

SUMMARY OF WORLD MASTERS ATHLETICS COMPETITION RULES

While most of the rules of competition in Masters Athletics are the same as the IAAF rules used in open athletics competition, there are important differences that need to be clearly understood by both athletes and officials. The following is a summary.

GENERAL

- WMA World Championships, Regional Masters Athletics Championships, Inter-Regional Masters competition and National Masters Athletics Championships shall be conducted in accordance with the technical rules of IAAF except as modified by the WMA Constitution, Bye-Laws and/or Rules of Competition.
- IAAF rule changes shall require endorsement by the WMA Council before introduction into WMA competitions.
- Any modification of the technical rules takes effect the following January.
- Age grouping is determined by age on the first day of competition.
- Two or more age groups, men and women, may compete together provided there are separate results for each group.
- Performances achieved in mixed (i.e. men/women) competition will be acceptable for recognition as World Records.
- Masters athletes do not have to have medical approval for “support” (bandages, strapping etc.) worn by athletes during competition.

LANE TRACK EVENTS

- When expected performance times have been submitted by entrants for lane events then the following lane draw is used: Fastest in lane 4, second fastest in lane 5, third fastest in lane 3, next best in lane 6, then lane 2, then lane 7, then lane 1 and then lane 8.
- Master 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.
- In any race, athletes who are charged with a false start, as determined by the head starter, shall be warned. Athletes who are charged with a second false start in the same race, as determined by the head starter, shall be disqualified. This includes the Combined Events. The current IAAF rule regarding one false start is consequently not adopted by WMA.

HURDLES

- Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.

STEEPLECHASE

- The previous WMA modified rule has been dropped IAAF rule 169.7 now applies.

FIELD EVENTS

- 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.

HIGH JUMP / POLE VAULT

- When a high-jump and pole-vault competition includes competitors in different age groups jumping and 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 IAAF 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.

- In high jump and pole vault, both feet must be off the ground during the vault.
- In high jump and pole vault, 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.

THROWING EVENTS

- In all throwing events only one number bib is required.
- Two hands are required at all times when throwing the hammer or weight. (WMA has interpreted this as including any preliminary swings around or over the head).
- Judging landing marks of implements comes under IAAF competition rule 187.16, however, because of confusion regarding how to interpret this rule WMA provides the following interpretation and comment - IAAF Competition Rule 187.16 shall be interpreted as follows:

“The landing mark set by the implement shall be completely inside and not touch the sector line. If a part of the implement ‘hangs over’ the sector line on landing, but without touching the line, the throw is OK.”