No performance shall be regarded as a World Record until it is ratified by WMA.
- 31.4.1.2 The following must be enclosed with the application:

Copy of athlete's birth certificate (unless previously provided)
Complete results of the event; copy of the Judges' Score Sheet (for field events)
Photo Finish and Zero Test images (for track events where Fully Automatic Timing was used)
Lap scoring card with lap times for track events 3000m and longer.

31.4.2 Records at World Championships

31.4.2.2 No record application form is needed for WMA Records set at world and regional championships. A separate list of all records accompanied by the results of the event shall be sent to the responsible Regional Records Chair and the WMA Record Manager not later than ten (10) days after the last day of competition. In addition, marks set at the following meets: the Olympic Games; the WA World Championships; WA World Tour and Diamond League meets; the Commonwealth Games and equivalent regional championship meets, will be accepted when the WMA Records Manager has been notified and the athlete's age has been confirmed.

31.4.3 Registration and Publication

31.4.3.1 The Regional Records Chair shall inform the WMA Record Manager of the approval or the reasons of rejection, within thirty (30) days after receipt of the record application form.

31.13 The WMA Record Manager shall state whether a record has been set. The record performance is then registered and together with the Chair of the Records Committee, shall be ratified. After the record is ratified, the official record list shall be updated and published on the WMA website within thirty (30) days and the Region advised.

31.14(d) No performance will be ratified in the case where an athlete's false start has violated Rule 162.

31.18 Performances achieved in mixed (i.e. male & female) competition will be acceptable for recognition as World Records.

31.19 For World Records in Race Walk Events:
All Race Walking Judges officiating the competition shall be currently registered Judges by their affiliate. The chief Race Walking Judge shall sign the application form.

31.20(d) It is not required that the course be verified (re-measured).

Rule 32 Events for which WMA World Records are Recognised

- 32.1 Records shall be recognised for each of the five- year age groups, separately for male and female for the events listed below. There shall be separate Outdoor and Indoor Records.
- 32.2.1 Records shall be maintained for all of the official Combined Events Competitions using the current WMA approved scoring system and implements. These records shall include an event listing with the performances and scores.

Outdoor Stadia:

- Running Events: 100m, 200m, 400m, 800m, 1500m, one mile, 3000m, 5000m, 10000m, Steeplechase
- Hurdles: Events: 80m, 100m, 110m, 200m, 300m, 400m
- Relays: 4x100m, 4x400m, 4x800m
- Jumping Events: High Jump, Pole Vault, Long Jump, Triple Jump
- Throwing Events: Hammer, Shot Put, Discus, Javelin, Weight Throw
- Combined Events: Decathlon (Male), Heptathlon (Female), Throws Pentathlon, Outdoor Pentathlon
- Race Walking: 3000m, 5000m

Indoor Stadia:

- Running Events: 60m, 200m, 400m, 800m, 1500m, one mile, 3000m
- Hurdles Events: 60m
- Relays: 4x200m, 4x400m, 4x800m
- Jumping Events: High Jump, Pole Vault, Long Jump, Triple Jump
- Throwing Events: Shot Put, Weight Throw
- Combined Event: Indoor Pentathlon
- Race Walking: 3000m

- Non Stadia:** Marathon, 10k Road Race Walk, 20k Road Race Walk, 50k Road Race Walk

Rule 36 Other Records

- 36.1 WMA Championships, Stadia and Indoor Records
WMA Championships Non Stadia Records
WMA Championships 100K and Ultra 24 Hour Records

Rule 37 Drug Testing

- 37.1 Anti-Doping Control
- 37.1.1 Anti-Doping testing of athletes may be conducted at any time including Out of Competition, at WMA Stadia, Indoor, Non-Stadia

Championships and shall be performed during both Stadia and Non-Stadia events, Outdoors and Indoors.

37.1.2 For Non-doping disciplinary matters refer to the WMA Bylaws and Championships Rules.

WMA TECHNICAL RULES 2023

Rule 1 General

- 1.1 WMA World Championships, Regional Masters Athletics Championships, Inter-Regional Masters Competitions and National Masters Athletics Championships shall be conducted in accordance with the technical rules of WA except as modified by the WMA Constitution, Bylaws and/or Rules of Competition.
- 1.2 The WA rule changes shall require endorsement by the WMA Council before introduction into WMA Competitions. Any modification of the technical rule takes effect the following 1st January, unless otherwise specifically stated.
- 1.4 Competitors shall be advised, preferably in the program, of the reporting time for each event. No round or stage of any event shall commence at a time earlier than that shown in the printed program.
- 1.5 In each event in World or Regional Masters Athletics Championships, there shall be at least three individual medals offered in each age group category for male and female.

Rule 3 Age Groups

- 3.1 For Competition, the age group of an athlete shall be determined by the athlete's date of birth on the first day of the competition and athletes shall not compete in any other age group except as allowed by specific team and relay rules.
- 3.1.1 For Records, the age group of an athlete shall be determined by the athlete's date of birth on the day of the record, as long as all of the rules of competition apply to both the old and new age groups.
- 3.2 Competition shall be conducted only in the following age groups (unless otherwise noted) as follows:

Ages	Male Age Groups	Female Age Groups
35 - 39	M35	W35
40 - 44	M40	W40
45 - 49	M45	W45

50 - 54	M50	W50
55 - 59	M55	W55
60 - 64	M60	W60
65 - 69	M65	W65
70 - 74	M70	W70
75 - 79	M75	W75
80 - 84	M80	W80
85 - 89	M85	W85
90 - 94	M90	W90
95 - 99	M95	W95
100+	M100+	W100+

Rule 4 Entries

- 4.1.1 Entries to all WMA World Championships must be submitted online by either the athlete or their national WMA Member. All entries must be validated by the entrant's WMA Member. Where a competitor comes from a country that does not have a WMA Member then that competitor may enter directly, subject to the approval of the WMA Council. The Council may make an exception to this requirement for a specific WMA Member. The WMA Secretary shall submit a list of all the WMA Members to the Organising Committee at least 120 days prior to the start of the Championships.
- 4.1.2 The LOC will not make any changes to the entries without the written express approval or request of the WMA Member.
- 4.1.3 Entries shall not be subject to prior achievement of qualifying standards.
- 4.4 Athletes will not be penalised for failure to participate.

Rule 5 Clothing, Shoes, and Number Bibs

- 5.1 In WMA Championships all competitors must wear a competition top that is approved by their national Masters Member. In WMA Championships where team events are contested, or where an athlete does not have an affiliated Masters Member, it is mandatory to wear a uniform clearly identifying the country that he represents as accepted by the Call Room Referee or the WMA Technical Delegate.
- 5.7.1 In all WMA Championships, athletes shall wear bibs which clearly identify their sex and age group.

- 5.7.2 In all field events only one competition number (bib) shall be required.
- 5.13.3 Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm).

Rule 6 Assistance to Athletes

- 6.2.1 Blind competitors requiring guides are not to receive any advantage over other competitors in the assistance received. A guide may only be in a position behind or at the side of the competitor. A tether may be used but not to pull the competitor ahead. In races run in lanes, the outermost lanes must be used.
- 6.3 Any athlete given or receiving physical assistance from within the competition area during an event shall be disqualified from the event, unless exceptional circumstances warrant otherwise. This shall not disqualify them from any previous rounds or other events.

Rule 9 Mixed Competition

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

Rule 13 Scoring

- 13.1 There shall be no overall Team Championships.
- 13.2 Non-Stadia Team Scoring
- 13.2.1 When team competitions are included in road races, cross-country races and road walk races, there shall be three team awards on the basis that each Member is entitled to count one team (best three to score) in each five-year age group. The result shall be computed on a cumulative time basis. In inter-regional competition, regional teams shall score on a similar basis.
- 13.2.2 In road races, cross-country races and road walk races, every athlete competes individually in their own age group. For team scoring purposes, athletes will only be permitted to drop to a lower age group to complete the required number for a team (3). All athletes on the team must compete and score in the race of the youngest member of the team.
- The following requirements must all be met:

- 13.2.2.1 The lower age group shall be in the same race as that in which the athlete competes individually.
- 13.2.2.2 The athlete's country does not have a sufficient number of athletes in that age group to make up a full team in that age group.
- 13.2.2.3 The submitted form must show the names, bib numbers and original age group of the athletes competing in a particular age group team.
- 13.2.2.4 An athlete may only score for one team.
- 13.2.2.5 A maximum of two athletes from an older age group may be declared in a team not of their age group. Athletes may drop down more than one age group.
- 13.2.2.6 An athlete who joins a team of a lower age group will not lose the right to an individual medal in their own age group as long as all of the above rules are followed.
- 13.2.2.7 Should it be found that an athlete has entered for the team scoring in a younger age group wherein the Member has already sufficient athletes within the team's age group to make up a full team, the team will be disqualified.
- 13.2.2.8 Athletes who join an age group team, in a race that does not include their age group, will lose the right to an individual medal and only count for the team.
- 13.2.2.9 Ties in team scores will be broken by the best time of the first athlete to finish on the tied teams.

Rule 15 Starting Blocks

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

Rule 16 The Start

- 16.8 In any race, individual athletes who are charged with a false start, as determined by the Starter, shall be warned. Individual athletes who are charged with their second false start in the same race, as determined by the Starter, shall be disqualified. This includes the Combined Events.

Rule 19 Timing

- 19.3.1 In all WMA Championships, for the purpose of lap counting, athletes shall wear a chip or similarly worn electronic device, in the track race walking events, the 3000m run and the 5000m run.

Rule 20 Seeding, Draws and Qualification in Track Events

20.2 Rounds and Heats

20.2.1 In events 1500m and under, heat assignments for the first round shall be based on the seed times submitted on the entry form. The athletes shall be placed in heats using the WA zigzag distribution method. Heat assignments in all subsequent rounds shall be based on place, then time, as per the WMA Advancement Tables in Appendix C.

20.2.1.1 For this purpose, athletes shall be ranked as follows:

- Fastest heat winner
- 2nd fastest heat winner
- 3rd fastest heat winner, etc.
- Fastest 2nd place
- 2nd fastest 2nd place
- 3rd fastest 2nd place, etc.
- (Concluding with)
- Fastest time qualifier
- 2nd fastest time qualifier
- 3rd fastest time qualifier, etc.

20.2.2 Lane assignment for the first round shall be random. In subsequent rounds, preferred lanes shall be assigned from the performance in the prior round as ranked in rule 20.2.1.1. If the 1st round is a final, preferred lane shall be assigned by seed times.

20.2.3 The Competition Director or Technical Delegate may alter the composition of heats, as well as the number of participants per heat, depending on the number of competitors actually reporting. The first rounds, if required, shall always be run at their scheduled times. Further rounds will then be cancelled as necessary. All finals will be run at their scheduled times.

20.2.4 In WMA Championships, events longer than 1500m shall be conducted as seeded finals, with sections based on times supplied by the athlete on the official entry and final placings shall be decided on finishing times.

Rule 22 Hurdle Races

22.1 The specifications for hurdles shall be as set out in Appendix A 1.

22.2 The pull over force of the 0.686 meter (27 inch) hurdles shall be from 3.6 - 4.0 kilograms.

Rule 23 Steeplechase Races

- 23.1 The W35+ and M60+ distance shall be 2000m. The M35-59 distance shall be 3000m
- 23.5 The barrier height for the 2000m shall be 0.762m. The barrier height for the 3000m shall be 0.914m.

Note: When it is commonly available at facilities worldwide, the barrier height for the 3000m shall be 0.838m.

Rule 24 Relay Races

- 24.1 Distances - Refer to Competition Rule 2
- In WMA Championships, the relay races shall be conducted in five-year age groups between teams entered by Members in writing by Team Managers. Each Member may enter only one male and one female team in each age group in each relay. An athlete may compete for a team only once in each relay event (i.e. 4x100), which may be a lower age group than that of the athlete. The age group of the team is the age group of the youngest athlete on the entry form.

Rule 25 Field Events; General Conditions

25.0 Different Age Groups in same Field Competition

- 25.0.1 When a field event competition includes competitors in different age groups, such groups must be considered separate competitions for the purpose of deciding which competitors shall be allowed to advance. There may thus be more than the usual maximum of competitors allowed additional trials.

25.17 Time Allowed for Trials

WMA shall follow World Athletics Technical Rule 25.17.

Rule 26 Vertical Jumps; General Conditions

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

Rule 27 High Jump

- 27.1.1 Both feet must be off the ground during the jump.

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

Rule 28 **Note: It is not required that the pole is released by the athlete if no rules are broken in Rule 28.**

Rule 29 Horizontal Jumps

29.3 Plasticine is not required.

29.4 The take-off board(s) may be a white taped or painted line and shall measure 0.20m in width.

Rule 30 Long Jump

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

Rule 31 Triple Jump

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

Rule 32 Throwing Events; General Conditions

32.1 The age group specifications for throwing implements shall be as set out in Appendix A 2.

32.2 **Use of Personal Implement**

Competitors may use their own throwing implements provided that these implements conform with the rules. Personal implements shall only be issued to the specific competition of their owners. Any other competitor in the owner's specific competition has the right to use that equipment if they so wish.

Rule 33 Shot Put

33.5 The specifications for the shot shall be as set out in Appendix A 4.

Rule 34 Discus Throw

34.2 The specifications for the discus shall be as set out in Appendix A 5.

Rule 36 Hammer Throw

- 36.1.1 In making a throw, the competitor may choose any starting position, holding the hammer exclusively by the handle, and using both hands except at the start of the throw and the moment of release.
- 36.8 The specifications for the hammer shall be as set out in Appendix A 7.

Rule 38 Javelin Throw

- 38.10 The specifications for the javelin shall be as set out in Appendix A 6.

Rule 59 Weight Throw

- 59.1 The specifications for the weight shall be as set out in Appendix A 8 and A 9.
- 59.2 The rules of competition shall be the same as for the hammer.
- 59.3 In making a throw, the competitor may choose any starting position, holding the weight exclusively by the handle, and using both hands except at the start of the throw and the moment of release.
- 59.4 The outdoor weight may be used either indoors or outdoors depending on the landing surface. The indoor weight may only be used indoors. Both types of weights shall not be used in the same competition.
- 59.5 The weight throw shall be from an enclosure or cage.

Rule 39 Combined Events Competitions

- All Combined Events Competitions shall be conducted using the specifications as set out in Appendix A.
- 39.1.1 The order of events for the Outdoor Pentathlon shall be:
(Male) Long Jump, Javelin Throw, 200m, Discus Throw, 1500m
(Female) Short Hurdles, High Jump, Shot Put, Long Jump, 800m
- 39.1.2 The order of events for the Indoor Pentathlon shall be:
(Male) 60m Hurdles, Long Jump, Shot Put, High Jump, 1000m
(Female) 60m Hurdles, High Jump, Shot Put, Long Jump, 800m
- 39.1.3 The order of events for the Male and Female Throwing Pentathlon shall be:
Hammer Throw, Shot Put, Discus Throw, Javelin Throw, Weight Throw
- 39.11 All Combined Events Competition scoring shall be as set out in Appendix B.

Rule 54 Race Walking

- 54.1 Distances - Refer to WMA Rule 3

- 54.3.3 In Masters events all judges shall be registered Race Walking Judges. At all WMA Championships the Race Walking Judge Panel shall include Judges from the WMA Race Walking Panel. See Competition Rule 9.
- 54.7.3 A Penalty Zone (Pit Lane) shall not be used in WMA races.
- 54.7.8 In Masters events handheld transmission devices are not required.
- 54.14 Pacing by athletes in the race or other persons not in the race is not allowed. It is recommended that before the beginning of the race, all athletes are made aware of this rule. This is considered a warning by an official. Athletes may and can be given a red card for the infraction during or after the race.

Rule 55 Road Races

- 55.1 Distances - Refer to WMA Rule 3
- 55.12 Pacing by athletes in the race or other persons not in the race is not allowed. It is recommended that before the beginning of the race, all athletes are made aware of this rule. This is considered a warning by an official. Athletes may and can be given a red card for the infraction during or after the race.
- 55.13 The WMA Ultrarunning Championships shall use the International Association of Ultrarunners (IAU) competition rules. The WMA shall appoint the Technical Delegate and Safety Officer who may be the same person.
- 55.14 There is no age limit for an athlete in WMA Ultrarunning.

Rule 56 Cross-Country Races

- 56.1 Distances - Refer to Competition Rule 2
- 56.8 Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking station shall be provided for every lap.
- 56.10 Pacing by athletes in the race, or other persons not in the race, is not allowed. It is recommended that before the beginning of the race, all athletes are made aware of this rule. This is considered a warning by an official. Athletes may and can be given a red card for the infraction during or after the race.

Rule 57 Mountain Races

- 57.7 The WMA Mountain Running Championships shall use the World Mountain Running Association (WMRA) rules. WMA shall appoint the Technical Delegate and Safety Officer, who may be the same person.

- 57.8 The maximum age of the athletes competing in Mountain Running is 79 for men and women.

Rule 58 Non-Stadia Races

- 58.1 Distances - Refer to Competition Rule 2
- 58.2 At all WMA track and field championships, the non-stadia events will be timed using the chip or similarly worn electronic timing device.
- 58.3 In all WMA sanctioned championships, the “gun time” will be used in all cases where the chip or similarly worn electronic timing device is used.
- 59.4 An application to use an alternate timing method may be made by the LOC of a WMA Championship within one week after the closing of the entries. The application is to be made through the WMA Secretary, and to the WMA Competition Vice President. A determination will be conveyed to the LOC within one week of the receipt of the application.
- 59.5 Pacing by athletes in the race or other persons not in the race is not allowed. It is recommended that before the beginning of the race, all athletes are made aware of this rule. This is considered a warning by an official. Athletes may and can be given a red card for the infraction during or after the race.

RULES MODIFICATION AND AMENDMENT

Article 14 Modification of Rules

- 14.1 The Rules of Competition may be modified by the Council.
- 14.1.2 The WA changes or modifies their rules each year. The WMA Competition Committee must review these rules, accept, reject or make WMA modifications. The Council will vote on the recommendations from the Competition Committee on the above.
- 14.1.3 Any application by an Organising Committee for rule modification must be lodged with the secretary not later than ninety (90) days before the commencement of the championship.
The Secretary, in close co-operation with the Technical Delegate (WMA Competition VP), shall submit a motion for Council decision, no later than seventy-five (75) days before the Championships.
- 14.2 **Amendment of Rules Requested by a Member**
Amendments to Rules of Competition requested by the Members shall first be endorsed by the Regional Council of that Member. The amendments shall then be submitted to the WMA Secretary within 30 days of the endorsement. The WMA Secretary shall then

communicate these to the WMA VP Competition who shall have these modifications reviewed by the Competition Committee. Recommendations will be communicated to the WMA Secretary who will then circulate the recommendations to Council, who will make their own recommendations and comments. These recommendations and comments from Council will be sent to the Competition Committee chair. These will be circulated to the Committee for final draft, which will be sent to the Regions and Members through the WMA Secretary for voting at the General Assembly.

14.2.1 The only rule proposals that will be discussed on the floor of the General Assembly are those which have been specifically requested in writing to the WMA Secretary by a Member within 90 days preceding the General Assembly.

14.2.2 The WMA Assembly will vote on the final adoption or rejection of each of the proposals and only those adopted will become effective. No proposed change of the same rule shall be submitted to a Regional or WMA General Assembly within a four-year period.

APPENDIX A:

WMA Hurdle, Steeplechase and implement Specifications

1. HURDLES

WOMEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-39	60	0.84	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60+	60	0.686	5	12	7	20
SHORT	35-39	100	0.84	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60+	80	0.686	8	12	7	19
LONG	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40

MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.84	5	12	8	16
	70-79	60	0.762	5	12	7	20
	80+	60	0.686	5	12	7	20
SHORT	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.84	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	12	7	19
LONG	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79	300	0.686	7	50	35	40
	80+	200	0.686	5	20	35	40

2. STEEPLECHASE

WOMEN

2000m .762m (30") 18 barriers and 5 water jumps

MEN

35-59 3000m .914m (36") 28 barriers and 7 water jumps

60+ 2000m .762m (30") 18 barriers and 5 water jumps

Note: When it is commonly available at facilities worldwide, the barrier height for the 3000m shall be 0.838m.

3. IMPLEMENT SPECIFICATIONS

	Hammer	Shot	Discus	Javelin	Weight (kg)
WOMEN					
35-49	4kg	4kg	1kg	600gm	9.080 (20lb)
50-59	3kg	3kg	1kg	500gm	7.260 (16lb)
60-74	3kg	3kg	1kg	500gm	5.450 (12lb)
75+	2kg	2kg	0.75kg	400gm	4.000 (8.8lb)
MEN					

35-49	7.26	7.26	2kg	800gm	15.880 (35lb)
50-59	6kg	6kg	1.5	700gm	11.340 (25lb)
60-69	5kg	5kg	1kg	600gm	9.080 (20lb)
70-79	4kg	4kg	1kg	500gm	7.260 (16lb)
80+	3kg	3kg	1kg	400gm	5.450 (12lb)

4. SHOT PUT

Minimum Weight	Diameters:	
	Min.	Max.
7.260K	110mm	130mm
6.000K	105mm	130mm
5.000K	100mm	130mm
4.000K	95mm	130mm
3.000K	85mm	130mm
2.000K	80mm	110mm

5. DISCUS

See WA Rule 189 for Discus Specifications 1kg, 1.5kg, 2kg

Specifications for .750kg	Min.	Max.
Minimum Weight	.750kg	
Outside Diameter of metal rim	166mm	182mm
Diameter of metal plate or flat center area	50mm	57mm
Thickness of metal plate or flat center area	33mm	39mm
Thickness of rim (6mm from edge)	10mm	13mm

6. JAVELIN

See WA Rule 193 for Javelin Specifications 800g, 700g, 600g, 500g
Specifications for **400gm**

Minimum Weight	400gm	Min.	Max.
Overall Length	min	1.85m	1.95m
Length of metal head	min	200mm	250mm
Distance from tip of metal head to center of gravity	min	0.75m	0.80m
Diameter of shaft at thickest point	min	20mm	23mm
Width of cord grip	min	130mm	140mm

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

7. HAMMER

See WA Rule 191 for Hammer Specifications for 3.000kg, 4.000kg, 6.000kg
Specifications for 2.000kg

Minimum Weight	2.000kg		
	Min.	Max.	
Diameter of head	75mm	100mm	
Length of hammer measured from inside of handle			1195mm

8. OUTDOOR WEIGHT

Construction: The weight shall consist of three parts: a metal head, the link, and a handle (grip).
Head: The head shall be spherical and of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such a manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall be brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such a manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9MM from the center of the sphere.
Link: The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to ensure that the link(s) cannot stretch appreciably while the weight is being thrown.

Handle (Grip): The handle (grip) may be either of single or double loop construction but must be rigid and without hinging joints of any kind. It must not stretch appreciably while being thrown. It must be attached to the link(s) in such a manner that it cannot be turned within the link(s) to increase the overall length of the weight.

Connections: The links shall be connected to the head by means of a swivel, which may be either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).

Minimum Weight	Diameter	
	Min.	Max.
15.88kg	145mm	165mm
11.34kg	130mm	150mm
9.08kg	120mm	140mm
7.26kg	110mm	130mm
5.45kg	100mm	120mm
4.00kg	95mm	110mm

Length: The length shall be not more than 410mm measured from the inside of the handle (grip).

9. INDOOR WEIGHT

Construction: The weight shall consist of three parts: a head, a handle (grip), and a connection assembly which may contain a harness. The construction shall be such that no damage will be caused when landing on a normal sport hall floor.

Head: The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The center of gravity shall be not more than 9mm from the center of the head with the connection, handle, and harness removed or suspended.

Handle: The handle may be as permitted in the hammer or may be made of a round metal rod not to exceed 12.7mm in diameter. This rod is to be bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner so as to not stretch appreciably during a throw.

Connection: The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel, and harness must not stretch appreciably during a throw.

Indoor Weight	Diameter	
Minimum Weight	Min.	Max.
15.88kg	145mm	180mm
11.34kg	130mm	165mm
9.08kg	120mm	155mm
7.26kg	110mm	145mm
5.45kg	100mm	135mm
4.00kg	95mm	110mm

Length: The length shall be not more than 410mm measured from the inside of the handle.

APPENDIX B:

The scoring of WMA Combined Events Competition, age factors and parameters are in a separate document.

APPENDIX C:
WMA ADVANCEMENT TABLES
OUTDOOR

P = Number of athletes qualified by their place;

T = Number of athletes qualified by their time

8 Lane Tracks (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P + 4 T	1
17-24	0		3	2 P + 2 T	1
25-32	4	2 P + 8 T	2	2 P + 4 T	1
33-40	5	2 P + 6 T	2	2 P + 4 T	1
41-48	6	2 P + 4 T	2	2 P + 4 T	1
49-56	7	2 P + 10 T	3	2 P + 2 T	1
57-64	8	2 P + 8 T	3	2 P + 2 T	1
65-72	9	2 P + 6 T	3	2 P + 2 T	1
73-80	10	2 P + 4 T	3	2 P + 2 T	1
81-88	11	1 P + 13 T	3	2 P + 2 T	1
89-96	12	1 P + 12 T	3	2 P + 2 T	1

9 Lane Tracks (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-9	0		0		1
10-18	0		2	2 P + 4 T	1
19-27	0		3	2 P + 2 T	1
28-36	4	2 P + 8 T	2	2 P + 4 T	1
37-45	5	2 P + 6 T	2	2 P + 4 T	1
46-54	6	2 P + 4 T	2	2 P + 4 T	1
55-63	7	2 P + 10 T	3	2 P + 2 T	1
64-72	8	2 P + 8 T	3	2 P + 2 T	1
73-81	9	2 P + 6 T	3	2 P + 2 T	1
82-90	10	2 P + 4 T	3	2 P + 2 T	1
91-99	11	1 P + 13 T	3	2 P + 2 T	1
100-108	12	1 P + 12 T	3	2 P + 2 T	1

8-9 Lane Tracks (800m)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-12	0		0		1
13-24	0		2	2 P + 8 T	1
25-36	0		3	2 P + 6 T	1
37-48	0		4	2 P + 4 T	1
49-60	5	2 P + 14 T	2	2 P + 8 T	1
61-72	6	2 P + 12 T	2	2 P + 8 T	1
73-84	7	2 P + 10 T	2	2 P + 8 T	1
85-96	8	2 P + 8 T	2	2 P + 8 T	1
97-108	9	2 P + 6 T	2	2 P + 8 T	1

8-9 Lanes Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-16	0		1
17-32	2	3 P + 10 T	1
33-48	3	2 P + 10 T	1
49-64	4	2 P + 8 T	1
65-80	5	2 P + 6 T	1
81-96	6	2 P + 4 T	1
97-112	7	1 P + 9 T	1
113-128	8	1 P + 8 T	1

INDOOR

P = Number of athletes qualified by their place;

T = Number of athletes qualified by their time

8 Lane Tracks (60m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P + 4 T	1
17-24	0		3	2 P + 2 T	1
25-32	4	2 P + 8 T	2	2 P + 4 T	1
33-40	5	2 P + 6 T	2	2 P + 4 T	1
41-48	6	2 P + 4 T	2	2 P + 4 T	1
49-56	7	2 P + 10 T	3	2 P + 2 T	1
57-64	8	2 P + 8 T	3	2 P + 2 T	1
65-72	9	2 P + 6 T	3	2 P + 2 T	1
73-80	10	2 P + 4 T	3	2 P + 2 T	1
81-88	11	1 P + 13 T	3	2 P + 2 T	1
89-96	12	1 P + 12 T	3	2 P + 2 T	1

6 Lane Tracks (60m, 200m, 400m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-6	0		0		1
7-12	0		2	2 P + 2 T	1
13-18	0		3	1 P + 3 T	1
19-24	4	2 P + 4 T	2	2 P + 2 T	1
25-30	5	2 P + 2 T	2	2 P + 2 T	1
31-36	6	2 P + 6 T	3	1 P + 3 T	1
37-42	7	2 P + 4 T	3	1 P + 3 T	1
43-48	8	2 P + 2 T	3	1 P + 3 T	1
49-54	9	1 P + 9 T	3	1 P + 3 T	1
55-60	10	1 P + 8 T	3	1 P + 3 T	1

INDOOR

P = Number of athletes qualified by their place;

T = Number of athletes qualified by their time

6 Lane Tracks (800m)

Number of Competitors	Semi -finals	Qualifying	Final
1-9	0		1
10-18	2	2 P + 5 T	1
19-27	3	2 P + 3 T	1
28-36	4	1 P + 5 T	1
37-45	5	1 P + 4 T	1
46-54	6	1 P + 3 T	1
55-63	7	1 P + 2 T	1
64-72	8	0 P + 9 T	1
73-81	9	0 P + 9 T	1
82-90	10	0 P + 9 T	1

6 Lane Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-12	0		1
13-24	2	2 P + 8 T	1
25-36	3	2 P + 6 T	1
37-48	4	2 P + 4 T	1
49-60	5	2 P + 2 T	1
61-72	6	1 P + 6 T	1
73-84	7	1 P + 5 T	1