



## **Athletics Rules – Women and Men**

### **1. Championship Programme**

Day 1: arrival of the teams, technical meeting and ID-check\*

Day 2: competitions

Day 3: competitions, technical meeting and closing ceremony

Day 4: departure of the teams

\*Necessary documents from the Head of Delegation for the ID-Check: Signed form "Declaration of Participation" and personal legitimation from the participants.

The opening ceremony will be held either on day 1 or day 2.

The excursion will be no more than half a day and will be held at the discretion of the organisers during the USIC championships.

### **2. Composition of the Delegations**

Each delegation will consist of a maximum number of 17 (18) participants:

Men 9

Women 6

Head of Delegation 1

Coach 1

Participants 17

Interpreter \* 1

*\* for delegations who speak no English (only if required)*

### **3. Disciplines**

#### **Men**

100m, 200m, 400 m, 800 m, 1,500m, 5000m, High Jump, Long Jump, Shot Put, Javelin, Discuss and 4 x 400m Relay.

#### **Women**

100 m, 200m, 400m, 800 m, 3000 m, 4 x 100 m, Long Jump, Shot Put, Javelin. Discuss

### **4. Competitions**

The USIC Championships will consist of 12 Disciplines (men) and 10 Disciplines (women) as shown in point 3 the USIC Athletic Rules. If the host Country, for one reason or another, are unable to stage all 22 Disciplines, then they must communicate the chosen disciplines for the USIC Championships to the PTC / Congress.

The USIC Championships must include a minimum of:

Men: 9 Disciplines

Women 7 Disciplines.

## 6. Entries

Each athlete may take part in a maximum of three individual competitions only and in the relay races. Each country may only enter two men and/or women in each event and one team in each relay event.

## 7. Timetable

A provisional timetable is attached to the invitation. It will only be possible to draw up the final timetable once the participating countries have confirmed the definite names of their athletes and the events they have entered. The provisional timetable may then be subject to minor changes.

## 8. Technical Rules

Insofar as necessary, all races will consist of preliminary heats, semi-final and final races. If too few athletes take part, the preliminary and semi-final races will be dropped. In the preliminary heats and semi-final races, the winners of each race and the runners with the next best times will qualify for the semi-final and/or the final races. If many athletes participate in the long distance events, then two separate races for times A and B will be held. The athletes' best times must therefore be indicated in the registrations.

The technical events will consist of preliminary rounds and final rounds. If more than 15 athletes take part, then qualifying rounds will be organised. The 12 best women and/or men of the qualifying rounds will be entitled to enter the preliminary rounds. The eight best women and/or men of the preliminary rounds will compete in the final rounds of the throwing, long, high and triple jump competitions, where they will be allowed a further three attempts.

## 9. Athletes Reporting

All athletes must personally report at the stated place 15 minutes before the time published in the timetable. They will then have their start numbers and spikes checked.

## 11. Evaluation

The following points will be awarded to countries in respect of athletes finishing in the first eight in each final race and/or field event:

1 <sup>st</sup> place	=	9 points
2 <sup>nd</sup> place	=	7 points
3 <sup>rd</sup> place	=	6 points
4 <sup>th</sup> place	=	5 points
5 <sup>th</sup> place	=	4 points
6 <sup>th</sup> place	=	3 points
7 <sup>th</sup> place	=	2 points
8 <sup>th</sup> place	=	1 point

The points in the relay events will be multiplied by 2 (1<sup>st</sup> place = 18 points etc.). In respect of the team evaluation which is carried out separately for men and women, each team's points achieved in the individual events will be added. In the event of the same number of points, the team with the most 1<sup>st</sup> places, 2<sup>nd</sup> places etc. will be given priority.

## Change History

Approved	Date	Theme
PTC Svetlogorsk	19.Oct. 2012	Women categorie
Board	Aug 2021	ID-check

# Appendix

## Example of a Timetable for USIC Athletics Championships

### 1st Day

Time	Men	Women
14.00		100 m Preliminary Heat
14:15	100 m Preliminary Heat	
14.30		Long Jump Qualifying Round
15.00	Shot Put Qualifying Round	
15.20		
15.30	Long Jump Qualifying Round 400 m Preliminary Heat	
15.40		
16:00	100m Semi Final	100m Semi Final
16.20	800 m Preliminary Heat	Javelin Preliminary Round and Final
16.30		
16.45		3,000 m Final Race
17.15	5,000 m Final Race	

### 2nd Day

10.30	Shot Put Preliminary Round and Final 400 m Final Race	
11.30		Shot Put Preliminary Round and Final
12.30	800 m Final Race	Long Jump Preliminary Round and Final
13.00	High Jump Preliminary Round and Final	/
14.00	Long Jump Preliminary Round and Final	
14.30	Javelin Preliminary Round and Final	800 m Final Race
15:45		100 m Final Race
16:00	100 m Final Race	
16.45		4 x 100 m Final Race
17.00	4 x 100 m Final Race	