

SECTION 7: SPORT & EVENT SPECIFICATIONS



7.2 SPORT SPECIFICATIONS - ATHLETICS

1 Introduction

- 1.1 The Inas Athletics Championships will be governed by the rules of IAAF with approved variations by Inas.
- 1.2 There will be a maximum of 3 entries per event per country based on "Minimum" Standards determined by the Inas Athletics Director according to the World Ranking List:

2 Outdoor Competition

Events	Men / Women		Heptathlon Men	Heptathlon Women
100m	M	W	110m Hurdles 0.91	100m Hurdles 0.84
200m	M	W	High Jump	High Jump
400m	M	W	Shot Put	Shot Put
800m	M	W	200m	200m
1500m	M	W	---	---
3000m	-	W	Long jump	Long jump
5000m	M	W	Javelin	Javelin
10000m	M	-	1500m	800m
100m Hurdles 0.84	-	W		
110m Hurdles 0.91	M	-		
400m Hurdles 0.76	-	W		
400m Hurdles 0.84	M	-		
3000m Steeplechase	M	-		
5000m Walk	-	W	(for development 3000m can be used in Regional competitions)	
10000m Walk	M	-	(for development 5000m can be used in Regional competitions)	
4x100m	M*	W*	* 1 team per country	
4x400m	M*	W*	* 1 team per country	
Long Jump	M	W		
High Jump	M	W		
Triple Jump	M	W		
Shot Put	M (7.26kg)	W (4kg)		
Discus	M (2kg)	W (1kg)		
Javelin	M (800gr)	W (600gr)		
Hammer	M (7.26kg)	W (4kg)26k		

2.1 Team Competition

- 2.2 According to the Inas guidelines and in order to encourage nations to participate, the Inas World Championships will have both, individual and team competition per sex (male and female).

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- 2.3 In the Team Competition each competing nation only is classified one (1) athlete per event (the best classified in the individual competition)
- 2.4 Only nations with a minimum of 3 participant's athletes per sex are eligible to participate in the Team Competition of this sex (male or female).
- a) The classification system for Team Competition is:
 - b) n points for 1st classified;
 - c) n-1 points for 2nd classified;
 - d) n-2 points for 3rd classified, and so on for other places, where (n) is the number of nations eligible for participation in the Team Competition per sex.

Example: Male Competition, 12 participating countries

1st 12 points
2nd 11 points
3rd 10 points
↓
12th 1 point

- 2.5 Championships Timetable**
- 2.6 World Championships may be of 7 days maximum duration (5 competition days). Extra days may be added prior to opening ceremony and following the final events to allow for travel arrangements/acclimatisation
- 2.7 Regional Championships may be of 5 days maximum duration (3 competition days).
- 2.8 Facilities**
- 2.9 Track and field events areas should be I.A.A.F. standard and approved by the host country's National Governing Body of Athletics. They should be floodlit with a surround that provides for team and spectator seating. In addition training facilities should be provided and wherever possible located close to the accommodation venues. Training facilities should be available prior to and during the championships.
- 2.10 Officials**
- 2.11 International Technical Officials (ITOs) should be appointed in conjunction with I.A.A.F and Inas. The referees, judges, timekeepers and other key officials should be I.A.A.F qualified. However additional officials should hold a National Governing Body qualification as a minimum.

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2.12 Delegations

2.13 Each competing nation may in addition to the athletes bring 1 Team Manager, 1 Head Coach, 1 medic/physio and support staff at a ratio of 1:4 athletes.

2.14 Sport rules

2.15 Outdoor Competition

2.16 The rules of Athletics pertaining to competition, rankings and records will be those of the IAAF with the following adaptations Inas competitions if required:

2.17 Rule 144.2: Assistance with Starting Blocks and Markers

Some athletes with an intellectual disability may require their starting blocks to be set for them, or their runway markers to be at a pre-set distance from the take-off board, prior to the competition. The Technical Delegate will provide the appropriate athletes with a document on which to show their requirements.

2.18 Rule 161.1: Starting Blocks

In the first line replace 'shall' with 'may' in relation to the application of this rule to athletes with an intellectual disability.

Note: As per Rule 114.2 some athletes may require their starting blocks to be set for them. The Technical Delegate will provide the appropriate athletes with a document on which to show their requirements.

2.19 Rule 162.2: Starting Considerations for Sensory Conditions

If an athlete has a hearing impairment the starter or their assistant may use a flag or other visual device as well as a pistol to signal the start. In some circumstances, for athletes with both a visual and a hearing impairment, an official may touch an athlete to signal the start.

3 Indoor Competition

Events	Men / Women	Pentathlon Men	Pentathlon Women
60m	M W	60m Hurdles 0.9160m Hurdles 0.84	
200m	M W	Long Jump	High Jump
400m	M W	Shot Put	Shot Put
800m	M W	High Jump	Long Jump
1500m	M W	1000m	800m
3000m	M W		
60m Hurdles 0.84	- W		
60m Hurdles 0.91M	-		
3000m Walk	- W		(for development 1500m can be used in Regional competitions)
5000m Walk	M -		(for development 3000m can be used in Regional competitions)

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4x200m	M*	W*	* 1 team per country
4x400m	M*	W*	* 1 team per country
Long Jump	M	W	
High Jump	M	W	
Triple Jump	M	W	
Shot Put	M (7.26kg)	W (4kg)	

3.1 Championships Timetable

3.2 Championships may be of 5 days maximum duration (3 competition days). Extra days may be added prior to opening ceremony and following the final events to allow for travel arrangements/acclimatisation

3.3 Facilities

3.4 Indoor events areas should be I.A.A.F. standard and approved by the host country's National Governing Body of Athletics. They should be floodlit with a surround that provides for team and spectator seating. In addition training facilities should be provided and wherever possible located close to the accommodation venues. Training facilities should be available prior to and during the championships.

3.5 Officials

3.6 International Technical Officials (ITOs) should be appointed in conjunction with I.A.A.F and Inas. The referees, judges, timekeepers and other key officials should be I.A.A.F qualified. However additional officials should hold a National Governing Body qualification as a minimum.

3.7 Delegations

3.8 Each competing nation may in addition to the athletes bring 1 Team Manager, 1 Head Coach, 1 medic/physio and support staff at a ratio of 1:4 athletes.

3.9 Sport rules

3.10 The rules of Athletics pertaining to competition, rankings and records will be those of the IAAF. The same adaptations as for outdoor competitions (above) are allowed for Inas Indoor competitions if required.

4 Cross-country Competition

Events	Men	Women
Short Race	3000m to 4000m	2000m to 3000m
Long Race	6000m to 8000m	5000m to 6000m

5 Road Races Competitions

Events	Men / Women	
Half Marathon	M	W
Marathon	M	W

5.1 Championships Timetable

5.2 Championships may be of 4 days maximum duration (2 competition days for Cross-country and/or 1 competition day for Road Race events). Extra days may be added prior to opening ceremony and following the final events to allow for travel arrangements/acclimatisation

5.3 Facilities

5.4 In both cases - Cross-country and/or Road Race - should be I.A.A.F. standard and approved by the host country's National Governing Body of Athletics. Training facilities should be available prior to and during the championships.

5.5 Officials

5.6 International Technical Officials (ITOs) should be appointed in conjunction with I.A.A.F and Inas. The referees, judges, timekeepers and other key officials should be I.A.A.F qualified. However additional officials should hold a National Governing Body qualification as a minimum.

5.7 Delegations

5.8 Each competing nation may in addition to the athletes bring 1 Team Manager, 1 Head Coach, 1 medic/physio and support staff at a ratio of 1:3 athletes.

5.9 Sport rules

5.10 The rules of Athletics pertaining to Cross-country and/or Road Race competitions will be those of the IAAF.