



**AMENDMENTS TO THE 2018-2019 IAAF COMPETITION RULES**

**Technical Rules**

**Approved by the IAAF Council  
11 March 2019**

N°	Rule	Page	Action	Current	Proposed Amendment	Reason	Council Decision
<b>113</b>							
<b>Medical Delegate</b>							
1	113	38	Add to (b) and to note (i)	<p>The Medical Delegate shall:</p> <p>(a) have ultimate authority on all medical matters.</p> <p>(b) ensure that adequate facilities for medical examination, treatment and emergency care will be available at the venue(s) of the competition, training and Warm-up areas and that medical attention can be provided where athletes are accommodated.</p> <p>(c) make examinations and provide medical certificates in accordance with Rule 142.4.</p> <p>(d) have the power to order an athlete to withdraw before, or to immediately retire from an event during, competition.</p> <p><i>Note (i): The powers under (c) and (d) above may be passed by the Medical Delegate or where no Medical Delegate is appointed or available to a medical doctor so designated by the Organisers who should normally be identified by an armband, vest or similar distinctive apparel.</i></p> <p>...</p>	<p>The Medical Delegate shall:</p> <p>(a) have ultimate authority on all medical matters.</p> <p>(b) ensure that adequate facilities for medical examination, treatment and emergency care will be available at the venue(s) of the competition, training and Warm-up areas and that medical attention can be provided where athletes are accommodated <b>and for provision of and compliance with the requirements of Rule 144.2.</b></p> <p>(c) make examinations and provide medical certificates in accordance with Rule 142.4.</p> <p>(d) have the power to order an athlete to withdraw before, or to immediately retire from an event during, competition.</p> <p><i>Note (i): The powers under (c) and (d) above may be passed by the Medical Delegate to (or where no Medical Delegate is appointed or available <b>be exercised by) <del>to one or more</del> a medical doctors appointed and so designated by the Organisers who should normally be identified by an armband, vest or similar distinctive apparel. Where the Medical Delegate or doctor is not immediately available to the athlete, he may provide instruction or direction to an official or other authorised person to act on his behalf.</b></i></p> <p>...</p>	To better provide for athletes' health and safety in longer running and walking races	<b>Approved with immediate effect, in force from 11 March 2019</b>
<b>149</b>							
<b>Validity of Performances</b>							
2	149.3	82	Add	<p>3. Performances made in accordance with these Rules in Qualification Rounds, in deciding ties in High Jump and Pole Vault, in any event or part of an event which is subsequently decreed void under the provisions of Rules 125.7, 146.4(b), 163.2 or 180.20 or in individual events in Combined Events competitions, regardless of whether or not the</p>	<p>3. Performances made in accordance with these Rules in Qualification Rounds, in deciding ties in High Jump and Pole Vault, in any event or part of an event which is subsequently decreed void under the provisions of Rules 125.7, 146.4(b), 163.2 or 180.20, <b>in Race Walking events in which Rule 230.7(c) is applied and the athlete is not disqualified or</b></p>	To clarify that performances may be valid in race walk even with penalty zone	<b>Approved with immediate effect, in force from 11 March 2019</b>

				athlete completes the whole Combined Events competition, will normally be regarded as valid for purposes such as statistics, records, rankings and the achievement of entry standards.	in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, will normally be regarded as valid for purposes such as statistics, records, rankings and the achievement of entry standards.																																		
	<b>170</b>	<b>Relay Races</b>																																					
3	170.22	123	Add as new		<b>22. In the case of relay events not covered by this Rule, the relevant competition regulations should specify any particular rules that should be applied and the method by which the relay should be conducted.</b>	To provide flexibility in developing further new relay concepts	<b>Approved with immediate effect, in force from 11 March 2019</b>																																
	<b>180</b>	<b>General Conditions – Field Events</b>																																					
4	180.6	126	Add new Note (iv)	<p><b>Competing Order and trials</b></p> <p>...</p> <p>6. Except for the High Jump and Pole Vault, no athlete shall have more than one trial recorded in any one round of trials of the competition.</p> <p>...</p> <p><i>Note (iii): The regulations of the relevant governing body may specify the number of trials (provided it is no more than six) and the number of athletes which may progress to each additional round of trials after the third.</i></p>	<p><b>Competing Order and trials</b></p> <p>6. Except for the High Jump and Pole Vault, no athlete shall have more than one trial recorded in any one round of trials of the competition.</p> <p>...</p> <p><i>Note (iii): The regulations of the relevant governing body may specify the number of trials (provided it is no more than six) and the number of athletes which may progress to each additional round of trials after the third.</i></p> <p><i>Note (iv): The regulations of the relevant governing body may specify that the competing order be changed again after any further round of trials after the third.</i></p>	To change the competing order before the last trials in the horizontal field events	<b>Approved with immediate effect, in force from 11 March 2019</b>																																
5	180.17	129/130	Amend	<p><b>Individual Events</b></p> <table border="0"> <tr> <td></td> <td>H Jump</td> <td>P Vault</td> <td>Other</td> </tr> <tr> <td>More than 3 athletes (or for the very first trial of each athlete)</td> <td>0.5min</td> <td>1min</td> <td>0.5min</td> </tr> <tr> <td>2 or 3 athletes</td> <td>1.5min</td> <td>2min</td> <td>1min</td> </tr> <tr> <td>1 athlete</td> <td>3min</td> <td>5min</td> <td>-</td> </tr> </table>		H Jump	P Vault	Other	More than 3 athletes (or for the very first trial of each athlete)	0.5min	1min	0.5min	2 or 3 athletes	1.5min	2min	1min	1 athlete	3min	5min	-	<p><b>Individual Events</b></p> <table border="0"> <tr> <td></td> <td>H Jump</td> <td>P Vault</td> <td>Other</td> </tr> <tr> <td>More than 3 athletes (or for the very first trial of each athlete)</td> <td><b>1min</b></td> <td>1min</td> <td><b>1min</b></td> </tr> <tr> <td>2 or 3 athletes</td> <td>1.5min</td> <td>2min</td> <td>1min</td> </tr> <tr> <td>1 athlete</td> <td>3min</td> <td>5min</td> <td>-</td> </tr> </table>		H Jump	P Vault	Other	More than 3 athletes (or for the very first trial of each athlete)	<b>1min</b>	1min	<b>1min</b>	2 or 3 athletes	1.5min	2min	1min	1 athlete	3min	5min	-	To revert to the 1 minute time for trials in all field events	<b>Approved with immediate effect, in force from 11 March 2019</b>
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	<b>200</b>	<b>Combined Events Competitions</b>					
6	200.1-5	189	Amend	<p><b>U18 Boys, U20 and Senior Men (Pentathlon and Decathlon)</b></p> <p>1. The Pentathlon consists of five events which shall be held on one day in the following order: Long Jump; Javelin Throw; 200m; Discus Throw; and 1500m.</p> <p>2. The U18 Boys' and the Men's Decathlon consists of ten events which shall be held on two consecutive days in the following order:</p> <p style="padding-left: 40px;">First day: 100m; Long Jump; Shot Put; High Jump; 400m.</p> <p style="padding-left: 40px;">Second day: 110m Hurdles; Discus Throw; Pole Vault; Javelin Throw; 1500m.</p> <p><b>U20 and Senior Women (Heptathlon and Decathlon)</b></p> <p>3. The Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:</p> <p style="padding-left: 40px;">First day: 100m Hurdles; High Jump; Shot Put;</p>	<p><b>U18 Boys, U20 and Senior Men (Pentathlon and Decathlon)</b></p> <p>1. The Pentathlon consists of five events which shall be held on one day in the following order: Long Jump; Javelin Throw; 200m; Discus Throw; and 1500m.</p> <p>2. The <del>U18 Boys' and the</del> Men's Decathlon consists of ten events which shall be held on two consecutive <del>days</del> <b>24-hour periods</b> in the following order:</p> <p style="padding-left: 40px;">First day: 100m; Long Jump; Shot Put; High Jump; 400m.</p> <p style="padding-left: 40px;">Second day: 110m Hurdles; Discus Throw; Pole Vault; Javelin Throw; 1500m.</p> <p><b>U20 and Senior Women (Heptathlon and Decathlon)</b></p> <p>3. The Heptathlon consists of seven events, which shall be held on two consecutive <del>days</del> <b>24-hour periods</b> in the following order:</p> <p style="padding-left: 40px;">First day: 100m Hurdles; High</p>	To clarify that the two consecutive days of combined events can mean two consecutive 24 hour periods	<b>Approved with immediate effect, in force from 11 March 2019</b>

				<p>200m. Second day: Long Jump; Javelin Throw; 800m.</p> <p>4. The Women's Decathlon consists of ten events which shall be held on two consecutive days in the order of Rule 200.2 or in the following order:</p> <p>First day: 100m; Discus Throw; Pole Vault; Javelin Throw; 400m. Second day: 100m Hurdles; Long Jump; Shot Put; High Jump; 1500m.</p> <p><i>U18 Girls (Heptathlon only)</i></p> <p>5. The U18 Girls Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:</p> <p>First day: 100m Hurdles; High Jump; Shot Put; 200m. Second day: Long Jump; Javelin Throw; 800m.</p>	<p>Jump; Shot Put; 200m. Second day: Long Jump; Javelin Throw; 800m.</p> <p>4. The Women's Decathlon consists of ten events which shall be held on two consecutive <del>days</del> <b>24-hour periods</b> in the order of Rule 200.2 or in the following order:</p> <p>First day: 100m; Discus Throw; Pole Vault; Javelin Throw; 400m. Second day: 100m Hurdles; Long Jump; Shot Put; High Jump; 1500m.</p> <p><i>U18 Girls Women's (Heptathlon only)</i></p> <p>5. The U18 <del>Girls</del> <b>Women's</b> Heptathlon consists of seven events, which shall be held on two consecutive <del>days</del> <b>24-hour periods</b> in the following order:</p> <p>First day: 100m Hurdles; High Jump; Shot Put; 200m. Second day: Long Jump; Javelin Throw; 800m.</p>		
	<b>230</b>	<b>Race Walking</b>					
7	230.7(c)	205	Amend	<p>(c) A Pit Lane shall be used for any race where the applicable regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organisers. In such cases, an athlete will be required to enter the Pit Lane and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him. The applicable period in the Pit Lane shall be as follows:</p>	<p>(c) A <del>Pit Lane</del> <b>Penalty Zone</b> shall be used for any race where the applicable regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organisers. In such cases, an athlete will be required to enter the <del>Pit Lane</del> <b>Penalty Zone</b> and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him. The applicable period in the <del>Pit Lane</del> <b>Penalty Zone</b> shall be as follows:</p>	To change Pit Lane to Penalty Zone	<b>Approved with immediate effect, in force from 11 March 2019</b>

				<p>Races up to and including Time</p> <p>5000m/5km 0.5min</p> <p>10,000m/10km 1min</p> <p>20,000m/20km 2min</p> <p>30,000m/30km 3min</p> <p>40,000m/40km 4min</p> <p>50,000m/50km 5min</p> <p>An athlete who fails to enter the Pit Lane when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge. If an athlete receives a third Red Card and it is no longer practicable to direct him to enter the Pit Lane before the end of the race, the Referee shall add the time he would have been required to spend in the Pit Lane to his finishing time and adjust the finishing order as may be necessary.</p> <p>If, at any time, an athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified.</p> <p>(d) In Track Races, an athlete who is disqualified shall immediately leave the track and, in Road Races, shall, immediately after being disqualified, remove the distinguishing bibs and leave the course. Any disqualified athlete who fails to leave the course or track or comply with directions given under Rule 230.7(c) to enter and remain for the required period in the Pit Lane may be liable to further disciplinary action in accordance with Rules 125.5 and 145.2.</p>	<p>Races up to and including Time</p> <p>5000m/5km 0.5min</p> <p>10,000m/10km 1min</p> <p>20,000m/20km 2min</p> <p>30,000m/30km 3min</p> <p>40,000m/40km 4min</p> <p>50,000m/50km 5min</p> <p>An athlete who fails to enter the <del>Pit Lane</del> <b>Penalty Zone</b> when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge. If an athlete receives a third Red Card and it is no longer practicable to direct him to enter the <del>Pit Lane</del> <b>Penalty Zone</b> before the end of the race, the Referee shall add the time he would have been required to spend in the <del>Pit Lane</del> <b>Penalty Zone</b> to his finishing time and adjust the finishing order as may be necessary.</p> <p>If, at any time, an athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified.</p> <p>(d) In Track Races, an athlete who is disqualified shall immediately leave the track and, in Road Races, shall, immediately after being disqualified, remove the distinguishing bibs and leave the course. Any disqualified athlete who fails to leave the course or track or comply with directions given under Rule 230.7(c) to enter and remain for the required period in the <del>Pit Lane</del> <b>Penalty Zone</b> may be liable to further disciplinary action in accordance with Rules 125.5 and 145.2.</p>				
	<b>250</b>	<b>Cross-Country Races</b>							
8	250.6	216	Amend	6.	The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings should be given.	6.	The races shall be started by the firing of a gun, <b>cannon, air horn or like device</b> . The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-	To remove the mandated use of departure boxes and to have it as an option	<b>Approved with immediate effect, in force from 11 March 2019</b>

				<p>Departure boxes shall be provided for teams races and the members of each team shall be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command “On your marks”, the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.</p>	<p>minute warnings should be given.</p> <p>Departure boxes <del>shall</del> <b>may</b> be provided for teams races and the members of each team <del>shall</del> <b>may</b> be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command “On your marks”, the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.</p>		
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