

WMA Competition Rule updates as of 2023

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.

WMA Technical Rule updates as of 2023

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 25 Field events: General Conditions

25.17 Time Allowed for Trials

WMA shall follow World Athletics Technical Rule 25.17.

Individual Events

	High Jump	Pole Vault	Other
More than 3 athletes (or for the very first trial of each athlete)	1 min	1 min	1 min
2 or 3 athletes	1.5 min	2 min	1 min
1 athlete	3 min	5 min	-
Consecutive trials	2 min	3 min	2 min

Combined Events

	High Jump	Pole Vault	Other
More than 3 athletes (or for the very first trial of each athlete)	1 min	1 min	1 min
2 or 3 athletes	1.5 min	2 min	1 min
1 athlete	2 min	3 min	-
Consecutive trials	2 min	3 min	2 min

Particular circumstances which should be taken into account are the availability of the runway for an athlete's trial in High Jump and Javelin Throw (when Running or Race Walking Events are being held simultaneously in the same competition area) and the distance for athletes to walk to and through the cage to reach the circle to take their trial in Discus Throw and Hammer Throw.