

WMA RULES OF COMPETITION

(Note : For ease of use, the WMA Rules of Competition additions and exceptions to the IAAF Rules are arranged to correspond to the IAAF Competition Rules numbering system)

Rule 2 Authorisation to Stage Competitions

2.1 Championships Sanctioning

- 2.1.1 WMA shall sanction such other World Masters Championships as may be approved by the General Assembly.
- 2.1.2 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 100K World Championship Road Race in odd-numbered years and a WMA World Championships Mountain Running Race in even numbered years.
- 2.1.3 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 ground of race, religion, politics, nationality or place of residence. Regional Masters Athletics Championships shall require the approval of the WMA Council.
- 2.1.4 WMA shall, where appropriate, encourage the promotion of Regional Masters Indoor Championships.
- 2.1.5 WMA shall encourage its Affiliates to promote regular National Masters Athletics Championships.
WMA shall, where appropriate, encourage the promotion of National Masters Indoor Championships.

Rule 3 Regulations Governing the Conduct of International Competitions

3.1 Championship Events

3.1.1 WMA World Outdoor Championships (Stadia)

- 3.1.1.1 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
- 200m
- 400m
- 800m
- 1500m
- 5000m
- 10000m
- 110/100/80m Short Hurdles
- 400/300/200m Long Hurdles
- 4x100m Relay
- 4x400m Relay
- 3000/2000m Steeplechase
- 5000m Track Race Walk
- High Jump
- Pole Vault
- Long Jump
- Triple Jump
- Hammer Throw
- Shot Put
- Discus Throw

Javelin Throw
Weight Throw
Decathlon (Male)
Heptathlon (Female)
Weight Pentathlon

Non-Stadia:

Marathon and:

Half Marathon as part of the Marathon or:

10km Road Race

8km Cross

10km Road Race Walk

20km Road Race Walk

The Marathon shall be the last long-distance event but, if possible, shall not be scheduled on the last day of the championships.

WMA World Indoor Championships (Stadia)

Each **WMA World Indoor Championships** shall include the following events.

Each event will be offered for both males and females except as noted.

3.1.2.2 Stadia :

60m

200m

400m

800m

1500m

3000m

60m Short Hurdles

4x200m Relay

3000m Track Race Walk

High Jump

Pole Vault

Long Jump

Triple Jump

Shot Put

Weight Throw

Indoor Pentathlon (Male: 60m Hurdles, Long Jump, Shot Put, High Jump, 1000m)

(Female: 60m Hurdles, High Jump, Shot Put, Long Jump, 800m)

3.1.2.3 The following optional Championships shall be offered concurrently with the Indoor Championships:

3.1.2.4 World Winter Championships events:

Half Marathon

10km Road Race

8km Cross Country

10km Road Race Walk

3.1.2.5 World Winter Throwing Championships events:

Hammer Throw

Discus Throw

Javelin Throw

Rule 35 Testing

35.1 ANTI-DOPING CONTROL

- 35.1.1 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.
- 35.1.2 Non-doping disciplinary matters shall be referred to the Law and Legislation Committee (see also Bye-Law 3.4).

Rule 100 Technical Rules

- 100.1 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.
- 100.2 The 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 May 1st, unless otherwise specifically stated.
- 100.4 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.

100.5 Medals

- 100.5.1 In each event in World or Regional Masters Athletics Championships, there shall be at least three individual medals offered.
- 100.5.2 The Competition Director shall appoint an individual(s) to co-ordinate the presentation of medals. If the ceremonies take place in the infield care must be taken to not interfere with ongoing track events.

Rule 110 International Officials

- 110.1 WMA shall define the roles of International Officials with regard to the specific needs of master athletes and WMA World Championships. All WMA delegates of 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 Stadia and WMA Vice-President Non-Stadia, as applicable, and approved by the WMA Council
- 110.2 The WMA Council shall appoint a Safety Judge with authority to withdraw from competition any athlete who is improperly performing the event or whose continued participation in that competition would, in the opinion of the Safety Judge, endanger the athlete's health or the progress of other competitors. The Safety Judge may exercise his authority through deputies and both the Safety Judge and any deputies shall be clearly identifiable as such.

Rule 116 Establishment of a WMA Race walk Panel

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

Rule 119 Jury of Appeal

119.1 The President shall appoint the members of the Jury of Appeal based upon recommendations from the Stadia and Non-Stadia Committees.

Rule 141 Age Groups

141.1 An athlete’s age group shall be determined by his date of birth. Throughout any Championships, an athlete shall compete in the age group for which he qualifies on the first competition day for those Championships and in no other age group except as allowed by specific team and relay rules.

141.2 Competition shall be conducted only in the following age groups denominated as follows :

Age	Male age-group	Female age-group
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 142 Entries

142.1 Entries to all WMA World Championships may be submitted through their national WMA Affiliate electronically directly to the Organizing Committee. An entry received electronically by the Organizing Committee must be validated by the entrant’s WMA Affiliate with « hard » copies. Each such Affiliate and the Host Organizing Committee shall inform the WMA Secretary of its method of validating entries.

Where a competitor comes from a country that does not have a WMA Affiliate 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 Affiliate. The WMA Secretary shall submit a list of all the WMA Affiliates to the Organising Committee at least 120 days prior to the start of the Championships

142.2 Once entries are validated by the WMA Affiliate and forwarded to the LOC, the LOC will not make any changes to the entries without the written express approval or request of the WMA Affiliate.

142.3 Entries shall not be subject to prior achievement of qualifying standards.

Rule 143 Clothing, Shoes, and Number Bibs

143.1 In WMA Championships all competitors must wear a singlet or vest that is approved by their national masters/veterans body. In WMA Championship races where team events are contested, it is mandatory for any athlete wishing to be considered for a team, to wear a uniform clearly identifying the country that he represents as accepted by the Track Referee.

143.7 In all throwing events only one competition number (bib) shall be required, which shall be worn on the back.

Rule 144 Assistance to Athletes

144.2 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.

144.3 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 147 Mixed Competition

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

RUNNING AND WALKING EVENTS

Rule 151 Scoring

151.1 There shall be no overall team Championships.

151.2 Non-Stadia Team Scoring

151.2.1 When team competitions are included in road-races, cross-country races and road-walking races, there shall be three team awards on the basis that each Affiliate is entitled to count one team (best three to score) in each five year age division and the result shall be computed on a cumulative time basis. In inter-regional competition, regional teams shall score on a similar basis.

151.2.2 In road races, cross-country races and road-walking races every athlete competes individually in his own age group. For team scoring athletes will only be permitted to drop to a lower age group to complete the required number for a team, provided that the following requirements are met:

151.2.2.1 The lower age group shall be in the same race as that in which the athlete competes individually.

151.2.2.2 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.

151.2.2.3 Every team must submit a start list that shows the names and age group of all their athletes competing in a particular age group.

151.2.2.4 An athlete may only score in one team.

151.2.2.5 A maximum of two athletes from an older age group may be declared in a team not of their age group.

151.2.2.6 An athlete who joins a team of a lower age group will not lose his right to an individual medal in his age group as long as all of the above rules are followed.

151.2.2.7 Should it be found that an athlete has entered for the team scoring in a younger age group wherein the Affiliate has already sufficient athletes within the team's age group to make up a full team, the team will be disqualified.

Rule 161 Starting Blocks

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.

Rule 162 The Start

In any race, individual athletes who are charged with a false start, as determined by the head starter, shall be warned. Individual athletes who are charged with their

second false start in the same race, as determined by the head starter, shall be disqualified. This includes the Combined Events.

Rule 166 Seeding, Draws and Qualification in Track Events

166.2 Rounds and Heats

- 166.2.1 In WMA Championships 1,500 metres and under, the initial round, if required, there shall be seeded heats (based on best times recorded in competition the 2 years since the previous WMA Championships, or a lower best estimate because of injury or non-competition, and supplied by the athlete on the official entry form) in which the top seeds shall be distributed as evenly as possible and in which members of the same Affiliate shall be distributed as evenly as possible.
- 166.2.2 Initial round qualifiers, and all subsequent rounds shall be as per the WMA qualification procedure (Appendix K) with the object of advancing the best competitors to the final.
- 166.2.3 The Competition Director or his designee may alter the composition of heats, as well as the number of participants per heat, depending on the number of competitors actually reporting. First preliminary 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.
- 166.3.1 For Outdoor races which are run entirely in lanes, lane assignments in rounds after the first round shall be based on competitors' performances times at the most recent stage of the event and shall be as follows:

1st	lane 4	2nd	lane 5	3rd	lane 3
4th	lane 6	5th	lane 2	6th	lane 7
7th	lane 1	8th	lane 8	9th	lane 9
10th	lane 10				
- 166.3.2 Where two or more competitors have recorded the same time at the most recent stage, those competitors shall draw for the lanes involved.
- 166.3.3 In WMA Championships, in track events longer than 1500 metres, competitors may be restricted to the two outer lanes at any time within five minutes of the scheduled commencement time of the next track event at that venue.
- 166.3.4 For Indoor track events the lane assignments in rounds after the first round shall be in preferred lane order based on competitors' performances (times) at the most recent stage of the event. The preferred lane order and the angle of track banking, if adjustable, shall be determined for each event by the WMA Technical Delegate in collaboration with the LOC.
- 166.8 In WMA Championships, in the 5,000m and 10,000m and the 5,000m Track Walk, there shall be seeded final sections (based on best times recorded in competition the 2 years since the previous WMA Championships, or a lower best estimate because of injury or non-competition, and supplied by the athlete on the official entry form), and final placings shall be decided on finishing times.

Rule 168 Hurdle Races

- 168.1 The specifications for hurdles be as set out in Appendix A hereto.
- 168.2 The pull over force of .686 meter (27 inch) hurdles shall be from 3.6 - 4.4 kilograms.
- 168.6 Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.

Rule 169 Steeplechase Races

- 169.1 The specifications for steeplechase shall be as set out in Appendix A hereto.
- 169.2 In WMA Championships, there shall be seeded final sections (based on best times recorded in competition during the 2 years since the previous WMA Championships,

or a lower best estimate because of injury or non-competition, and supplied by the athlete on the official entry form) and final placings shall be decided on finishing time.

Rule 170 Relay Races

In WMA Championships, relay races 4x100 and 4x400 meters, shall be conducted in five-year age groups between teams entered by Affiliates in writing by Team Managers. Each Affiliate may enter only one team in each relay.

In WMA Championships, in each relay race, an athlete may compete for a team in only one age group which may be a lower age group than that of the athlete.

Rule 180 Field Events ; General Conditions

180.1 Different Age Groups in same Field Competition

180.1.1 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.

Rule 181 Vertical Jumps ; General Conditions

181.3 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.

Rule 182/183 High Jump / Pole Vault

182.1 Both feet must be off the ground during the jump.

182.2 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 187 Throwing Events; General Conditions

187.1 The specifications for throwing implements shall be as set out in Appendix A hereto.

187.2 Use of Personal Implement

Competitors may use their own throwing implements provided 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 188 Shot Put

188.5 The specifications for the shot shall be as set out in Appendix A hereto.

Rule 189 Discus Throw

189.2 The specifications for the discus shall be as set out in Appendix A hereto.

Rule 191 Hammer Throw

191.1 It is required that 2 hands be used at all times when throwing the hammer.

191.9 The specifications for the hammer shall be as set out in Appendix A hereto.

Rule 193 Javelin Throw

193.6 The specifications for the javelin shall be as set out in Appendix A hereto.

Rule 200 **COMBINED EVENTS COMPETITIONS**

All Combined Events Competitions shall be conducted using the specifications as set out in Appendix A.

200.1.2 **Female Pentathlon**

The order of events for the Female Pentathlon shall be:

Short Hurdles

High Jump

Shot Put

Long Jump

800 Meters

200.1.3 **Male and Female Throwing Pentathlon**

The order of events for the Male and Female Throwing Pentathlon shall be:

Hammer Throw

Shot Put

Discus Throw

Javelin Throw

Weight Throw

200.9 In all Combined Events, only a single attempt at each running event is allowed and a maximum of three attempts shall be allowed in all field events except the High Jump and Pole Vault where three successive misses, or voluntary withdrawal, eliminates an athlete.

200.12 All Combined Events Competition scoring shall be as set out in Appendix B to J.

Rule 221 **Weight Throw**

221.1 The specifications for the weight shall be as set out in Appendix A hereto.

221.2 The rules of competition shall be the same as for the hammer.

221.3 It is required that 2 hands be used at all times when throwing the weight.

221.4 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.

Rule 240 **NON-STADIA RACES**

240.7 **The Start**

240.7.1 At all track and field championships the non-stadia events and track walk races will be timed using the chip or similarly worn electronic timing device.

240.7.2 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.

240.7.3 An application to use an alternate timing method may be made by the LOC of a WMA Championship within two weeks after the closing of the entries . The application is to be made through the WMA Secretary, and to the WMA Non-Stadia and Stadia Vice Presidents. A determination will be conveyed to the LOC within three weeks of the receipt of the application.

Rule 260 **World Records**

260.1 **World Masters Records**

260.1.1 **Technical Basis for Recognition**

260.1.1.1 Observance of the appropriate specification(s), as set out in Appendix A shall be a necessary condition for ratification of a world masters record.

260.1.1.2 Only performances by registered members of an affiliated country shall be recognised as WMA world records and the application must be certified as being correct by the National Body of the Affiliate. A performance by a resident of a country not yet affiliated with WMA shall be recognised only if the event was part of a meet

sanctioned by WMA or a national Affiliate and must be certified by WMA or its national Affiliate. Such a record shall be held pending until such time as the country is affiliated with WMA.

260.4.1 Application Procedure

260.4.1.1 An application for a world masters record or world masters' best performance' shall be made on the official application form, and shall be submitted to the Regional Statistician, 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 Regional Statistician is able to support the application in all necessary detail, in agreement with the WMA Records Manager.

260.4.2 Recording at World Championships

260.4.2.1 For World Championships, the Competition Director shall appoint a Record Clerk for properly recording all World Record applications.

260.4.2.2 No record application form is needed for 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 Area Statistician 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 directly sanctioned by the IAAF, namely the Olympic Games, the IAAF World Championships, Grand Prix meets, the Commonwealth Games and equivalent regional meets, will be accepted when the WMA Records Manager has been notified and the athlete's age has been confirmed.

260.4.3 Registration and Publication

260.4.3.1 The Area Statistician 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 or the separate list.

260.8 World masters records or, where appropriate, world masters 'best performances' shall be recognised for each of the five-year age-groups listed in the Rules of Competition and also for each five-year age-group older than those listed and denominated accordingly, which shall be recognised in five year age groups, with no upper limit.

260.13 The Record Manager shall state whether a record has been set. He then registers the performance. Together with the chairman of the Records Committee he shall ratify the record, forward the change to WMA's website for publication, and also advise Regional Statisticians, and at the same time he shall update the official world record list.

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

Rule 261 Events for which World Records are Recognized

261.1 Records shall be kept in 5 year age groups for at least all of the required Championships events listed in Rule 3.1.1 and 3.1.2.

261.2.1 Records shall be maintained for all of the official Combined Events Competitions in the current WMA approved scoring system. These records will include an event by event listing of the actual performance and the actual distances run and the implements used.

261.2.2 Past Combined Events performances that used non-current WMA distances or implements shall be corrected to the current WMA specifications by use of a conversion table approved by the Stadia Committee and included, where appropriate, in the official WMA Combined Events record list marked with an asterisk (*) to indicate that they were not established with current WMA distances and implements.