

WMA RULES OF COMPETITION

1. CHAMPIONSHIPS

- (1) WMA shall sanction WMA World Championships Stadia, normally to be held in each odd-numbered year, WMA World Championships Non-Stadia, normally in each even-numbered year and WMA World Championships Indoors, normally in each even numbered year. Application to stage World Masters Championships shall be submitted by a WMA Affiliate, which shall present its candidature together with a city. Written notification from the Affiliate of the Bid City nominated, duly signed by the Bid City, must be in the hands of the WMA Secretary by not later than 1st September in the year prior to the General Assembly at which the bid is to be considered, and no more than one Bid City may be nominated by an Affiliate.
- (2) Following upon the delivery of the written notification referred to in 1.(1) above, for the consideration of any bid, the contract must be signed by the Affiliate, the city's organising committee, the mayor of the Bid City and the head of the country's IAAF NGB and delivered to the WMA Secretary at least sixty (60) days before the General Assembly.

Inspection visits to the sites of the prospective bidders shall take place not less than 60 nor more than 179 days prior to the General Assembly and it is to be made by not more than 3 members of the Council, whose airfare, plus food and accommodation for three nights, shall be provided by the prospective Bid City at its cost. The WMA Delegates visiting the Bid Cities shall compile standard form reports following upon their inspection visits. These reports shall be sent to the Bid Cities for consideration, review and comments. When comments are received from the Bid Cities, the reports together with the comments are to be distributed amongst the Council Members for Council's evaluation and grading of the Bid Cities. The Bid Cities present their bids to the Council the days before the Championships. The Council revises, if necessary, the grading and forwards the two highest graded Bid Cities to the General Assembly for presentation and decision. The detailed technical and inspection reports are to be circulated by the Secretary amongst the affiliates 45 days before the opening of the General Assembly. If there are only a few bids which are regarded by Council as being not sufficiently competitive, the Council shall have the right to call for fresh bids.

- (3) Each WMA World Outdoor Championships Stadia shall include the following events. Each event will be offered for both male and female except as noted.

Stadia:

100m
200m
400m
800m
1500m
5000m
10000m
110/100/80m Hurdles
400/300m 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
8km Cross
10km Road Race Walk
20km Road Race Walk

Each WMA World Indoor Championships Stadia shall include the following events.
Each event will be offered for both male and female except as noted.

Stadia:

60m
200m
400m
800m

1500m
3000m
60m 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)

Non-Stadia:

(World Championships now, optional events after Non-Stadia World Championships are re- established):

Half Marathon
8km Cross Country
10km Road Race Walk

Optional: World Winter Throwing Championships events:

Hammer Throw
Discus Throw
Javelin Throw

- (4) The duration of the WMA World Championships Non-Stadia is a minimum of three days of competition. The events will be individual and team championships, with teams consisting of the top three finishers from each country in each five year age group.

The compulsory championship events will include:

10km Road Run (male and female)
Half Marathon (male and female)
10km Road Race Walk (male and female)
20km Road Race Walk (male and female)

Other championship events may include:

5km Cross Country (male and female)
50km Road Race Walk (male and female)

The order of events will be decided by the LOC and WMA.

- (5) WMA shall sanction such other World Masters Championships as may be approved by the General Assembly.
- (6) 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.
- (7) 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.
- (8) WMA shall, where appropriate, encourage the promotion of Regional Masters Indoor Championships.
- (9) WMA shall encourage its Affiliates to promote regular National Masters Athletics Championships.
- (10) WMA shall, where appropriate, encourage the promotion of National Masters Indoor Championships.

2. ANTI-DOPING CONTROL

Anti-Doping testing of competitors may be conducted at any time including at WMA Stadia and Non-Stadia World Championships and shall be performed during both, Stadia and Non-Stadia events.

3. DISCIPLINARY PROCEDURES IN NON-DOPING CASES

Non-doping disciplinary matters shall be referred to the Law and Legislation Committee.

4. AGE GROUPS

- (1) Competition shall be conducted only in the following age groups denominated as follows:

Age	Male age-group	Female age-group
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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

- (2) Two or more age groups, men and women, may compete together provided that there shall be separate results and awards for each age group of men and women.
- (3) 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.
- (4) There shall be no overall team Championships.

5. ENTRIES

- (1) Entries to all WMA World Championships may be submitted either through their national WMA Affiliate or electronically (E-mail) directly to the Organizing Committee. An entry received electronically (E-mail) by the Organizing Committee must be validated by the entrant's WMA Affiliate. Each such Affiliate and the Host Organizing Committee shall inform the WMA Secretary of its method of validating entries.
If a competitor comes from a country that does not have a WMA Affiliate then that competitor may enter directly. 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.
- (2) Entries shall not be subject to prior achievement of qualifying standards.

6. JURY OF APPEAL

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

7. THE COMPETITION - GENERAL

- (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.
The IAAF rule changes shall require endorsement by the WMA Council before introduction into WMA competitions.
- (2) Any modification of the technical rules takes effect the following May 1st, unless otherwise specifically stated.
- (3) 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.
- (4) 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.
- (5) 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.
- (6) 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.
- (7) 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.
- (8) 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.
- (9) In each event in World or Regional Masters Athletics Championships, there shall be at least three individual medals offered.
- (10) The Organising Committee of each World Masters Athletics Championships shall send a copy of the official results to each member of the WMA Council, to the Records Manager of the Records Committee, to each WMA Affiliate and to IAAF.
- (11) The Regional Associations shall send a copy of the official results of each Regional Masters Athletics Championships to the WMA Secretary, to the Records Manager of the Records Committee, to each Regional Affiliate and to IAAF.

8. THE COMPETITION - RUNNING AND WALKING EVENTS

- (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.
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.
- (2) 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.
- (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.
- (4) 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

Where two or more competitors have recorded the same time at the most recent stage, those competitors shall draw for the lanes involved.
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.
- (5) 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.
- (6) 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.
- (7) 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:
 - (i) the lower age group shall be in the same race as that in which the athlete competes individually,
 - (ii) 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,
 - (iii) every team must submit a start list that shows the names and age group of all their athletes competing in a particular age group,
 - (iv) an athlete may only score in one team,
 - (v) a maximum of two athletes from an older age group may be declared in a team not of their age group, and
 - (vi) 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.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.
- (8) 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.
- (9) 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.
- (10) Marathon shall be the last long-distance event but, if possible, shall not be scheduled on the last day of the championships.

9. HURDLE RACES

- (1) The specifications for hurdles be as set out in Appendix A hereto.
- (2) Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.
- (3) The pull over force of 68.6 (27 inch) hurdles shall be from 3.6 to 4.4 kilograms

10. STEEPLECHASE

- (1) The specifications for steeplechase shall be as set out in Appendix A hereto.
- (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.
- (3) Competitors may hurdle or vault the barriers or step on the top rail in continuous motion but may not climb them. The hands or the feet may touch only the top surface of the barrier and no other part of the body may touch any part of the barriers.

11. RELAY RACES

- (1) 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.
- (2) 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.

12. THE COMPETITION - FIELD EVENTS

- (1) The specifications for throwing implements shall be as set out in Appendix A hereto.
- (2) 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 he so wishes.
- (3) 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.
- (4) 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.
- (5) In all throwing events only one competition number (bib) shall be required, which shall be worn on the back

13. HIGH JUMP / POLE VAULT

- (1) Both feet must be off the ground during the vault.
- (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.

14. PUTTING THE SHOT

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

15. THROWING THE DISCUS

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

16. THROWING THE HAMMER

- (1) The specifications for the hammer shall be as set out in Appendix A hereto.
- (2) It is required that 2 hands be used at all times when throwing the hammer.

17. THROWING THE JAVELIN

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

18. THROWING THE WEIGHT

- (1) The specifications for the weight shall be as set out in Appendix A hereto.
- (2) It is required that 2 hands be used at all times when throwing the weight.
- (3) The rules of competition shall be the same as for the hammer.
- (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.

19. COMBINED EVENTS COMPETITIONS

- (1) All Combined Events Competitions shall be conducted using the specifications as set out in Appendix A. All Combined Events Competition scoring shall be as set out in Appendix B to J.
- (2) 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.
- (3) In Masters Combined Events, IAAF Rule 200(8) (IAAF Handbook 2002-2003) shall apply.
- (4) Women's Pentathlon
The order of events for the women's Pentathlon shall be:
 - Short Hurdles
 - High Jump
 - Shot Put
 - Long Jump
 - 800 Meters
- (5) Men's and Women's Weight Pentathlon
The order of events for the men's and women's Weight Pentathlon shall be:
 - Hammer Throw
 - Shot Put
 - Discus Throw
 - Javelin Throw

Weight Throw

20. WORLD MASTERS RECORDS

- (1) 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.
Records shall be kept in 5 year age groups for at least all of the required Championships events listed in Rule 1 (3) and 1 (4).
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.
- (2) Observance of the appropriate specification(s), as set out in Appendix A shall be a necessary condition for ratification of a world masters record.
- (3) 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.
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.
- (4) For World Championships, the Competition Director shall appoint a Record Clerk for properly recording all World Record applications.
- (5) 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.
- (6) 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.
- (7) 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.
- (8) 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.
- (9) Performances achieved in mixed (i.e. men/women) competition will be acceptable for recognition as World Records.