

SECTION IV - FIELD EVENTS

RULE 180

General Conditions

Warm-up at the competition Area

1. At the competition area and before the beginning of the event, each athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges.
2. Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate,
 - a) the runway or take-off area;
 - b) implements;
 - c) the circles or the ground within the sector with or without implements.

Markers

3. In all field events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organising Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything which leaves indelible marks.

Competing Order

4. The athletes shall compete in an order drawn by lot. If there is a qualifying round, there shall be a fresh drawing of lot for the final (see also paragraph 5 below).

Trials

5. In all field events, except for the High Jump and Pole Vault, where there are more than eight athletes, each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials. In the event of a tie for the last qualifying place, it shall be resolved as described in paragraph 20 below.

Where there are eight athletes or fewer, each athlete shall be allowed six trials. If more than one fail to achieve a valid trial during the first three rounds, such athletes shall compete in

subsequent rounds before those with valid trials, in the same relative order according to the original draw. ||

In both cases, the competing order for the fourth and fifth rounds will be in the reverse order of the ranking recorded after the first three trials. The competing order for the final round shall follow the reverse ranking order recorded after the fifth round.

Note (i): In competitions under Rule 1(d) to (h) the competing order for the last three rounds may be in the reverse order of the ranking recorded after the first three trials. ||

Note (ii): For Vertical Jumps, see Rule 181.2

6. Except for the High Jump and Pole Vault, no athlete shall have more than one trial recorded in any one round of the competition.
7. In all International Competitions, except the World Championships (Outdoor, Junior, Indoor and Youth) and Olympic Games, the number of trials in the horizontal field events may be reduced. This shall be decided by the National or International body having the control over the competition.

Qualifying Competition

8. A qualifying round shall be held in field events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). When a qualifying round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a qualifying round shall not be considered as part of the competition proper.
9. The athletes shall be divided into two or more groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its warm-up immediately after the previous group has finished. ||
10. It is recommended that, in competitions of more than three days, a rest day be provided between qualifying competitions and the finals in the vertical jumping events.
11. The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Technical Delegate(s). If no Technical Delegate(s) have been appointed the conditions shall be decided by the Organising Committee. For competitions conducted under Rule 1(a), (b) and (c), there should be at least 12 athletes in the final.
12. In a qualifying competition, apart from the High Jump and the Pole Vault, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, he shall not continue in the qualifying competition.

13. In the qualifying competition for the High Jump and the Pole Vault, the athletes, not eliminated after three consecutive failures, shall continue to compete according to Rule 181.2 until the end of the last trial at the height set as the qualifying standard, unless the number of athletes for the final has been reached as defined in Rule 180.11.
14. If no athletes, or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to that number by adding athletes according to their performances in the qualifying competition. Ties for the last qualifying place in the overall standings of the competition shall be resolved as described in paragraph 20 below or Rule 181.8 as appropriate.
15. When a qualifying competition for the High Jump and Pole Vault is held in two simultaneous groups, it is recommended that the bar be raised to each height at the same time in each group. It is also recommended that the two groups be of approximately equal strength.

Obstruction

16. If, for any reason, an athlete is hampered in a trial, the Referee shall have the authority to award him a substitute trial.

Delay

17. An athlete in a field event who unreasonably delays making a trial, renders himself liable to have that trial disallowed and recorded as a failure. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay.
 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. If an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.
 For the Pole Vault, the time shall begin when the uprights have 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.
 The following times should not normally be exceeded:

Individual Events

Number of athletes left in the competition

	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1	3min	5min	-
Consecutive trials	2min	3min	2min

Combined Events

Number of athletes left in the competition

	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1	2min*	3min*	-
Consecutive trials	2min	3min	2min

* When there is only one athlete left, the mentioned times will be followed in the first trial only if the previous trial was made by the same athlete.

Note (i): A clock which shows the remaining time allowed 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 shall not be applied until the bar is raised to a new height, except that the time specified for consecutive trials shall be applied whenever any athlete has two or more consecutive trials.

Absence during Competition

18. An athlete may, with the permission of, and accompanied by, an official, leave the immediate area of the event during the progress of the competition.

Change of Competition Area

19. The appropriate Referee shall have the authority to change the place of the competition if, in his opinion, the conditions justify it. Such a change should be made only after a round has been completed.

Note: Neither the wind strength nor its change of direction is sufficient condition to change the place of the competition.

Ties

20. Except for the High Jump and Pole Vault, the second best performance of the athletes tying shall resolve the tie. Then, if necessary, the third best, and so on.

If the tie remains and concerns first place, the athletes having achieved the same results will compete again in the same order in a new attempt until the tie is resolved.

Note: For Vertical Jumps, see Rule 181.8.

Result

21. Each athlete shall be credited with the best of all his attempts, including those achieved in resolving a tie for the first place.

A. VERTICAL JUMPS

RULE 181

General Conditions

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.

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 forgoes a trial at a certain height, he may not make any subsequent attempt at that height, except in the case of a tie for first place.

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 should never be raised by less than 2cm in the High Jump and 5cm in the Pole Vault after each round; and

- (b) the increment of the raising of the bar should 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 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.

In a Combined Events Competition held under Rule 1(a), (b) and (c), each increase shall be uniformly 3cm in the High Jump and 10cm in the Pole Vault throughout the competition.

Measurements

5. All 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 check the measurement when the bar is placed at the record height and they shall re-check the measurement before each subsequent record attempt if the bar has been touched since last measured.

Crossbar

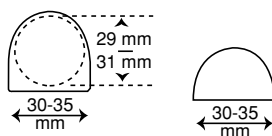
7. The crossbar shall be made of fibre-glass, or other suitable material but not metal, circular in cross-section except for the end pieces. The overall length of the crossbar shall be 4.00m (± 2 cm) in the High Jump and 4.50m (± 2 cm) in Pole Vault. The maximum weight of the crossbar shall be 2kg in the High Jump and 2.25kg in Pole Vault. The diameter of the circular part of the crossbar shall be 30mm (± 1 mm).

The crossbar shall consist of three parts - the circular bar and two end pieces, each 30-35mm wide and 15-20cm long for the purpose of resting on the supports of the uprights.

These end pieces shall be circular or semicircular with one clearly defined flat surface on which the bar rests on the crossbar supports. This flat surface may not be higher than the centre of the vertical cross section of the crossbar. The end pieces shall be hard and smooth. They shall not be covered with rubber or any other material which has the effect of increasing the friction between them and the supports.

The crossbar shall have no bias and, when in place, shall sag a maximum of 2cm in the High Jump and 3cm in Pole Vault.

Control of elasticity: Hang a 3kg weight in the middle of the crossbar when in position. It may sag a maximum of 7cm in the High Jump and 11cm in Pole Vault.



Alternative ends for crossbar

Ties

8. Ties shall be resolved as follows:
- (a) The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
 - (b) If the tie still remains, 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 tie still remains:
 - (i) If it concerns the first place, the athletes tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not, 2cm for the High Jump and 5cm for the Pole Vault. They shall then attempt one jump at each height until the tie is resolved. Athletes so tying must jump on each occasion when resolving the tie (See example).
 - (ii) If it concerns any other place, the athletes shall be awarded the same place in the competition.

Note: This Rule (c) will not apply to Combined Events.

High Jump - Example

Heights announced by the Chief Judge at the beginning of competition: 1.75m; 1.80m; 1.84m; 1.88m; 1.91m; 1.94m; 1.97m; 1.99m...

Athlete	Heights							Failures	Jump Off			Pos
	1.75m	1.80m	1.84m	1.88m	1.91m	1.94m	1.97m		1.94m	1.92m	1.94m	
A	O	XO	O	XO	X-	XX		2	X	O	X	2
B	-	XO	-	XO	-	-	XXX	2	X	O	O	1
C	-	O	XO	XO	-	XXX		2	X	X		3
D	-	XO	XO	XO	XXX			3				4

O = Cleared X = Failed - = Did not jump

A, B, C and D all cleared 1.88m.

The Rule regarding ties now comes into operation; the Judges add up the total number of failures, up to and including the height last cleared, i.e. 1.88m.

"D" has more failures than "A", "B" or "C", and is therefore awarded fourth place. "A", "B" and "C" still tie and as this concerns the first place, they shall have one more jump at 1.94m where "A" and "C" lost their right to continue jumping.

As all the athletes tying failed, the bar is lowered to 1.92m for another jump-off. As only "C" failed to clear 1.92m, the two other tying athletes,

"A" and "B" shall have a 3rd jump-off at 1.94m which only "B" cleared and is therefore declared the winner.

Extraneous forces

9. 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

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 considered a failure.

||

||

Note: To assist in the implementation of the rule a white line 50mm wide shall be drawn (usually by adhesive tape or similar material) between points 3 metres outside of each upright, the nearer edge of the line being drawn along the vertical plane through the nearer edge of the crossbar.

The Runway and Take-off Area

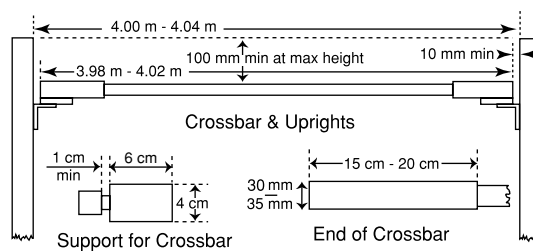
3. The minimum length of the runway shall be 15m except in competitions held under Rule 1(a), (b) and (c), where the minimum shall be 20m.
Where conditions permit, the minimum length should be 25m.
4. The maximum overall inclination of the runway and take-off area shall not exceed 1:250 along any radius of the semicircular area centred midway between the uprights and having the minimum radius specified in Rule 182.3. The landing area shall be placed so the athlete's approach is up the inclination.

||

5. The take-off area shall be level or any inclination shall be in accordance with the requirements of Rule 182.4 and the IAAF Track and Field Facilities Manual. ||

Apparatus

6. Uprights. Any style of uprights or posts may be used, provided they are rigid.
They shall have supports for the crossbar firmly fixed to them.
They shall be sufficiently tall as to exceed the actual height to which the crossbar is raised by at least 10cm.
The distance between the uprights shall be not less than 4.00m nor more than 4.04m.
7. The uprights or posts shall not be moved during the competition unless the Referee considers that either the take-off or landing area has become unsuitable.
In such a case the change shall be made only after a round has been completed.
8. Crossbar supports. The supports shall be flat and rectangular, 4cm wide and 6cm long. They shall be firmly fixed to the uprights and immovable during the jump and shall each face the opposite upright. The ends of the crossbar shall rest on them in such a manner that, if the crossbar is touched by an athlete, it will easily fall to the ground, either forwards or backwards.
The supports shall not be covered with rubber or with any other material which has the effect of increasing the friction between them and the surface of the crossbar, nor may they have any kind of springs.
The supports shall be the same height above the take-off area immediately below each end of the crossbar. ||



High Jump uprights and crossbar

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

The Landing Area

10. The landing area should measure not less than 5m long x 3m wide. It is recommended that the landing area be not smaller than 6m long x 4m wide x 0.7m high.

Note: The uprights and landing area should also be designed so that there is a clearance of at least 10cm between them when in use, to avoid displacement of the crossbar through a movement of the landing area causing contact with the uprights.

RULE 183
Pole Vault

The Competition

1. Athletes may have the crossbar moved only in the direction of the landing area so that the edge of the crossbar nearest the athlete can be positioned at any point from that directly above the back end of the box to a point 80cm in the direction of the landing area. An athlete shall, before the competition starts, inform the appropriate official of the position of the crossbar he requires for his first attempt and this position shall be recorded. If subsequently an athlete wants to make any changes, he should immediately inform the appropriate official before the crossbar has been set in accordance with his initial wishes. Failure to do this shall lead to the start of his time limit.

|| *Note: A line, 1cm wide and of distinguishable colour, shall be drawn at right angles to the axis of the runway, at the level of the back end of the box. A similar line shall also go on the surface of the landing area and be prolonged as far as the outside edge of the uprights.*

2. An athlete fails if:
 - (a) after the vault, the bar does not remain on the pegs because of the action of an athlete whilst vaulting; or
 - (b) he touches the ground, including the landing area beyond the vertical plane through the back end of the box with any part of his body or with the pole, without first clearing the bar; or
 - (c) after leaving the ground he places his lower hand above the upper one or moves the upper hand higher on the pole.

- (d) during the vault an athlete steadies or replaces the bar with his hand(s).

Note: It is not a failure if an athlete runs outside the white lines marking the runway at any point.

- 3. Athletes may, during the competition, place a substance on their hands or on the pole, in order to obtain a better grip. Athletes shall not use tape on the hands or fingers except in the case of the need to cover an open wound.
- 4. After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the Referee is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be recorded as a failure.
- 5. If, in making an attempt, an athlete's pole is broken, it shall not be counted as a failure and the vaulter shall be awarded a new trial.

The Runway

- 6. The minimum length of the runway shall be 40m and where conditions permit, 45m. It shall have a width of $1.22\text{m} \pm 0.01\text{m}$ and shall be marked by white lines 5cm in width.

Note: For all tracks constructed before 1 January 2004 the runway may have a width of maximum 1.25m.

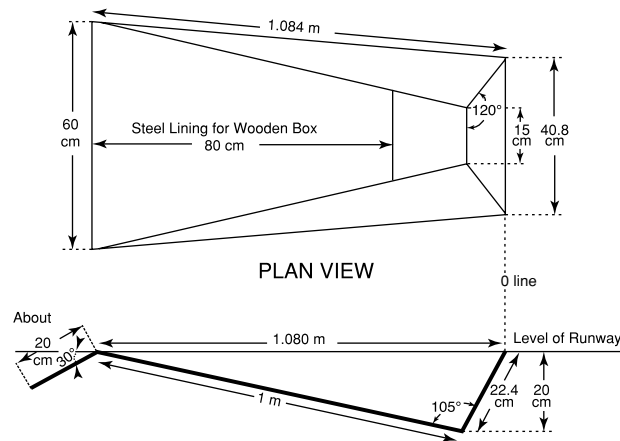
- 7. The maximum lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction 1:1000.

Apparatus

- 8. Box. The take-off for the Pole Vault shall be from a box. It shall be constructed of suitable material, preferably with rounded upper edges and shall be sunk level with the runway. It shall be 1m in length, measured along the inside of the bottom of the box, 60cm in width at the front end and tapering to 15cm in width at the bottom of the stop board. The length of the box at runway level and the depth of the stop board are determined by the angle of 105° formed between the base and the stop board.

The base of the box shall slope from runway level at the front end to a vertical distance below ground level of 20cm at the point where it meets the stop board. The box should be constructed in such a manner that the sides slope outwards and end next to the stop board at an angle of approximately 120° to the base.

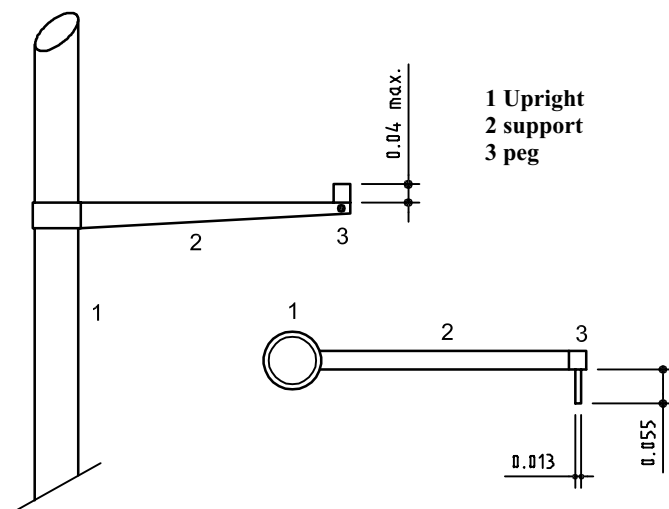
If the box is constructed of wood, the bottom shall be lined with 2.5mm sheet metal for a distance of 80cm from the front of the box.



Pole vault box (top and side view)

9. Uprights. Any style of uprights or posts may be used, provided they are rigid. The metallic structure of the base and the lower part of the uprights must be covered with padding of appropriate material in order to provide protection to the athletes and the poles.
10. Crossbar support. The crossbar shall rest on pegs so that if it is touched by an athlete or his pole, it will fall easily to the ground in the direction of the landing area. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13mm in diameter.
They shall not extend more than 55mm from the supporting members, which should extend 35-40mm above the pegs.
The distance between the pegs shall be 4.30-4.37m. The pegs shall not be covered with rubber or with any other material which has the effect of increasing the friction between them and the surface of the bar, nor may they have any kind of springs.

Note: To lessen the chance of injury to an athlete by his falling on the feet of the uprights, the pegs supporting the crossbar may be placed upon extension arms permanently attached to the uprights, thus allowing the uprights to be placed wider apart, without increasing the length of the crossbar (See Diagram).



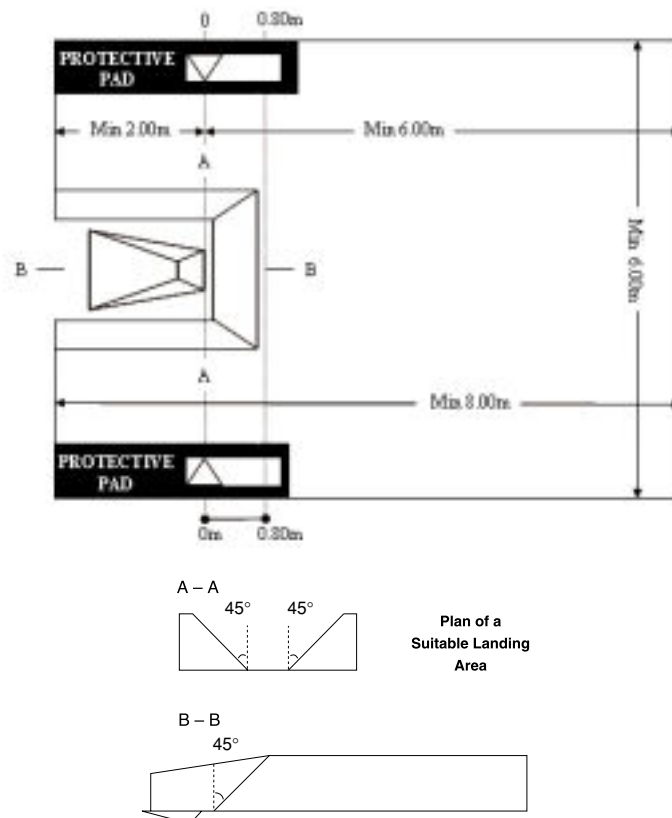
Crossbar support (view from landing area and top view)

Vaulting Poles

11. Athletes may use their own poles. No athlete shall use any other athlete's pole except with the consent of the owner.
The pole may be of any material or combination of materials and of any length or diameter, but the basic surface must be smooth.
The pole may have protective layers of tape at the grip and at the bottom end.

The Landing Area

12. The landing area should measure not less than 5m long (excluding the front pieces) x 5m wide. The sides of the landing area nearest to the box shall be placed 10cm to 15cm from the box and shall slope away from the box at an angle of approximately 45° (See Diagram).



Pole Vault landing area (top and side views)

For competitions under Rule 1(a), (b) and (f), the landing area shall be not smaller than 6m long (excluding the front pieces) x 6m wide x 0.8m high. The front pieces must be 2m long.

B. HORIZONTAL JUMPS

RULE 184

General Conditions

Measurements

1. 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.

Runway

2. The minimum length of the runway shall be 40m, measured from the relevant take-off line to the end of the runway. It shall have a width of $1.22\text{m} \pm 0.01\text{m}$ and shall be marked by white lines 5cm in width.

Note: For all tracks constructed before 1 January 2004 the runway may have a width of maximum 1.25m. ||

3. The maximum lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction 1:1000.

Wind Measurement

4. The wind speed shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m. If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time he commences his run.
5. The wind gauge shall be placed 20m from the take-off board. It shall be positioned 1.22m high and not more than 2m away from the runway.
6. The wind gauge shall be the same as described in Rule 163.11. It shall be operated and read as described in Rules 163.12 and 163.10 respectively. ||

RULE 185

Long Jump

The Competition

1. An athlete fails if:
 - (a) he while taking off, touches the ground 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 touches the ground between the take-off line and the landing area; or
- (d) he employs any form of somersaulting whilst running up or in the act of jumping; or
- (e) in the course of landing he touches the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or
- (f) when leaving the landing area, his first contact with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing.

Note (i): It is not a failure if an athlete runs outside the white lines marking the runway at any point.

Note (ii): It is not a failure under 1(b) above if a part of an athlete's shoe/foot is touching the ground outside either end of the take-off board, before the take-off line.

Note (iii): It is not a failure if in the course of landing, an athlete touches, with any part of his body, the ground outside the landing area, unless such contact is the first contact or contravenes paragraph 1 (e) above.

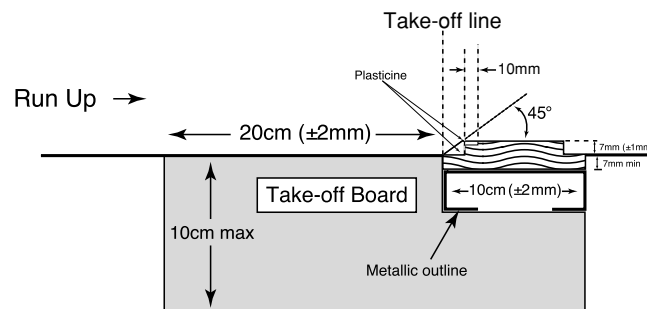
Note (iv): It is not a failure, if an athlete walks back through the landing area after having left the landing area in a correct way.

2. Except as described in 1(b) above, if an athlete takes off before reaching the board it shall not, for that reason, be counted as a failure.
3. All jumps shall be measured from the nearest break in the landing area made by any part of the body to the take-off line, or take-off line extended (see paragraph 1(f) above). The measurement shall be taken perpendicular to the take-off line or its extension.

The Take-off Board

4. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.
5. The distance between the take-off line and the far end of the landing area shall be at least 10m.

6. The take-off line shall be placed between 1m and 3m from the nearer end of the landing area.
7. Construction. The take-off board shall be rectangular, made of wood or other suitable rigid material and shall measure 1.22m \pm 0.01m long, 20cm (\pm 2mm) wide and 10cm deep. It shall be white.
8. Plasticine Indicator Board. This shall consist of a rigid board, 10cm (\pm 2mm) wide and 1.22m \pm 0.01m long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of 7mm (\pm 1mm). The edges shall either slant at an angle of 45° with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45° (see Diagram).



Take-off board and plasticine indicator board

The upper part of the indicator board shall also be covered for the first 10mm approximately and along its entire length, by a plasticine layer.

When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot.

The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid.

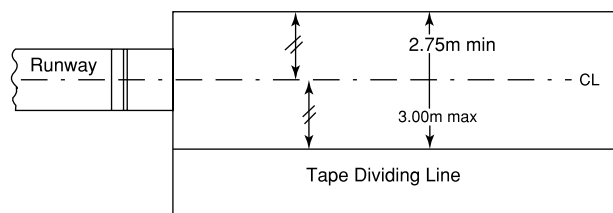
The layer of plasticine can be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprint of an athlete.

Note: It will be found very helpful to have spare plasticine boards available so that, while a footprint is being eliminated, the competition is not delayed.

The Landing Area

- The landing area shall have a minimum width of 2.75m and a maximum width of 3m. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

Note: When the axis of the runway is not in line with the centre line of the landing area, a tape, or if necessary, two tapes, should be placed along the landing area so that the above is achieved. (See diagram).



Centralised Long Jump/Triple Jump landing area

- The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

**RULE 186
Triple Jump**

The Rules for the Long Jump apply to the Triple Jump with the following additions:

The Competition

- The Triple Jump shall consist of a hop, a step and a jump in that order.
- 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(c) does not apply to the normal landings from the hop and step phases.

The Take-off Board

3. The distance between the take-off line and the far end of the landing area shall be at least 21m.
4. For International Competitions, it is recommended that the take-off line shall be not less than 13m for men and 11m for women from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.
5. Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of 1.22m \pm 0.01m wide providing firm and uniform footing.

Note: For all tracks constructed before 1 January 2004 this take-off area may have a width of maximum 1.25m. ||

C. THROWING EVENTS

RULE 187

General Conditions

Official Implements

1. In all International Competitions, the implements used shall comply with IAAF specifications. Only implements which hold a current valid IAAF certificate of approval may be used. The following table shows the implement to be used by each age group:

Implement	Women Youth/Junior/Senior	Men Youth	Men Junior	Men Senior
Shot	4.000kg	5.000kg	6.000kg	7.260kg
Discus	1.000kg	1.500kg	1.750kg	2.000kg
Hammer	4.000kg	5.000kg	6.000kg	7.260kg
Javelin	600g	700g	800g	800g

Note: A standard form of Implement Certification Application is available, on request, from the IAAF Office, or may be downloaded from the IAAF website.

2. Except as provided below, all such implements shall be provided by the Organising Committee. The Technical Delegate(s) may, based on the relevant Technical Regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organising Committee before the competition and made available to all athletes. Such implements will not be accepted if the same model is already on the list of those provided by the Organising Committee.
3. No modification shall be made to any implements during the competition.

Personal Safeguards

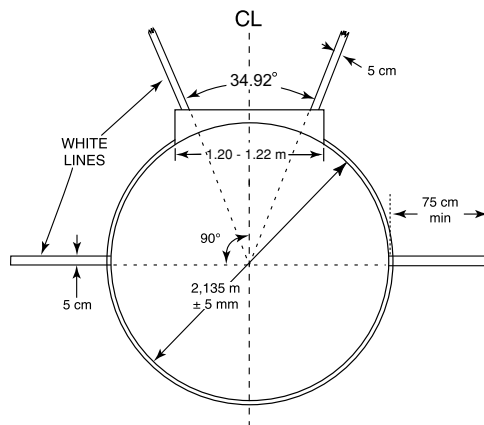
4. (a) An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making

an attempt. An athlete shall not use tape on the hand except when tape is needed to cover an open cut or wound. However an athlete in the Hammer Throw may tape individual fingers. The taping should be shown to the Chief Judge before the event starts.

- (b) An athlete shall not use 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.
- (c) In order to obtain a better grip, an athlete may use a suitable substance on his hands only. In addition, hammer throwers may use such substances on their gloves, and shot putters may use such substances on their neck.
- (d) In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.
- (e) In the Shot Put an athlete may wear a bandage at the wrist in order to protect it from injury.
- (f) In the Javelin Throw, an athlete may wear an elbow protection.
- (g) An athlete may wear other protection e.g. knee support, provided the athlete has IAAF approval on medical advice for its use in competition.

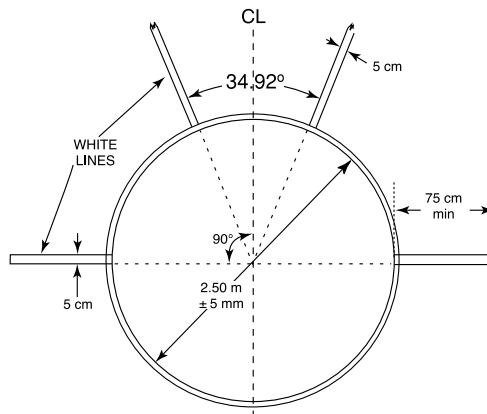
Throwing Circle

- 5. The rim of the circles shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. The ground may be a concrete, synthetic, asphalt, wood or any other suitable material surrounding to the circle.
The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and 1.4 - 2.6cm lower than the upper edge of the rim of the circle.
In the Shot Put, a portable circle meeting these specifications is permissible.
- 6. The inside diameter of the circle shall be 2.135m (± 5 mm) in the Shot Put and the Hammer Throw and 2.50m (± 5 mm) in the Discus Throw.
The rim of the circle shall be at least 6mm thick and shall be white. The hammer may be thrown from the discus circle provided the diameter of this circle is reduced from 2.50m to 2.135m by placing a circular ring inside.

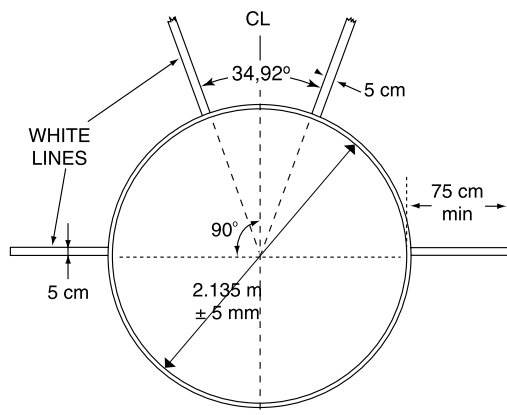


Layout of Shot Put circle

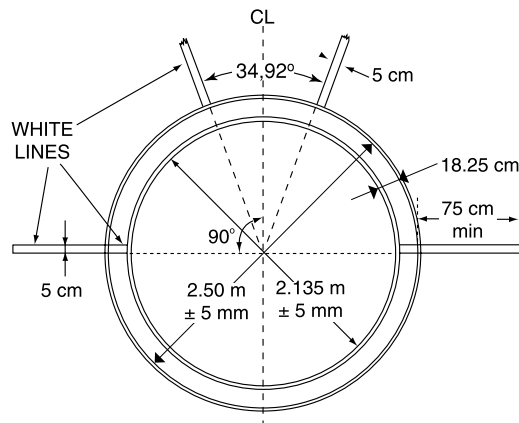
7. A white line 5cm wide shall be drawn from the top of the metal rim extending for at least 75cm on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.



Layout of Discus Throw circle



Layout of Hammer Throw circle



Layout of concentric circles for Discus and Hammer Throw

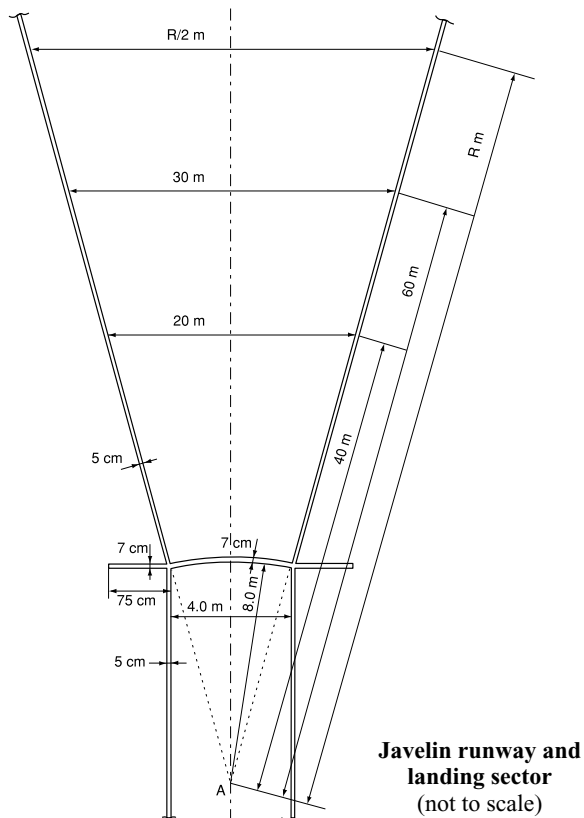
8. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle. ||

Javelin Runway

9. In the Javelin Throw the minimum length of the runway shall be 30m and the maximum 36.5m. Where conditions permit, the

minimum length shall be 33.5m. It shall be marked by two parallel white lines 5cm wide and 4m apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8m. The arc shall consist of a strip painted or made of wood 7cm wide. It shall be white and be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 75cm long and 7cm wide. The maximum lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction 1:1000.

Note: It is a failure if an athlete begins his run more than 36.5 metres from the inner edge of the arc.



Javelin runway and landing sector
(not to scale)

Landing sector

10. The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.
11. The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000.
12. (a) Except for the Javelin Throw, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92 such that the inner edge of lines, if extended, would pass through the centre of the circle.

Note: The 34.92° sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle 12m (20x0.60) apart. Thus for every 1m from the centre of the circle, the distance across shall be increased by 60 cm

- (b) In the Javelin Throw, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part (see diagram). The sector is thus about 29°.

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 attempts made from a circle, an athlete shall commence his attempt from a stationary position inside the circle. An athlete is allowed to touch the inside of the iron band. In the Shot Put he is also allowed to touch the inside of the stop board described in Rule 188.2.
14. It shall be a failure if an athlete in the course of an attempt:
 - (a) improperly releases the shot or the javelin,
 - (b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top of the iron ring or the ground outside the circle,
 - (c) in the Shot Put, touches with any part of his body the top of the stop board,
 - (d) in the Javelin Throw, touches with any part of his body the lines which mark the boundaries of the throwing area 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.

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 it.

When leaving the circle or runway he shall step out as required in paragraph 17 before returning to the circle or runway to begin a fresh trial.

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

16. It shall be a failure if the shot, the discus, the hammer head or the tip of the javelin on its first contact with the ground touches the sector line or the ground outside the sector line.

17. An athlete shall not leave the circle or runway until the implement has touched the ground.

For throws made from a circle, when leaving the circle, an athlete's first contact with the top of the iron band or the ground outside the circle shall be completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

In the case of the Javelin Throw, when an athlete leaves the runway the first contact with the parallel lines or the ground outside the runway shall be completely behind the white line of the arc at right angles to the parallel lines.

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

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 the attempt:

- (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 tip 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.

Markers

21. A distinctive flag or marker may be provided to mark the best throw of each athlete, in which case it shall be placed along, and outside, the sector lines.

A distinctive flag or marker may also be provided to mark the existing World Record and, when appropriate, the existing Continental, National or Event Record.

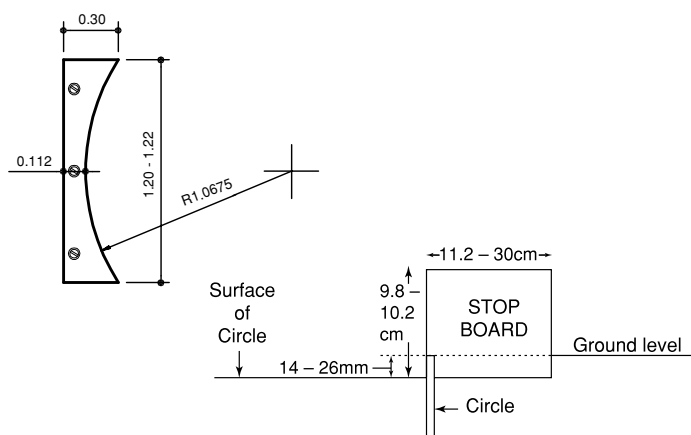
RULE 188
Putting the Shot

The Competition

1. 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.

The Stop Board

2. Construction. The board shall be white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the rim of the circle. It shall be placed mid-way between the sector lines, and be so made that it can be firmly fixed to the ground.



Shot Put stop board (top and side view)

- Measurements. The board shall measure 11.2cm to 30cm wide, with a chord of 1.21m \pm 0.01m for an arc of the same radius as the circle and 10cm \pm 0.2cm high in relation to the level of the inside of the circle.

The Shot

- Construction. The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other material. It shall be spherical in shape and its surface shall have no roughness and the finish shall be smooth. To be smooth, the surface average height must be less than 1.6 μ m, i.e. a roughness number N7 or less.
- It shall conform to the following specifications:

Shot				
Minimum weight for admission to competition and acceptance of a record:	4.000kg	5.000kg	6.000kg	7.260kg
<u>Information for manufacturers:</u>				
Range for supply of implement for competition	4.005kg 4.025kg	5.005kg 5.025kg	6.005kg 6.025kg	7.265kg 7.285kg
Minimum Diameter	95mm	100mm	105mm	110mm
Maximum Diameter	110mm	120mm	125mm	130mm

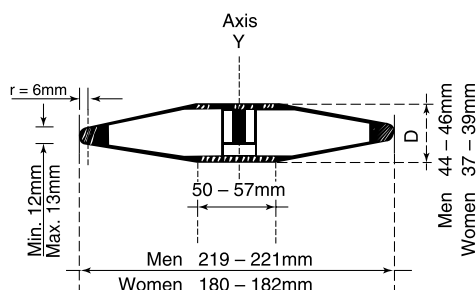
RULE 189
Throwing the Discus

The Discus

- Construction. The body of the discus may be solid or hollow and shall be made of wood, or other suitable material, with a metal rim, the edge of which shall be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the centre of the sides. Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications. Each side of the discus shall be identical and shall be made without indentations, projections or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius of 25mm to 28.5mm from the centre of the discus. The profile of the discus shall be designed as follows. From the beginning of the curve of the rim the thickness of the discus

increases regularly up to the maximum thickness D. This maximum value is achieved at a distance of 25 mm to 28.5mm from the axis of the discus Y. From this point up to the axis Y the thickness of the discus is constant. Upper and lower side of the discus must be identical, also the discus has to be symmetrical concerning rotation around the axis Y.

The discus, including the surface of the rim shall have no roughness and the finish shall be smooth (see Rule 188.4) and uniform throughout.



Discus

2. It shall conform to the following specifications:

Discus				
Minimum weight for admission to competition and acceptance of a record :	1.000kg	1.500kg	1.750kg	2.000kg
Information for manufacturers: Range for supply of implement for competition	1.005kg 1.025kg	1.505kg 1.525kg	1.755kg 1.775kg	2.005kg 2.025kg
Outside diameter of metal rim				
Min.	180mm	200mm	210mm	219mm
Max.	182mm	202mm	212mm	221mm
Diameter of metal plate or flat centre area				
Min.	50mm	50mm	50mm	50mm
Max.	57mm	57mm	57mm	57mm
Thickness of metal plate or flat centre area				
Min.	37mm	38mm	41mm	44mm
Max.	39mm	40mm	43mm	46mm
Thickness of rim (6mm from edge)				
Min.	12mm	12mm	12mm	12mm
Max.	13mm	13mm	13mm	13mm

RULE 190
Discus Cage

1. All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the arena with other events taking place at the same time or when the event takes place outside the arena with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available, on request, from national organisations or from the IAAF Office.

Note: The hammer cage specified in Rule 192 may also be used for Discus Throw, either by installing 2.135/2.50m concentric circles, or by using the extension of the gates of that cage with a separate discus circle installed in front of the hammer circle.

2. The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25 metres per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.

3. The cage should be U-shaped in plan as shown in the diagram. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m. Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.

Note (i): The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.00 metres away from the centre of the circle.

Note (ii): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be IAAF Certified.

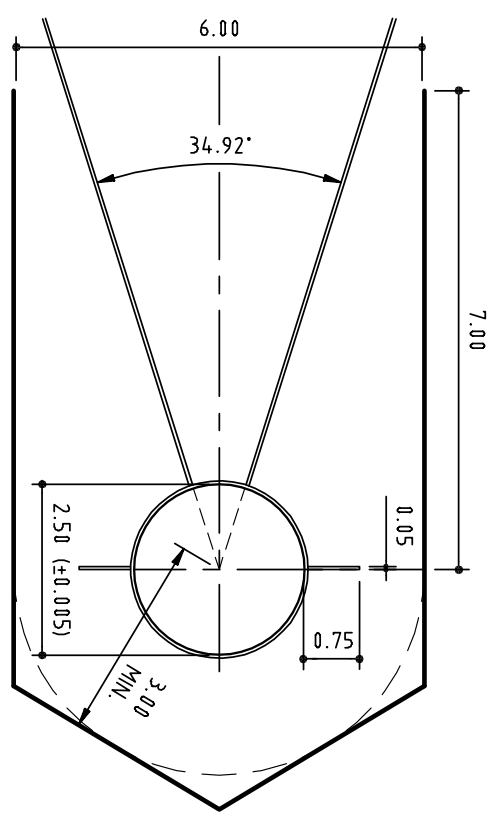
Note (iii) The cage side particularly alongside the track may be lengthened and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition.

4. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel

wire. The maximum mesh size shall be 44mm for cord netting and 50mm for steel wire.

Note: Further specifications for the netting and safety inspection procedures are set out in the IAAF Track and Field Facilities Manual.

5. The maximum danger sector for discus throws from this cage is approximately 69° , when used by both right and left handed throwers in the same competition. The position and alignment of the cage in the arena is, therefore, critical for its safe use.



Cage for Discus Throw only (dimensions in m)

RULE 191
Throwing the Hammer

The Competition

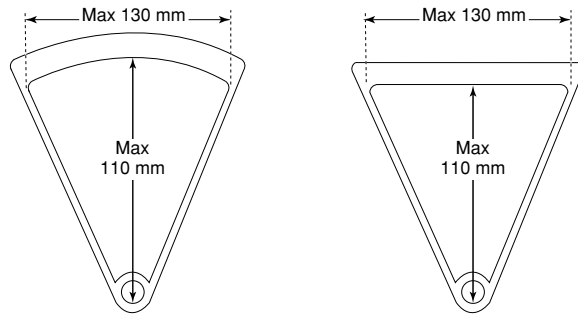
1. An athlete, in his starting position prior to the preliminary swings or turns, is allowed to put the head of the hammer on the ground inside or outside the circle.
2. It shall not be considered a failure if the head of the hammer touches the ground inside or outside the circle, or the top of the iron band. The athlete may stop and begin the throw again, provided no other rule has been breached.
3. If the hammer 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.

The Hammer

4. Construction. The hammer shall consist of three main parts: a metal head, a wire and a handle.
5. Head. The head shall be of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material.
If a filling is used, this shall be inserted in such manner that it is immovable and that the centre of gravity shall not be more than 6mm from the centre of the sphere.
6. Wire. The wire shall be a single unbroken and straight length of spring steel wire not less than 3mm in diameter and shall be such that it cannot stretch appreciably while the hammer is being thrown. The wire may be looped at one or both ends as a means of attachment.
7. Handle. The handle may be either of single or double loop construction, but shall be rigid and without hinging joints of any kind. It shall not stretch appreciably while being thrown. It shall be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer.
The handle may have a curved or straight grip with a maximum width inside of 130mm and a maximum length inside of 110mm.
The minimum handle breaking strength shall be 8kN (800kgf). The sides of the handle may be straight or slightly curved where the

sides attach meet the grip so as to provide greater room for the thrower's hands.

Note: The strength of a handle shall be determined in accordance with the procedures given in the IAAF Calibration Handbook.



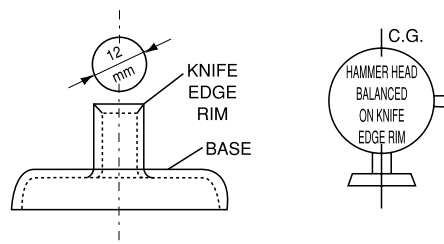
Examples of hammer handle

8. Connections for wire. The wire shall be connected to the head by means of a swivel, which may be either plain or ball bearing. The handle shall be connected to the wire by means of a loop. A swivel may not be used.
9. The hammer shall conform to the following specifications:

Hammer				
Minimum weight for admission to competition and for acceptance of a record	4.000kg	5.000kg	6.000kg	7.260kg
<u>Information for manufacturers:</u> Range for supply of implement for competition	4.005kg 4.025kg	5.005kg 5.025kg	6.005kg 6.025kg	7.265kg 7.285kg
Length of Hammer measured from inside of handle				
Min.	1160mm	1165mm	1175mm	1175mm
Max.	1195mm	1200mm	1215mm	1215mm
Diameter of head				
Min.	95mm	100mm	105mm	110mm
Max.	110mm	120mm	125mm	130mm

Centre of gravity of head

Not more than 6mm from the centre of the sphere, i.e. - it must be possible to balance the head, less handle and wire, on a horizontal sharp-edged circular orifice 12mm in diameter (see diagram).



Suggested apparatus for testing centre of gravity of hammer head

RULE 192

Hammer Cage

1. All hammer throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the arena with other events taking place at the same time or when the event takes place outside the arena with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available on request from national organisations or from the IAAF Office.
2. The cage should be designed, manufactured and maintained so as to be capable of stopping a 7.260kg hammer head moving at a speed of up to 32 metres per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.
3. The cage should be U-shaped in plan as shown on the diagram. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the pivoted netting. The height of the netting panels or draped netting at their lowest point shall be at least 7m for the panels/netting at the rear of the cage and at least 10m for the last 2.80m panels to the gate pivot points. Provisions should be made in the design and construction of the cage to prevent a hammer forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting.

Note: The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.50 metres away from the centre of the circle.

4. Two movable netting panels 2m wide shall be provided at the front of the cage, only one of which will be operative at a time. The minimum height of the panels shall be 10m.

Note (i): The left hand panel is used for throwers turning anti clockwise, and the right hand panel for throwers turning clockwise. In view of the possible need to change over from one panel to the other during the competition, when both left and right-handed throwers are present, it is essential that this changeover should require little labour and be carried out in the minimum of time.

Note (ii): The end position of both panels is shown in the plan even though in competition only one panel will be closed at any one time during competition.

Note (iii): When in operation, the movable panel shall be exactly in the position shown. Provision shall therefore, be made in the design of the movable panels to lock them in the operative position.

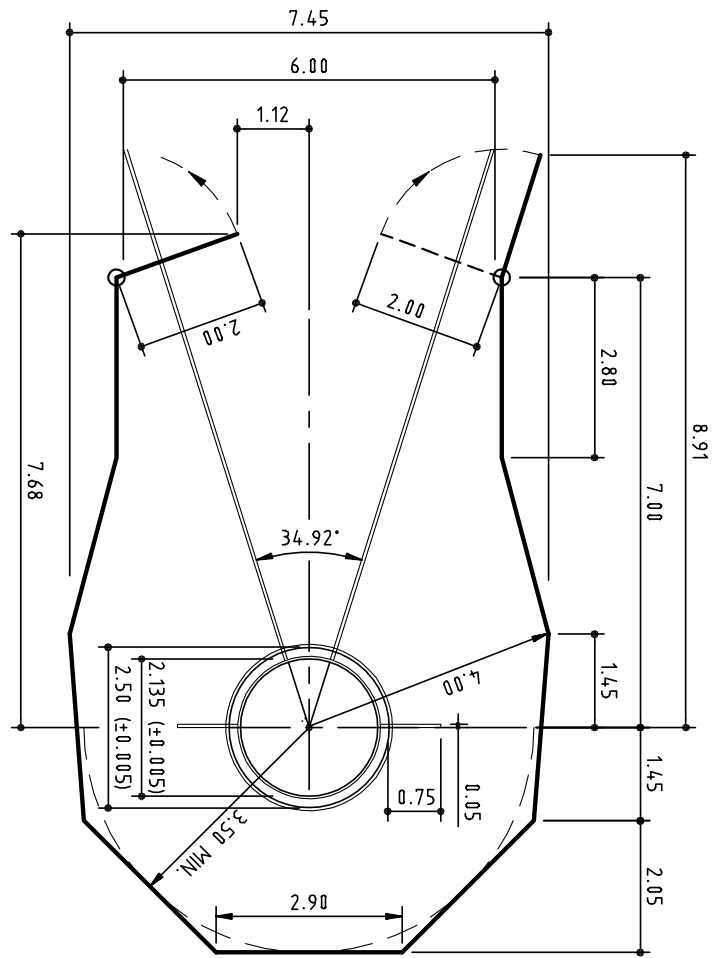
Note (iv): The construction of these panels and their operation depends on the overall design of the cage and can be sliding, hinging on a vertical or horizontal axis or dismantling. The only firm requirements are that the panel in operation shall be fully able to stop any hammer striking it and there shall be no danger of a hammer being able to force its way between the fixed and movable panels.

Note (v): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be IAAF Certified.

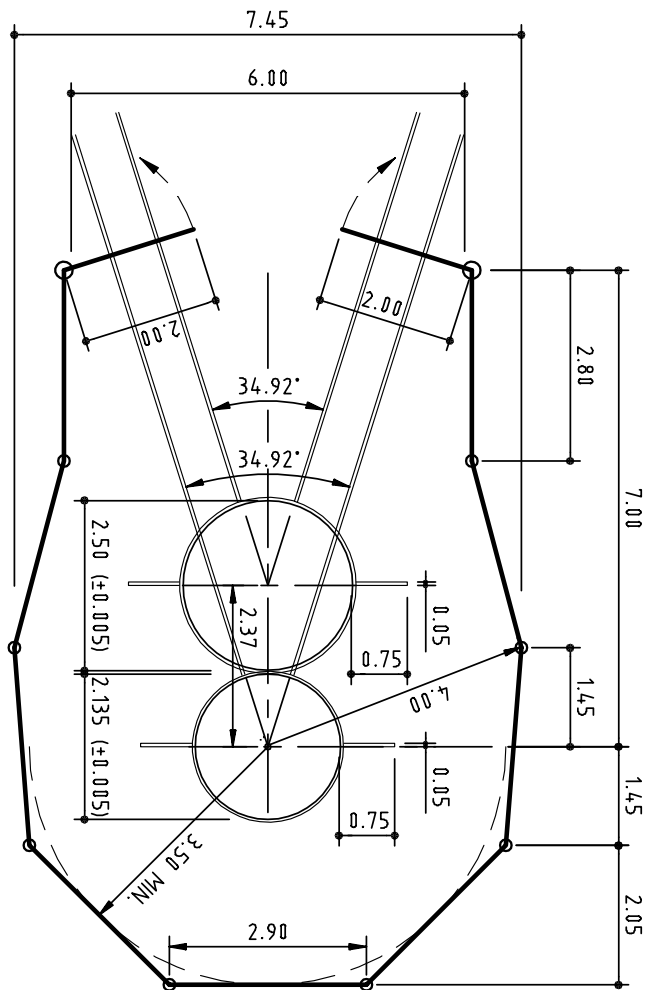
5. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 44mm for cord netting and 50mm for steel wire.

Note: Further specifications for the netting and safety inspection procedures are set out in the IAAF Track and Field Facilities Manual.

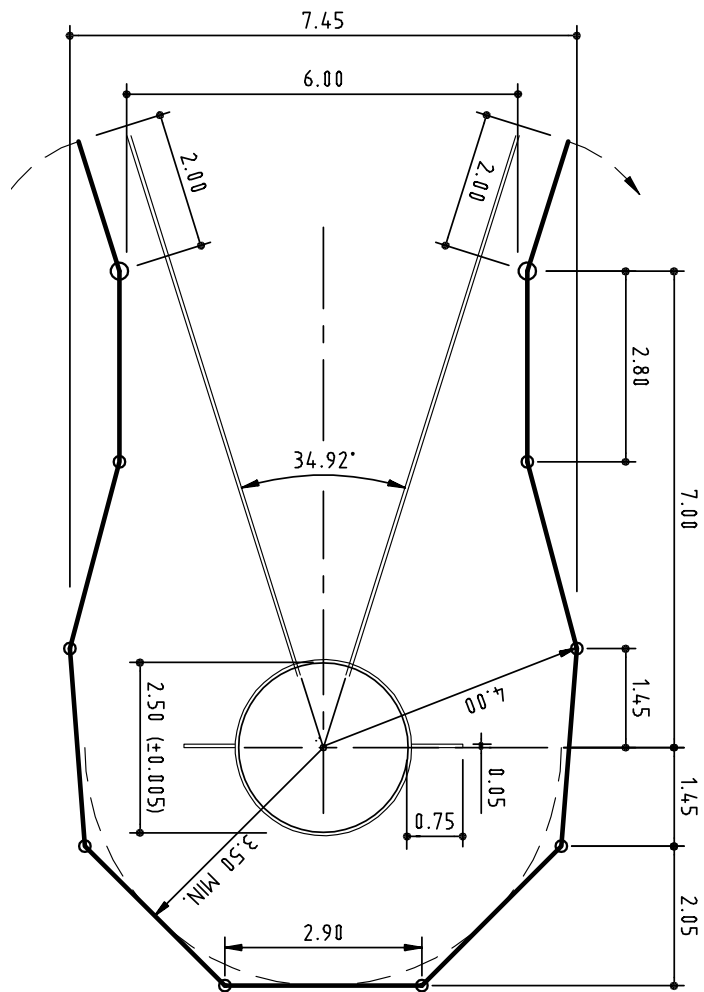
6. Where it is desired to use the same cage for Discus Throw, the installation can be adapted in two alternative ways. Most simply, a 2.135/2.500m concentric circle may be fitted, but this involves using the same surface in the circle for Hammer Throw and Discus Throw. The hammer cage shall be used for Discus Throw by fixing the movable netting panels clear of the cage opening.



Cage for Hammer and Discus Throw with concentric circles
(dimensions in m)



Cage for Hammer and Discus Throw with separate circles
(dimensions in m)



Cage for Hammer and Discus Throw in discus configuration
 (dimensions in m)

For separate circles for Hammer Throw and Discus Throw in the same cage, the two circles shall be placed one behind the other with the centres 2.37m apart on the centre line of the landing sector and with the discus circle at the front. In that case, the movable netting panels shall be used for Discus Throw.

Note: The arrangement of the rear panels/draped netting is not important provided the netting is a minimum of 3.50 metres away from the centre of concentric circles or a minimum of 3.00 metres away from the centre of the discus circle in case of separate circles (see also Rule 192.4).

7. The maximum danger sector for hammer throws from this cage is approximately 53°, when used by both right and left-handed throwers in the same competition. The position and alignment of the cage in the arena is, therefore, critical for its safe use.

RULE 193

Throwing the Javelin

The Competition

1. (a) The javelin shall be held at the grip. 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 tip of 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.
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.

The Javelin

3. Construction. The javelin shall consist of three main parts: a head, a shaft and a cord grip. The shaft may be solid or hollow and shall be constructed of metal or other suitable material so as to constitute a fixed and integrated whole. The shaft shall have fixed to it a metal head terminating in a sharp point.

The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth (see Rule 188.4) and uniform throughout.

The head shall be constructed completely of metal. It may contain a reinforced tip of other metal alloy welded on to the front end of the head provided that the completed head is smooth (see Rule 188.4) and uniform along the whole of its surface.

4. The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular non-slip pattern surface but without thongs, notches or indentations of any kind. The grip shall be of uniform thickness.
5. The cross-section shall be regularly circular throughout (see Note (i)). The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the part under the grip, may be cylindrical or slightly tapered towards the rear but in no case may the reduction in diameter, from immediately in front of the grip to immediately behind, exceed 0.25mm. From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and to the tail shall be straight or slightly convex (see Note (ii)), and there shall be no abrupt alteration in the overall diameter, except immediately behind the head and at the front and rear of the grip, throughout the length of the javelin. At the rear of the head, the reduction in the diameter may not exceed 2.5mm and this departure from the longitudinal profile requirement may not extend more than 300mm behind the head.

Note (i): Whilst the cross section should be circular, a maximum difference between the largest and the smallest diameter of 2% is permitted. The mean value of these two diameters shall correspond to the specifications of a circular javelin.

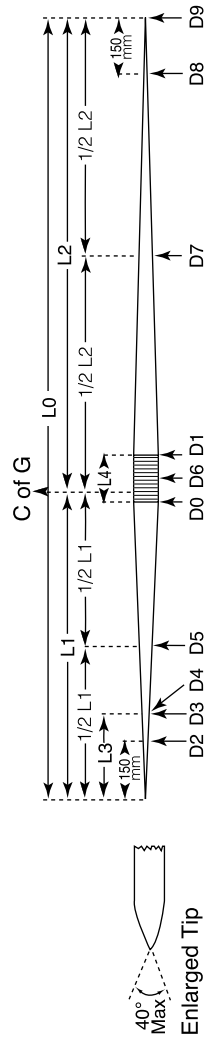
Note (ii): The shape of the longitudinal profile may be quickly and easily checked using a metal straight edge at least 500mm long and two feeler gauges 0.20mm and 1.25mm thick. For slightly convex sections of the profile, the straight edge will rock while being in firm contact with a short section of the javelin. For straight sections of the profile, with the straight edge held firmly against it, it must be impossible to insert the 0.20mm gauge between the javelin and the straight edge anywhere over the length of contact. This shall not apply immediately behind the joint between the head and the shaft. At this point it must be impossible to insert the 1.25mm gauge.

6. The javelin shall conform to the following specifications:

Javelin				
Minimum weight for admission to competition and for acceptance of a record (inclusive of the cord grip)		600g	700g	800g
<u>Information for manufacturers:</u> Range for supply of implement for competition		605g 625g	705g 725g	805g 825g
Overall length	Min.	2.20m	2.30m	2.60m
	Max.	2.30m	2.40m	2.70m
Length of metal head	Min.	250mm	250mm	250mm
	Max.	330mm	330mm	330mm
Distance from tip of metal head to centre of gravity				
	Min.	0.80m	0.86m	0.90m
	Max.	0.92m	1.00m	1.06m
Diameter of shaft at thickest point				
	Min.	20mm	23mm	25mm
	Max.	25mm	28mm	30mm
Width of cord grip	Min.	140mm	150mm	150mm
	Max.	150mm	160mm	160mm

7. The javelin shall have no mobile parts or other apparatus, which during the throw could change its centre of gravity or throwing characteristics.
8. The tapering of the javelin to the tip of the metal head shall be such that the angle of the point shall be not more than 40°. The diameter, at a point 150mm from the tip, shall not exceed 80% of the maximum diameter of the shaft. At the midpoint between the centre of gravity and the tip of the metal head, the diameter shall not exceed 90% of the maximum diameter of the shaft.
9. The tapering of the shaft to the tail at the rear shall be such that the diameter, at the midpoint between the centre of gravity and the tail, shall not be less than 90% of the maximum diameter of the shaft. At a point 150mm from the tail, the diameter shall be not less than 40% of the maximum diameter of the shaft. The diameter of the shaft at the end of the tail shall not be less than 3.5mm.

RULE 193



		International Javelin						
		Lengths (all dimensions mm)		Diameters (all dimensions mm)				
Serial Detail	Men	Women		Serial Detail	Men	Women		
		Max	Min			Max	Min	
L0	2700	2600	2300	2200	DO	30	25	20
L1	1060	900	920	800	D1	-	DO-0.25	DO-0.25
1/2L1	530	450	460	400	D2	0.8 DO	-	0.8 DO
L2	1800	1540	1500	1280	D3	-	-	-
1/2L2	900	770	750	640	D4	-	D3-2.5	D3-2.5
L3	330	250	330	250	D5	0.9- DO	-	0.9 DO
L4	160	150	150	140	D6	DO + 8	DO + 8	DO + 8
					D7	-	-	0.9 DO
					D8	-	-	0.4 DO
					D9	-	-	3.5