



International Workers & Amateurs in Sports Confederation

Confédération Sportive Internationale Travailleuse & Amateur

Technical Commission Commission Technique Athletics/Athlétisme

English Version / Version Anglaise

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PREAMBULE

- This regulation refers to CSIT Championships and Technical Commissions' general regulations adopted at the latest CSIT Congress. It cannot derogate from these regulations.
- CSIT organises amateur championships and has Fair Play as one of its most important aims. CSIT Championships are strictly open for amateur sportsmen. To participate in CSIT Championships the defined eligibility criteria per sport must be respected
- All activities of the CSIT, including its championships are open to the members of the CSIT Unions, observer members Unions and members of the international Confederations which CSIT has signed cooperation agreements according to CSIT general regulations: COPADET (American Continent) / BAWA (Balkan region) and ALSO (Central Africa); also non CSIT members, partners, governmental bodies, trade unions and companies can participate in the CSIT Championships.
- CSIT Championships are organised under the principal of a Zero Tolerance Policy. Not playing for political, religious or discriminatory reason will lead to an immediately exclusion of the team/athlete.
- CSIT Championships are under the regulations of WADA. It is possible athletes can be invited for doping test. More information can be found in the CSIT anti-doping policy which can be downloaded at the CSIT website: <http://www.csit.tv/en/news-service/download-area>
- CSIT Sporting activities (championships, training, tournaments, rallies, etc.) are organised under the responsibility of Technical Commissions by sport. If there is a problem not provided in the regulations, the TC will apply the International Association of Athletics Federations (IAAF) rules.
- CSIT Championships and Technical Commissions' general regulations and sports regulations can be downloaded from the download area of the CSIT website: <http://www.csit.tv/en/news-service/download-area>



1. ATHLETICS CHAMPIONSHIPS

1.1 PERIODICITY / AGE GROUPS

- CSIT Athletics Championships, **Men** and **Women**, take place from June to September.
- CSIT World Sports Games are open to Senior Men and Women.
- However, young people who are 16 years old during the year can compete in certain disciplines.
- Masters (40 years and over) will have a separate classification in certain disciplines.

1.2 ORGANISATION/REGULATIONS

- Championships follow **IAAF** regulations (see: www.iaaf.org)
- A CSIT Championship is an official Championships when the minimum requirements of participation are respected. (*see TC & Championships General Regulation – Chapter 4 under B*)
- Championships cannot last more than five (5) days (days of arrival and departure not included).

1.3 TECHNICAL PROGRAM

1.3.1 Individual championships – Men and Women

16 Years Women: 100 m, 200 m, 400 m, 800 m, 1.500 m, high jump, long jump, triple jump, pole vault.

Senior Women: 100 m, 200 m, 400 m, 800 m, 1.500 m, 5.000 m, 100 m hurdles, 400 m hurdles, high jump, long jump, triple jump, pole vault, shot put, discus throw, javelin throw, hammer throw, walk 3 km.

Master Women: separate classification in certain disciplines 800 m, 1.500 m, 5.000 m, walk 3 km.

16 Years Men: 100 m, 200 m, 400 m, 800 m, 1.500 m, high jump, long jump, triple jump, pole vault.

Senior Men: 100 m, 200 m, 400 m, 800 m, 1.500 m, 5.000 m, 10.000 m, 110 m hurdles, 400 m hurdles, 3.000 m steeplechase, high jump, long jump, triple jump, pole vault, shot put, discus throw, javelin throw, hammer throw, walk 5 km.



Master Men: separate classification in certain disciplines 800 m, 1.500 m, 5.000 m, 10.000 m, 3.000 m steeplechase, walk 5 km.

Relays - one team per union

Women: 4 x 100 m and 4 x 400 m.

Men: 4 x 100 m and 4 x 400 m.

1.3.2 Team championships - Men and Women

Events taken into account for Team competitions classification:

Women: 100 m, 200 m, 400 m, 800 m, 1.500 m, 400 m hurdles, high jump, long jump, shot put, discus throw, relay 4 x 100 m.

Men: 100 m, 200 m, 400 m, 800 m, 1.500 m, 5.000 m, 400 m hurdles, high jump, long jump, shot put, discus throw, relay 4 x 100 m.

Ranking system for the team championships

The best athlete of the team is taken into account in the ranking.

The score is done as follows (for example with 5 teams):

1st: number of teams + 1 = 6

2nd: number of teams - 1 = 4

3rd: number of teams - 2 = 3

4th: number of teams - 3 = 2

5th: number of teams - 4 = 1

- In case of a tie between athletes, points allocated are divided into equal shares among the athletes concerned (example: equality between 2 first: $(6 + 4)/2 = 5$ points each)
- In case of absence, package, disqualification of an athlete, no points are awarded ;
- In case of a tie between two or more teams at the end of the competition, the team with the largest number of first places is classified before the other(s);

When there is still a tie the team with the largest number of second places is classified before the other(s);

If there is still a tie, the result of the relay 4 x 100 m is taken into account.

Combined ranking Men/Women

The classification is made based on the number of points earned by men and women athletes of each team.



- In the case of a tie, the largest number of first places obtained will be initially taken into account;
- In the case of a new equality, apply the same rules as for the team rankings;

1.4 PROGRAM PROPOSAL

To be finalized with the organizing union.

ATHLETICS CSIT CHAMPIONSHIPS TIMETABLE

DAY 1					
Time	Events	Cate	Rank	Men	Women
09.30	5 000 m	Men	F		
10.00			F	Hammer	Pole Vault
10.30	5 000 m	Women	F		
11.30	400 m Hurdles	Women	F		Javelin
11.45	400 m Hurdles	Men	F		
Meals on site					
13.30	100 m	Women	Q		
14.00	100 m	Men	Q	Discus	Shot Put
14.30	800 m	Women	F		
14.55	800 m	Men	F		Long Jump
15.15	3000 m steeplechase	Men	F	High Jump	
15.45	100 m	Women	F		
16.00	100 m	Men	F		
16.15	400 m	Women	F	Triple Jump	
16.45	400 m	Men	F		
17.15	4 x 100 m	Women	F		
17.30	4 x 100 m	Men	F		
17.45	End of competitions				
DAY 2					
Time	Events	Cate	Rank	Men	Women
09.30	5 000 m Walk	Men	F		
10.00				Pole vault	Hammer
10.30	3 000 m Walk	Women	F		
11.00	10000 m	Men	F	Javelin	
Meals on site					
13.30	110 m Hurdles	Men	F		Discus
14.00	100 m Hurdles	Women	F	Shot Put	
14.15	200 m	Men	Q		High Jump
14.45	200 m	Women	Q	Long jump	
15.15	1500 m	Women	F		
15.45	1500 m	Men	F		Triple jump
16.15	200 m	Men	F		
16.30	200 m	Women	F		
17.00	4 x 400 m	Men	F		
17.15	4 x 400 m	Women	F		
17.30	End of competitions				



2. PARTICIPATION CONDITIONS

2.1 PARTICIPATING TEAMS

- Each Union can engage up to 3 athletes in each individual event;
- Each Union can participate with a maximum of 1 team per relay race;
- Age category: Only athletes born in 2003 and before (Men and Women) are eligible for 2019 WSG;
- Each athlete can participate to a maximum of 4 (four) events including the relay race during the two days of competition;
- The athletes entered in the following events can participate in one event per day maximum: walk events - 1.500 m, - 5.000 m, - 10.000 m, - 3.000 m steeplechase; but they can also participate in a relay competition.

Only athletes who participate in their trials have access to the field.

2.2 MAXIMUM PARTICIPANTS

Unions can participate with more than 1 team. A team is composed of maximum 39 persons. Each additional team has a maximum 38 persons. There is just 1 (one) head of the delegation.

A team is composed of:

- 18 women athletes (including 3 athletes walkers) + 1 coach
- 18 men athletes (including 3 athletes walkers) + 1 coach
- head of delegation (first team)

2.3 ELIGIBILITY CRITERIA

Athletes who participated during the last 4 years in Olympic Games, **IAAF** World Championships or any Continental Championships (European, African, Asian, Oceanian, Pan American Games) are not allowed to compete in CSIT World Sports Games or CSIT Championships.

These championships are open for men and women from 16 years and older. Each union may register per team a maximum of 3 athletes per event. If a union want to register a team, it must be composed of a minimum of 5 athletes.

3. FAIR PLAY

CSIT championships are organised according the principals of Fair Play. During CSIT Championships athletes, persons and teams can be awarded for acts of Fair Play.

Fair Play regulations can be found in the CSIT Technical Commissions and Championships General Regulations edition 2016 and later, Chapter 5.



4. REGISTRATION / FUNDING

4.1 REGISTRATION DELAY

- Provisional registration: at least four (4) months before the championship starts.
- Final registration: at least two (2) months before the championship starts.
- Final registration must include the list of all delegation members (first name - last name - birth date - gender - function)

4.2 COVERING CHARGES

- Unions pay for all travelling cost to the city where the championship is organised (round way).
- The organizer Union shall take charge of the following issues:
 - Transportation of delegations from the airport or train station to the hotel on the day of arrival and departure
 - Local transportation during the stay depending on the program (between hotels and sport facilities in particular)
- Full board accommodation (e.g. double room, breakfast, 2 meals a day) Every participant Union shall pay a registration fee as determined at the latest CSIT Congress to the organising Union for each member of the delegation.
- By the time of issuing of the provisional application forms, the organizer Union can collect an advance payment of 50% of the total amount to be paid by the participating Union, the remaining amount being paid at the time of the permanent registration or on the day of arrival, final deadline.

4.3 CANCELLATION POLICY

- CSIT has a cancellation policy. This cancellation policy covers the payments at preliminary and final registration and the refund payments by cancellation of a participating party or by the host of the championship.
- The article in detail can be found in Chapter 4. under I of the Technical Commissions and Championships General Regulations.



5. ORGANISATION/PREPARATION

5.1 ORGANISING COMMITTEE

- The organising committee by the host is in charge of the preparation and organisation of the championship. The CSIT Technical Commission and a representative of the organising committee are in charge of the management of the championship during its duration. See Chapter 4 under E of the Technical Commissions and Championships General Regulations.

5.2 INVITATIONS

The organising committee sends championships invitations to every CSIT Union (and partners), company sports organisations and guests etc. at least nine (9) months before the start of the championship. Invitations must include this information:

- Participation;
- Sporting activities, social and cultural program;
- Referees needed;
- Boarding facilities;
- Arrival and departure accommodations;
- If possible, general program.

Detailed information can be found in Chapter 4 under D of the Technical Commissions and Championships General Regulations.

5.3 PREPARATION

Depending on the situation and with the CSIT Sports Director's authorization, a member of the Technical Commission (chairman or secretary) can visit the location where the championship is organised, at least three (3) months before it starts, to settle with the organising Union planning and preparation of the championship. Travelling expense can be covered under certain conditions by the funds awarded to the **Athletics** Technical Commission by the CSIT.

5.4 REPORT

Within seven 7 days after the Championships the secretary of the Technical Commission will send the results of the Basketball Championship to the Sports Director and office of CSIT. No later than one (1) month after the end of the championship, the Technical Commission secretary must send a report about the championships and all the sport results plus the minutes of the TC meetings to the members of the Basketball Technical Commission, to the Unions, to the Sports Director and to the office of CSIT.

6. REFEREEING

All referees and officials will be arranged by the host

- The Technical Commission decides of the refereeing conditions according to the discipline needs based on **IAAF** regulations.
- Referees must be official referees of their own Union on national or international level. If necessary, a Union can contact referees from its country National Federation or from the **IAAF**.

7. REGISTRATION TO THE EVENTS AND WITHDRAWAL OF THE NUMBERS

- The entries per event will be registered at the latest at the opening technical meeting.
- The withdrawal of numbers takes place the day before the competition. Changes of entries are allowed but must be reported before handing over the number.
- One number will be given to each athlete for the championship and all events in which he/she participates;
- The number must be brought back in races less than or equal to 400 m, 4 x 100 m and pole vault.
- The number must be brought to the front for all races over 400 m and relay 4 x 400 m, jumps and throws.

8. RULES OF THE EVENTS

8.1 Runs

- 100 m **F/M** - 200 m **F/M** – 100 m Hurdles **F** – 110 m Hurdles
- **M**: 1 (a) single qualifying round (heats) is organized;

The 8 best times are qualified for the final;

Qualifications to the final are as follows:

- In case of two heats: the first three of each heat + the two best times;
- In case of three heats: the first two of each heat + the two best times;

Heats and lanes are initially drawn

- All other races are organized as direct finals (one or several heats depending on the number of entries)
 - At 800 m, departures are held in lanes.
 - Athletes are classified according to their SB or PR times.
 - The lanes and orders are initially drawn.



Height of hurdles

- 100 m Hurdles: **Women:** 84 cm
- 110 m Hurdles: **Men:** 107 cm
- 400 m Hurdles: **Women:** 76,2 cm **Men:** 91,4 cm
- 3.000 m Steeple: **Men:** 91,4 cm

8.2 Throws

For the qualification round, each athlete has 3 (three) trial throws.

Eight (8) best athletes after three trials qualify to the finals, where they will have 3 (three) additional throws.

If there are eight (8) or less athletes, all athletes will have six (6) throws.

Weight of apparatus

- **Hammer:** **Women:** 4,0 kg. Men: 7,26 kg.
- **Shot:** **Women:** 4,0 kg. Men: 7,26 kg.
- **Discus:** **Women:** 1,0 kg. Men: 2,0 kg.
- **Javelin:** **Women:** 600 gr. Men: 800 gr.

8.3 Long jump/Triple jump

For the qualification round, each athlete has 3 (three) trial jumps.

Eight (8) best athletes after three trials qualify to the finals, where they will have 3 (three) additional jumps.

If there are eight (8) or less athletes, all athletes will have six (6) jumps.

Long jump: the stamp board of appeal must be placed 2 meters from the jumping facility;

Triple jump: the athlete can choose the distance of his stamp board and must keep it throughout the competition.

8.4 High Jump

Progress of heights of bars for **Women** in centimetres:

130 - 140 - 145 - 150 - 155 - 158 - 161 - 164 - 166 - 168 - etc.

Progress of heights of bars for **Men** in centimetres:

145 - 155 - 160 - 165 - 170 - 173- 176 - 179 -182 - 185 - 188 - 191- 194 - 196 - 198 - 200 etc.

A first lower bar is permitted at the request of an athlete: the athlete must then necessarily follow the progress pre-established above.

At the end of the contest, the winner may request the height to bar he wishes to try.

8.5 Pole Vault

Progress of heights of bars for **Women** in centimetres:

200 - 220 - 240 - 260 - 280 - 300 - 310 - 320 - 330 - 335 - 340 - 345 - etc.



Progress of heights of bars for **Men** in centimetres:

240 – 260 – 280 – 300 – 320 – 340 – 360 – 380 – 390 – 400 – 410 – 420 – 425 – 430
- 435 – etc.

A first lower bar is permitted at the request of an athlete: the athlete must then necessarily follow the progress pre-established above.

At the end of the contest, the winner may request the height to bar he/she wishes to try.

9. APPEAL COMMITTEE

- The Appeal Committee is composed of:
 - The CSIT Technical Commission's chairman
 - The CSIT Technical Commission's secretaries
 - A person among the participating Unions. Such member shall not participate in the appeals in which his own Union would be involved.
- An Appeal Committee is appointed for every championship in agreement with **IAAF** regulations.
- Appeals for technical reasons must be brought to the attention on the Appeal Committee no later than half an hour after the incident, providing all the necessary information.

Detailed information can be found in Chapter 4 under L of the Technical Commissions and Championships General Regulations.

10. AWARDS

- The first three (3) teams for MEN, WOMEN and Combined TEAMS will be awarded a cup and medals: gold for first place; silver for second place; bronze for third place.
- Rewards are awarded by representatives of the Technical Commission as well as by the organizers.

Detailed information can be found in Chapter 4 under M of the Technical Commissions and Championships General Regulations.

11. TECHNICAL COMMISSION MEETINGS

- The Technical Commission chairman or secretary is in charge of convening a meeting of the commission before and at the end of the championship. A summon containing the date and agenda will be sent to all Unions at least three (3) months ahead of schedule. The chairman, the secretary, Unions representatives, heads of delegation participate. Referees, coaches of participant Unions, members of the organising committee are invited.
- A preparation and information meeting is organised before the championships under the responsibility of the chairman (and/or Technical Committee secretary and head of the organising committee from the organising Union) to inform all delegations of the planning of the championship, to appoint referees to matches, to bring clarifications to regulations if necessary ... to make the event a success.
- The purpose of the meeting after the championships is to evaluate the championship, to proceed with the modifications of the present regulations if necessary, to prepare future events (planning of next championships) and elections, to take into account the reports on the CSIT congress.
- Once every 4 years (the year of the CSIT electing congress), the chairman and the secretary of the Technical Commission are elected during the last meeting before the congress. The chairman or secretary must send with the convocation to the meeting a call for candidatures for both functions (at least three (3) months before the meeting). The election follows championship and Technical Committee general regulations

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