

# IAAF RULES FOR FIELD EVENTS

## INTRODUCTION

The rules shown in detail below are taken from the IAAF Competition Rules 2018-2019 and are those that may be of interest to volunteers, parents and athletes when assisting or competing in field. Technical rules such as the specifications for throwing implements, horizontal jumps pits, etc. and some rules of a more administrative nature have been listed but with the details omitted.

The comments in green have been added by the IAAF as additional information to assist with interpreting and applying the rules.

A full copy of the IAAF Rules can be downloaded from the Athletics Australia web site at [http://www.athletics.com.au/Portals/56/Rules2018-2019\\_e-version.pdf](http://www.athletics.com.au/Portals/56/Rules2018-2019_e-version.pdf).

Basic qualifications can be obtained on line in your own home. Anyone interested in becoming a qualified technical official can talk to one of the Committee, who will be happy to point you in the right direction..

## IAAF TECHNICAL RULES 2018-2019 SECTION I – OFFICIALS

RULES 110 – 137 cover the various official positions to be filled, depending on the type and level of competition being held. Rule 132.4 is listed as it is relevant to the recording of field events.

RULE 132 - Competition Secretary, Technical Information Centre

4. The following standard abbreviations and symbols should be used in the preparation of start lists and results where applicable:

- Did not start – DNS
- Did not finish – DNF (Track Events)
- No valid trial recorded – NM
- Disqualified – DQ (followed by the applicable Rule number)
- Valid trial in High Jump and Pole vault – “O”
- Failed trial – “X”
- Passed trial – “–”
- Retired from competition (Field or Combined Events) – r
- Qualified by place in track events – Q
- Qualified by time in track events – q
- Qualified by standard in field events – Q
- Qualified without standard in field events – q
- Advanced to next round by Referee – qR
- Advanced to next round by Jury of Appeal – qJ
- Bent knee (Race Walking) – “>”
- Loss of contact (Race Walking) – “~”
- Yellow Card – YC
- Second yellow Card – YRC
- Red Card – RC

If an athlete is disqualified in an event for an infringement of any Rule, reference shall be made in the official results to the Rule which has been infringed.

If an athlete is disqualified from an event for acting in an unsporting or improper manner, reference shall be made in the official results giving reasons for such disqualification.

Rules 132.2-4 as from 2015 are designed to standardise procedures and the use of terminology in common situations in start lists and results.

## **IAAF TECHNICAL RULES 2018-2019 SECTION II – GENERAL COMPETITION RULES**

RULES 140 – 151 cover such topics as Entries; Clothing, Shoes and Athlete Bibs; Assistance to Athletes; Protests and Appeals; Mixed Competition; Video Recording; etc.

## **IAAF TECHNICAL COMPETITION RULES 2010-11 SECTION III - TRACK EVENTS**

RULES 160 – 170 cover track events.

## **IAAF TECHNICAL COMPETITION RULES 2010-11 SECTION IV - FIELD EVENTS**

RULE 180 - General Conditions Field Events

1- 2 Practice Trials at the Competition Area

3 Markers

4 Performance Markers and Wind Socks

5 - 6 Competing Order and Trials

7 Recording of Trials

Except in High Jump and Pole vault, a valid trial shall be indicated by the measurement taken. For the standard abbreviations and symbols to be used in all other cases see Rule 132.4.

8 Completion of Trials

The judge shall not raise a white flag to indicate a valid trial until a trial is completed. The judge may reconsider a decision if he believes he raised the incorrect flag.

The completion of a valid trial shall be determined as follows:

(a) in the case of vertical Jumps, once the judge has determined that there is no failure according to Rules 182.2, 183.2 or 183.4;

(b) in the case of Horizontal Jumps, once the athlete leaves the landing area in accordance with Rule 185.2;

(c) in the case of throwing events, once the athlete leaves the circle or runway in accordance with Rule 187.17.

9 – 16 Qualifying Round

17 Time Allowed for Trials

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment.

For the Pole vault, the time shall begin when the crossbar has been adjusted according to the previous wishes of the athlete. No additional time will be allowed for further adjustment.

If the time allowed elapses after an athlete has started his trial, that trial should not be disallowed.

If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed.

The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure:

#### Individual Events

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

#### Combined Events

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

Note (i): A clock which shows the remaining time allowed for a trial should be visible to an athlete. In addition, an official shall raise and keep raised, a yellow flag, or otherwise indicate, during the final 15 seconds of the time allowed.

Note (ii): In the High Jump and Pole Vault, any change in the time period allowed for a trial, except the time specified for consecutive trials, shall not be applied until the bar is raised to a new height. In the other Field Events, except for the time specified for consecutive trials, the time limit allowed will not change.

Note (iii): When calculating the number of athletes remaining in the competition, this shall include those athletes who could be involved in a jump off for first place.

Note (iv): When only one athlete (who has won the competition) remains in High jump or Pole Vault and is attempting a World Record or other record relevant to the competition, the time limit shall be increased by one minute beyond those set out above.

Whilst the Judges should always use a system which notifies or calls the next athlete who is to take his trial plus the one who is to follow, this is essential when the time allowed for an athlete to take his trial is 30 seconds or one minute. They must also ensure that the competition area is completely ready for the next trial before calling the athlete and then starting the clock. The Judges and the Referee in particular must be fully aware of the current competition environment when deciding when to start the clock or to "time out" and call a failure.

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 Track 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.

#### 18 Substitute Trials

#### 19 Absence during Competition

#### 20 Change of Competition Area

## 21 Result

Each athlete shall be credited with the best of all his trials, including, in the case of High Jump and Pole Vault, those achieved in resolving a tie for first place.

## 22 Ties

Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this Rule 180.22, it shall be determined to be a tie except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

Note: For Vertical Jumps, see Rule 181.8, 181.9.

## A. VERTICAL JUMPS

### RULE 181 - General Conditions Vertical Jumps

1. Before the competition begins, the Chief Judge shall announce to the athletes the starting height and the subsequent heights to which the bar will be raised at the end of each round, until there is only one athlete remaining having won the competition, or there is a tie for first place.

#### 2 - 4 Trials

2. An athlete may commence jumping/vaulting at any height previously announced by the Chief Judge and may jump/vault at his own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any of such failures occur, disqualify from further jumping/vaulting except in the case of a tie for first place.

The effect of this Rule is that an athlete may forego his second or third trial at a particular height (after failing first or second time) and still jump/vault at a subsequent height.

If an athlete passes a trial at a certain height, he may not make any subsequent trial at that height, except in the case of a jump-off for first place.

In the case of the High Jump and Pole Vault, if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.

3. Even after all the other athletes have failed, an athlete is entitled to continue jumping until he has forfeited his right to compete further.

4. Unless there is only one athlete remaining and he has won the competition:

(a) the bar shall never be raised by less than 2cm in the High Jump and 5cm in the Pole Vault after each round of trials; and

(b) the increment of the raising of the bar shall never increase.

This Rule 181.4(a) and (b) shall not apply once the athletes still competing agree to raise it to a World Record (or other record relevant to the competition) height directly.

After an athlete has won the competition, the height or heights to which the bar is raised shall be decided by the athlete, in consultation with the relevant Judge or Referee.

Note: This does not apply for a Combined Events Competition.

#### 5 - 6 Height Measurement

5. In all vertical jumping events, measurements shall be made, in whole centimetres, perpendicularly from the ground to the lowest part of the upper side of the bar.

6. Any measurement of a new height shall be made before athletes attempt such height. In all cases of Records, the Judges shall also re-check the measurement before each subsequent Record attempt if the bar has been touched since last measured.

## 7 Crossbar

## 8 Placings

If one or more athletes clear the same final height the procedure to decide the places will be the following:

(a) The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.

(b) If the athletes are equal following the application of Rule 181.8(a), the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.

(c) If the athletes are still equal following the application of Rule 181.8(b), the athletes concerned shall be awarded the same place unless it concerns first place.

(d) If it concerns the first place a jump-off between these athletes shall be conducted in accordance with Rule 181.9, unless otherwise decided, either in advance according to the regulations applying to the competition, or during the competition but before the start of the event by the Technical Delegate(s) or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

Note: This Rule 181.8 (d) does not apply for a Combined Events Competition.

There are a number of ways in which a jump-off may be terminated:

(a) by provision in advance of the competition set out in the regulations;

(b) by decision during the competition by the Technical delegate (or Referee if there is no Technical delegate);

(c) by decision of the athletes not to jump further prior to or at any stage of the jump-off.

Whilst any decision by the Technical delegate or Referee not to conduct a jump-off should be made before the start of the event, there may be circumstances where this might not be possible such as where conditions at the place of competition make it impossible or undesirable to begin or continue with a jump-off. The Referee could use his powers under Rules 125 or 180 to deal with this situation.

## 9 Jump-off

## 10 Extraneous forces

When it is clear that the bar has been displaced by a force not associated with an athlete (e.g. a gust of wind)

(a) if such displacement occurs after an athlete has cleared the bar without touching it, then the attempt shall be considered successful, or

(b) if such displacement occurs under any other circumstance, a new attempt shall be awarded.

## RULE 182 - High Jump

## 1 - 2 The Competition

1. An athlete shall take off from one foot.

2. An athlete fails if:

(a) after the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or

(b) he touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar. However, if when he jumps, an athlete touches the landing area with his foot and in the opinion of the Judge, no advantage is gained, the jump for that reason should not be usually by adhesive tape or similar material) between points 3 metres outside of each upright, the nearer edge considered a failure.

Note: To assist in the implementation of this Rule a white line 50mm wide shall be drawn (u of the line being drawn along the vertical plane through the nearer edge of the crossbar.

## 3 -5 The Runway and Take-off Area

## 6 - 9 Apparatus

9. There shall be a space of at least 1cm between the ends of the crossbar and the uprights.

## 10. The Landing Area

## RULE 183 - Pole Vault

# B. HORIZONTAL JUMPS

## RULE 184 - General Conditions Horizontal Jumps

## 1 - 2 Runway

## 3 - 5 Take-off Board

## 6 - 7 Landing Area

## 8 - 9 Distance Measurement

8. In all horizontal jumping events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

9. The measurement of each jump shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 146.5) from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark, to the take-off line, or take-off line extended. The measurement shall be taken perpendicular to the take-off line or its extension.

As long as no irregularity has been committed, each trial must be measured whatever the distance reached, including for the reasons that other trial measurements may become critical in determining countbacks or whether an athlete will proceed to subsequent rounds.

Except where Rule 146.5 is applied, under normal practice no trial during which an irregularity has been committed should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases.

Unless video measuring is being used, for every valid trial a marker (usually metal) should be placed in a vertical position at the place of the imprint left by the athlete in the landing area nearest to the take-off line. The marker is passed through the loop at the end of the graduated metal tape so that the "zero" is on the mark. The tape should be pulled out horizontally taking care not to place it on any rise in the ground.

## 10 - 12 Wind Measurement

### RULE 185 - Long Jump

#### 1 - 3 The Competition

1. An athlete fails if:
- 2.

(a) he while taking off, touches the ground (including any part of the plasticine board) beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or

(b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or

(c) he employs any form of somersaulting whilst running up or in the act of jumping; or

(d) after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or

(e) in the course of landing (including any overbalancing), he touches the border of, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand; or

(f) he leaves the landing area in any manner other than that described in Rule 185.2.

2. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand (which may be any mark made on overbalancing completely inside the landing area or when walking back closer to the take-off line than the initial break on landing).

Note: This first contact is considered leaving.

3. An athlete shall not be regarded to have failed if:

(a) he runs outside the white lines marking the runway at any point; or

(b) except as described in Rule 185.1(b), he takes off before reaching the board; or

(c) under Rule 185.1(b) a part of his shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or

(d) if in the course of landing, he touches, with any part of his body, or anything attached to it at that moment, the border of, or the ground outside the landing area, unless such contact contravenes Rule 185.1(d) or (e); or

(e) he walks back through the landing area after having left the landing area in the manner described in Rule 185.2

#### 4 - 5 Take-off Line

### RULE 186 - Triple Jump

Rules 184 and 185 apply to Triple Jump with the following variations:

## The Competition

1. The Triple Jump shall consist of a hop, a step and a jump in that order.
2. The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping" leg.  
Note: Rule 185.1(d) does not apply to the normal landings from the hop and step phases.

It should be noted that it is not a failure (for that reason alone) if the athlete:

- (a) touches the white lines or the ground outside between the take-off line and the landing area; or
- (b) if the athlete lands in the pit in the step phase through no fault of his own (i.e. if the Judge incorrectly indicated the take-off board) – in which such case the Referee would normally offer the athlete a replacement trial.

## 3 - 5 Take-off Line

## C. THROWING EVENTS

### RULE 187 - General Conditions Throwing Events

#### 1 - 3 Official Implements

#### 4 -5 Assistance

4. The following shall be considered assistance and are therefore not allowed:

- (a) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
- (b) The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.
- (c) The use of gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.
- (d) The spraying or spreading by an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.

Note: If the Judges are aware, they shall direct any athlete not complying with this rule to correct the situation. If the athlete does not, such trial(s) shall be a failure. If a trial is completed before the non-compliance is noticed, the Referee shall decide what action shall be taken. In all cases considered serious enough, Rule 145.2 may also be applied.

5. The following shall not be considered assistance and are therefore allowed:

- (a) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower on his gloves. A shot putter may use such substances on his neck.
- (b) The placement by an athlete, in the Shot Put and discus Throw, on the implement, chalk or a similar substance.

All substances used on the hands, gloves and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue. If this is not followed the note to Rule 187.4 shall be applied.

(c) The use of taping on the hands and fingers that is not in contravention of Rule 187.4(a).

6 - 8 Throwing Circle

9 Javelin Runway

10 - 12 Landing sector

13 - 18 Trials

13. In the Shot Put, discus Throw and Hammer Throw, implements shall be thrown from a circle, and in the Javelin Throw, from a runway. In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot Put, he is also allowed to touch the inside of the stop board described in Rule 188.2.

There is no restriction on how, or from which direction, an athlete may enter the circle. The relevant requirement is that once inside he must adopt a stationary position before commencing his trial.

14. It shall be a failure if an athlete in the course of a trial:

(a) releases the shot or the javelin other than as permitted under Rules 188.1 and 193.1;

(b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle;

Note: However, it will not be considered a failure if the touch is made without providing any propulsion and occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

(c) in the Shot Put, touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top);

(d) in the Javelin Throw, touches with any part of his body the lines which mark the runway or the ground outside.

Note: It will not be considered a failure if the discus or any part of the hammer strikes the cage after release provided that no other Rule is infringed.

It is clarified that the top inside edges of the rim of the circle and of the stop board are considered to be part of the top of the rim and stop board respectively. This means that should an athlete make contact with the top inside edge of either the rim or the stop-board then he will be considered thereby to have made a failure. The addition of the Note to Rule 187.14(b) applies to rotational techniques used by athletes in Shot Put, discus Throw or Hammer Throw. It should be interpreted that any "incidental" touch of the top of the rim or the ground outside in respect of the back half of the circle during the first rotation should not of itself be regarded as a failure.

However, it is clear that any technique which thereby obtains an advantage through leverage or propulsion would constitute a failure.

15. Provided that, in the course of a trial, the Rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave the circle or runway.

Note: All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule 180.17.

In these circumstances, there is no restriction on how, or from which direction, an athlete may leave the circle or runway if he chooses to do. The relevant requirement is that no other Rule is or has already been infringed.

16. It shall be a failure if the shot, the discus, the hammer head or the head of the javelin in contacting the ground when it first lands touches the sector line or the ground or any object (other than the cage as provided in the Note to Rule 187.14) outside the sector line.

It should be noted that for the purposes of this Rule, the position of the hammer wire or handle is not relevant. For example, the wire could land or be lying on or outside the sector line and it would not matter, provided that the head had landed correctly. The same applies in respect of determining the point from which the measurement is taken under Rule 187.20(a).

17. It shall be a failure if the athlete leaves the circle or runway before the implement has touched the ground, or

(a) for throws made from a circle, if when leaving the circle, the athlete's first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle;

Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.

(b) in the case of the Javelin Throw, if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.

The second and third sentences in Rule 187.17(b) are designed to speed up the judging process and not to create an additional method of calling a failure on the athlete. The purpose of the "4m marks" is solely to enable the Judges to raise the white flag and begin measuring the trial once the athlete retreats behind this point (in the same way as they would do if he had otherwise correctly left the runway). The only requirement is that there is no other reason for calling a failure and that the implement has touched the ground before the white flag is raised. Necessarily, if the athlete for whatever reason never progresses past the "4m marks" when making his throw then the flag can be raised once the implement has landed.

18. After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

#### 19 - 20 Measurements

19. In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

20. The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 146.5):

(a) from the nearest mark made by the fall of the shot, discus and hammer head, to the inside of the circumference of the circle along a line to the centre of the circle;

(b) in Javelin Throw, from where the head of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

As long as no irregularity has been committed, each trial must be measured whatever the distance reached, including for the reasons that other trial measurements may become critical in determining countbacks or whether an athlete will proceed to subsequent rounds.

Except where Rule 146.5 is applied, under normal practice no trial during which an irregularity has been committed should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases.

Unless video measuring is being used, for every valid trial a marker (usually metal) should be placed in a vertical position at the place of the imprint left by the implement in the landing area nearest to the take-off line. The marker is passed through the loop at the end of the graduated metal tape so that the “zero” is on the mark. The tape should be pulled out horizontally taking care not to place it on any rise in the ground.

#### RULE 188 - Shot Put

##### 1 The Competition

The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Note: Cartwheeling techniques are not permitted.

##### 2 – 3 The Stop Board

##### 4 - 5 The Shot

#### RULE 189 - Discus Throw

##### 1 - 2 The Discus

#### RULE 190 - Discus Cage

#### RULE 191 - Hammer Throw

#### RULE 192 - Hammer Cage

#### RULE 193 - Javelin Throw

##### 1 - 2 The Competition

1. (a) The javelin shall be held at the grip with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.

(b) A throw shall be valid only if the metal head strikes the ground before any other part of the javelin.

(c) Until the javelin has been thrown, an athlete shall not at any time turn completely around, so that his back is towards the throwing arc.

Previous references in the Rules to the “tip” of the javelin have been removed and are replaced by a generic reference to the head. This acknowledges that the shape of the head varies greatly, making it harder to separately define the tip. It means that Judges in determining whether the javelin has landed correctly in terms of Rule 180.16 and this Rule 193.1(b) and the reference point for measurement in terms of Rule 187.20(b) now have a bigger area with which to assess. But the principles remain as before and there must be some angle on landing, however small, for the throw to be valid. Flat or “tail-first” landings are still to be red flagged.

2. If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the attempt was otherwise made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a new trial.

### 3 - 11 The Javelin