



AMENDMENTS TO THE 2020 EDITION OF COMPETITION AND TECHNICAL RULES

Approved by Council since 1 November 2019

(The final, edited version of these amendments will be included in the 2022 edition of the Competition and Technical Rules, with the new Rules to be in force internationally as from **1 November 2021**.)
By convention in force for all permit competitions in Oceania as from **1 October 2021**

Legend:	xxx	(black print)	=	rule text
	xxx	(blue strikethrough)	=	deleted from rule text
	xxx	(red bold)	=	added to rule text
	xxx	(green print)	=	interpretation notes
	xxx	(green strike through)	=	deleted from interpretation notes
	xxx	(green bold print)	=	added to interpretation notes

OAA thanks and acknowledges Brian Roe (AUS) for allowing OAA to use this document.

Prepared by Brian Roe – OAA Technical Officer – 5 October 2021

Rule	Page	Current	Amended	Explanatory Note
CR18		Referees		
CR18.3	50	18.3 The relevant Track Referee has jurisdiction to decide on any facts related to the starts if they do not agree with the decisions made by the start team except in the cases when it regards an apparent false start indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.	18.3 The Start Referee (or if one is not appointed, the relevant Track Referee) has jurisdiction to decide on any facts related to the starts if they do not agree with the decisions made by the start team except in the cases when it regards an apparent false start indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.	To be more correct and explicit. See also amendment to TR8.4.1.
CR18.5	51	18.5 The applicable Referee shall have authority to warn or exclude from competition, any athlete or relay team guilty of acting in an unsporting or improper manner or under Rules 6, 16.5, 17.14, 17.15.4, 25.5, 25.19, 54.7.4, 54.10.8 or 55.8.8 of the Technical Rules. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees. ...	18.5 The applicable Referee shall have authority to warn or exclude from competition, any athlete or relay team guilty of acting in an unsporting or improper manner or under Rules 6, 16.5, 17.14, 17.15.4, 25.5, 25.19, 54.7.4 , 54.7.6 , 54.10.8 or 55.8.8 of the Technical Rules. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees. ...	To correct a reference error in current Rulebook.
CR19		Judges		
CR19.1	55	19.1 The Chief Judge for Track Events and the Chief Judge for each Field Event shall co-ordinate the work of the Judges in their respective events. When the Organisers have not already allocated the duties of the Judges, they shall allocate the duties.	19.1 The Chief Judge for Track Events and the Chief Judge for each Field Event shall co-ordinate the work of the Judges in their respective events. When the Organisers If the duties of the Judges have not already been allocated in advance the duties of the Judges , they shall allocate the duties.	To be more correct and explicit – and acknowledge that others may have validly done the work in advance.

CR19.4	55	<p>19.4 The Judges shall judge and record each trial and measure each valid trial of athletes in all Field Events. In the High Jump and Pole Vault, precise measurements should be made when the bar is raised, particularly if Records are being attempted. At least two Judges should keep a record of all trials, checking their recordings at the end of each round of trials.</p> <p>The appropriate Judge shall indicate the validity or non-validity of a trial by raising a white or red flag, as appropriate.</p>	<p>19.4 The Judges shall judge and record each trial and measure each valid trial of athletes in all Field Events. In the High Jump and Pole Vault, precise measurements should be made when the bar is raised, particularly if Records are being attempted. At least two Judges should keep a record of all trials, checking their recordings at the end of each round of trials.</p> <p>The appropriate Judge shall normally indicate the validity or non-validity of a trial by raising a white or red flag, as appropriate. Alternate visual indication may also be approved.</p>	To allow for alternate methods to the use of red and white flags to indicate the validity of trials.
CR25		Competition Secretary, Technical Information Centre (TIC)		
CR25.4	62	<p>25.4 The following standard abbreviations and symbols should be used in the preparation of start lists and results where applicable:</p> <p>Did not start DNS</p>	<p>An athlete shall be regarded as DNS if:</p> <p>(a) after their name having been included on the start list for any event they do not report to the Call Room for that event;</p> <p>(b) having passed through the Call Room they do not make any attempt in a Field Event or do not attempt to make a start in a running or race walking event; or</p> <p>(c) if Rule 39.10 of the Technical Rules applies.</p>	To make clear the circumstances when DNS is correctly used rather than any other designation or removing the athlete's name.
CR25.4	62	Add symbol	Lane Infringement (TR17.4.3/17.4.4) L	<p>As a consequence of the new rule TR17.4.3 and 17.4.4</p> <p>The symbol will not be used in races where the event is conducted in a single round or in Combined Events where these rules do not apply.</p> <p>In events with multiple rounds the symbol should only appear in start lists for subsequent rounds and only in results where there is a further round to be held and never in the result of the final round (the athlete will by then either be DQ or all clear).</p>

CR31	World Records			
31.3	69	<p>31.3 An athlete (or athletes in the case of a relay event) who sets a World Record must: ...</p> <p>31.3.5 submit to doping control at the end of the event to be conducted in accordance with the Rules and Anti-Doping Rules Regulations currently in force. The sample(s) collected shall be sent for analysis to a WADA -accredited laboratory and the result(s) sent to the Integrity Unit to be added to the other information required by the Rules and Regulations for ratification. If such testing results in a doping violation, or if such a testing is not conducted, the performance will not be ratified.</p> <p><i>Note (i): In the case of a Relay World Record, all members of the team must be tested;</i></p> <p><i>Note (ii): If an athlete has admitted that, at some time prior to achieving a World Record, they had used or taken advantage of a substance or technique prohibited at that time, then, subject to the advice of the Athletics Integrity Unit, such record will not continue to be regarded as a World Record by World Athletics.</i></p> <p>...</p>	<p>31.3 An athlete (or athletes in the case of a relay event) who sets a World Record must: ...</p> <p>31.3.5 submit to doping control at immediately after the end of the event, where the athlete has broken or equalled a World Record. No delays other than those identified in the Anti-Doping Rules (Appendix 5 –Article 5.4.4 a)) shall be accepted. Doping controls for the ratification of a World Record shall to be conducted in accordance with the Rules and Anti-Doping Rules Regulations currently in force. and the sample(s) collected shall be sent for analysis to a WADA accredited laboratory and the result(s) sent to the Integrity Unit to be added to the other information required by the Rules and Regulations for ratification. as soon as possible after collection. Doping control samples collected for the ratification of World Records in endurance events from 400m upwards shall be analysed for Erythropoiesis Stimulating Agents (ESA). The doping control documentation (doping control form and corresponding laboratory results) shall be sent to World Athletics as soon as it is available and, ideally, together with the World Record Application Form which must in all cases be completed and dispatched to the Office within 30 days of the competition (see CR 31.6). The doping control documentation will be reviewed by the Athletics Integrity Unit and if such testing results in a doping violation, or if such a testing is not conducted, the performance will not be ratified in the following circumstances:</p> <ul style="list-style-type: none"> a. if a doping control is not conducted, or b. if the doping control has not been conducted in accordance with the Competition Rules or the Anti-Doping Rules, or c. if the doping control sample is not suitable for analysis or has not been analysed for ESA (for 	<p>To more completely state the process for the collection and management of doping samples for world records (and for any other record for which a doping control is required).</p>

			<p>endurance events from 400m upwards only), or d. if the doping control results in an anti-doping rule violation.</p> <p><i>Note (i): In the case of a Relay World Record, all members of the team must be tested;</i> <i>Note (ii): If an athlete has admitted that, at some time prior to achieving a World Record, they had used or taken advantage of a substance or technique prohibited at that time, then, subject to the advice of the Athletics Integrity Unit, such record will not continue to be regarded as a World Record by World Athletics.</i></p> <p>...</p>	
31.14.4	73	31.14.4 No performance will be ratified where the athlete has infringed Rule 17.3 of the Technical Rules nor in the case an individual event where an athlete has recorded a false start as allowed under Rule 39.8.3 of the Technical Rules.	<p>31.14.4 No performance will be ratified where the athlete has infringed Rule 17.3 of the Technical Rules, unless in cases covered in Rules 17.4.3 and 17.4.4 of the Technical Rules, it is the first infringement in the event, nor in the case an individual event where an athlete has recorded a false start as allowed under Rule 39.8.3 of the Technical Rules.</p> <p>The amendment to Rule TR17.4 of the Technical Rules means for World Record ratification that if an athlete or relay team achieves a record time and, in that race, that athlete (or any athlete in the relay team) made a single infringement under Rules 17.4.3 or 17.4.4 of the Technical Rules and in the case of an event with more than one round it was the first infringement in the event, the record can stand. If the athlete or relay team achieves a record time and, in that race, an infringement occurred more than once or the athlete or relay team carried over such infringement from a previous round of the same event, the record cannot be ratified.</p>	To complement the changes made to TR17 allowing no more than one step on (or over in certain circumstances) the line in track events. See fuller explanation under TR17.3/.4

CR32	Events for which World Records are Recognised		
CR32	<p>Events for which World Records are Recognised</p> <p>Fully Automatically Timed performances (F.A.T.) Hand Timed performances (H.T.) Transponder Timed performances (T.T.)</p> <p>Men</p> <p>Running, Combined and Race Walking Events: F.A.T. only: 100m; 200m; 400m; 800m; 110m Hurdles; 400m Hurdles; 4 x 100m Relay; 4 x 200m Relay; 4 x 400m Relay; Decathlon.</p> <p>F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m Steeplechase; 4 x 800m Relay; Distance Medley Relay; 4 x 1500m Relay; Race Walking (Track): 20,000m; 30,000m, 50,000m.</p> <p>F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km.</p> <p>Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.</p> <p>Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.</p> <p>Women</p> <p>Running, Combined and Race Walking Events: F.A.T. only: 100m; 200m; 400m; 800m; 100m Hurdles; 400m Hurdles; 4 x 100m Relay; 4 x 200m Relay; 4 x 400m Relay;</p>	<p>Events for which World Records are Recognised</p> <p>Fully Automatically Timed performances (F.A.T.) Hand Timed performances (H.T.) Transponder Timed performances (T.T.)</p> <p>Men</p> <p>Running, Combined and Race Walking Events: F.A.T. only: 100m; 200m; 400m; 800m; 110m Hurdles; 400m Hurdles; 4 x 100m Relay; 4 x 200m Relay; 4 x 400m Relay; Decathlon.</p> <p>F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m Steeplechase; 4 x 800m Relay; Distance Medley Relay; 4 x 1500m Relay; Race Walking (Track): 20,000m; 30,000m^o, 35,000m^o, 50,000m.</p> <p>F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half Marathon; Marathon; 50km[#], 100km; Road Relay (Marathon distance only); Race Walking (Road):20km; 35km^o, 50km</p> <p>Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump.</p> <p>Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.</p> <p>Women</p> <p>Running, Combined and Race Walking Events: F.A.T. only: 100m; 200m; 400m; 800m; 100m Hurdles; 400m Hurdles; 4 x 100m Relay; 4 x 200m Relay; 4 x 400m Relay;</p>	<p>To provide for world records in newly approved events and the eventual deletion of a record for a then redundant event for record purposes.</p>

	<p>Heptathlon; Decathlon. F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m Steeplechase; 4 x 800m Relay; Distance Medley Relay; 4 x 1500m Relay; Race Walking (Track): 10,000m; 20,000m; 50,000m^o.</p> <p>F.A.T. or H.T. or T.T.: Road Races: 5km[*]; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km.</p> <p><i>Note (i): Except Race Walking competitions, World Athletics shall keep two World Records for women in Road Races: a World Record for performance achieved in mixed gender (“Mixed”) races and a World Record for performance achieved in single gender (“Women only”) races.</i></p> <p><i>Note (ii): A women only road race can be staged by having separate women’s and men’s start times. The time differential should be chosen to prevent any possibility of assistance, pacing or interference, especially on courses involving more than one lap of the same section of the course.</i></p> <p>[*]Initial record to be recognised after 1 January 2018. ^oInitial record to be recognised after 1 January 2019. The performance shall be better than 4:20:00.</p>	<p>Heptathlon; Decathlon. F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m Steeplechase; 4 x 800m Relay; Distance Medley Relay; 4 x 1500m Relay; Race Walking (Track): 10,000m; 20,000m; 35, 000m^o; 50,000m^{o*}.</p> <p>F.A.T. or H.T. or T.T.: Road Races: 5km[*]; 10km; Half Marathon; Marathon; 50km[#], 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 35km^o; 50km.</p> <p><i>Note (i): Except Race Walking competitions, World Athletics shall keep two World Records for women in Road Races: a World Record for performance achieved in mixed gender (“Mixed”) races and a World Record for performance achieved in single gender (“Women only”) races.</i></p> <p><i>Note (ii): A women only road race can be staged by having separate women’s and men’s start times. The time differential should be chosen to prevent any possibility of assistance, pacing or interference, especially on courses involving more than one lap of the same section of the course.</i></p> <p>[*]Initial record to be recognised after 1 January 2018. [*]Initial record to be recognised after 1 January 2019. The performance shall be better than 4:20:00. ^oInitial records to be recognised after 1 January 2023. The performance shall be better than 2:22:00 for men and 2:38:00 for women. The 30,000m record for men shall be deleted from the list upon ratification of the initial record for 35,000m. #The initial records will be the best performances that comply with WA CR 31 as at 1 January 2022. The performances shall be equal or better than 2:43:38 for men and 3:07:20 for women only & 2:59:54 for mixed race.</p>	
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TR5		Clothing, Shoes and Athlete Bibs		
TR5.4	92	That part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum, this shall be applied.	That part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum or prohibits the use of certain shaped spikes , this shall be applied and the athletes notified of this accordingly .	To clarify the actual practice. See also equivalent change to TR41.3
TR5	90	See attached document	See attached document	
TR6		Assistance to Athletes		
TR6.2 Note	97	6.2 Any athlete giving or receiving assistance from within the competition area during an event (including under Rules 17.14, 17.15, 54.10 and 55.8 of the Technical Rules) shall be warned by the Referee and advised that, if there is any repetition, they will be disqualified from that event. <i>Note: In cases under Rule 6.3.1 of the Technical Rules, disqualification may be made without warning.</i>	6.2 Any athlete giving or receiving assistance from within the competition area during an event (including under Rules 17.14, 17.15, 54.10 and 55.8 of the Technical Rules) shall be warned by the Referee and advised that, if there is any repetition, they will be disqualified from that event. <i>Note: In cases under Rules 6.3.1 or 6.3.6 of the Technical Rules, disqualification may be made without warning.</i>	To correct a previous oversight in rule references in relation to athletes receiving assistance from other athletes
TR6.3.4	97	Assistance not Allowed 6.3 For the purpose of this Rule, the following examples shall be considered assistance, and are therefore not allowed: 6.3.4 The use of any mechanical aid, unless the athlete can establish on the balance of probabilities that the use of an aid would not provide them with an overall competitive advantage over an athlete not using such aid.	Assistance not Allowed 6.4 For the purpose of this Rule, the following examples shall be considered assistance, and are therefore not allowed: 6.3.5 The use of any mechanical aid, unless the athlete can establish on the balance of probabilities that the use of an aid would not provide them with an overall competitive advantage over an athlete not using such aid.	To give effect to a decision of the Court of Arbitration for Sport.

TR7		Effect of Disqualification		
TR7.2	100	7.2 If an athlete is excluded from competition under Rule 18.5 of the Competition Rules, they shall be disqualified from that event. If the athlete's second warning occurs in a different event, they shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall remain valid. Such disqualification shall prevent an athlete from taking part in all further events, (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition.	7.2 If an athlete is excluded from competition under Rule 18.5 of the Competition Rules, they shall be disqualified from that event. If the athlete's second warning occurs in a different event, they shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall remain valid. Such disqualification shall prevent an athlete from taking part in all further events or rounds of events , (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition.	To further clarify.
TR7.3	100	If a relay team is excluded from competition under Rule 18.5 of the Competition Rules, it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. Such disqualification shall not prevent any athlete or relay from that team taking part in all further events (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition.	If a relay team is excluded from competition under Rule 18.5 of the Competition Rules, it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. Such disqualification shall not prevent any athlete or relay from that team taking part in all further events (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition. However, if the behaviour of one or more such individual athletes is considered serious enough, Rule 18.5 of the Competition Rules may be applied to them with the applicable consequences.	To provide for more stringent sanctions if an athlete or athletes behaviour during a relay competition warrants it.

TR8		Protests and Appeals		
TR8.4.1	101	8.4.1 if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may, if they are in any doubt, allow the athlete to compete “under protest” in order to preserve the rights of all concerned. Competing “under protest” shall not be allowed if the false start was indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.	8.4.1 if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee the Start Referee (or if one is not appointed, the relevant Track Referee) may, if they are in any doubt, allow the athlete to compete “under protest” in order to preserve the rights of all concerned. Competing “under protest” shall not be allowed if the false start was indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.	To be more correct and explicit. See also amendment to CR18.3.
TR11		Validity of Performances		
TR11.3	109	<p>11.1 No performance accomplished by an athlete will be valid unless it is accomplished during an official competition organised in conformity with the Rules.</p> <p>11.2 Performances in events normally conducted in the stadium, made outside traditional athletics facilities (such as those held in town squares, other sporting facilities, beaches, etc.) or on temporary facilities built within a stadium shall be valid and recognised for all purposes, if they are made subject to all of the following conditions:</p> <p>11.2.1 the relevant governing body as provided in Rules 2 to 3 of the Competition Rules has issued a permit for the event;</p> <p>11.2.2 a qualified panel of National Technical Officials are appointed to and officiate at the event;</p> <p>11.2.3 where applicable, equipment and implements in conformity with the Rules are used; and</p> <p>11.2.4 the event is conducted in a competition area or facility in conformity with the</p>	<p>11.1 No performance accomplished by an athlete will be valid unless it is accomplished during an official competition organised in conformity with the Rules.</p> <p>11.2 Performances in events normally conducted in the stadium, made outside traditional athletics facilities (such as those held on a temporary facility in town squares, other sporting facilities, beaches, etc.) or on a temporary facilities built within a stadium shall be valid and recognised for all purposes, if they are made subject to all of the following conditions:</p> <p>11.2.1 the relevant governing body as provided in Rules 2 to 3 of the Competition Rules has issued a permit for the event;</p> <p>11.2.4 a qualified panel of National Technical Officials are appointed to and officiate at the event;</p> <p>11.2.5 where applicable, equipment and implements in conformity with the Rules are used; and</p> <p>11.2.4 the event is conducted in a competition area or facility in conformity with the</p>	To provide for the validity of performances made in non-compliant indoor facilities as outdoor performances where it is logical for them to be valid, e.g a fully covered standard 400m track.

	<p>Rules and in respect of which a survey has been made in accordance with Rule 10 of the Technical Rules before the event and, where possible, on the day of the event.</p> <p><i>Note: The current standard forms required to be used for reporting on the conformity of the competition area or facility are available from the World Athletics Office, or may be downloaded from the World Athletics website.</i></p> <p>When a competition described in Rule 11.2 of the Technical Rules is held over more than one day, the survey should be made on the day of the first event. In either case if the surveyor can be satisfied that there will be no movement of alteration to the facilities being surveyed, the survey may be completed up to two days prior to the day of the first event.</p> <p>11.3 Performances made in accordance with these Rules in Qualification Rounds, in deciding ties in High Jump and Pole Vault, in any event or part of an event which is subsequently decreed void under the provisions of Rule 18.7 of the Competition Rules, or Rules 8.4.2, 17.2 or 25.20 of the Technical Rules, in Race Walking events in which Rule 54.7.3 of the Technical Rules is applied and the athlete is not disqualified or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, will normally be regarded as valid for purposes such as statistics, records, rankings and the achievement of entry standards.</p> <p>...</p>	<p>Rules and in respect of which a survey has been made in accordance with Rule 10 of the Technical Rules before the event and, where possible, on the day of the event.</p> <p>When a competition described in Rule 11.2 of the Technical Rules is held over more than one day, the survey should be made on the day of the first event. In either case if the surveyor can be satisfied that there will be no movement of alteration to the facilities being surveyed, the survey may be completed up to two days prior to the day of the first event.</p> <p>11.3 Performances in events conducted indoors or in an otherwise fully or partly covered venue where the length or other specifications of the facility do not comply with the rules for indoor competition shall be valid and recognised as if they were achieved outdoors, if they are made subject to all of the following conditions:</p> <p>11.3.1 the relevant governing body as provided in Rules 2 to 3 of the Competition Rules has issued a permit for the event;</p> <p>11.3.2 a qualified panel of National Technical Officials are appointed to and officiate at the event;</p> <p>11.3.3 where applicable, equipment and implements in conformity with the Rules are used;</p> <p>11.3.4 in the case of an oval track, its length is greater than 201.2m (220 yards) but no greater than 400m; and</p> <p>11.3.5 the event is conducted in a competition area or facility in conformity with the Rules and in respect of which, if held on a</p>	
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temporary facility, a survey has been made in accordance with Rule 10 of the Technical Rules.

Note: The current standard forms required to be used for reporting on the conformity of the competition area or facility are available from the World Athletics Office, or may be downloaded from the World Athletics website.

When a result is achieved on a complying facility with no advantage gained and all related rules observed, the fact that it happened at a covered competition site does not prevent a result being listed among the outdoor equivalent distances and used for any statistical purpose (performances e.g. on covered 400m tracks and straights). The current practice that results made in indoor tracks shorter than 200m count towards the indoor 200m does not change.

11.4 Performances made in accordance with these Rules in Qualification Rounds, in deciding ties in High Jump and Pole Vault, in any event or part of an event which is subsequently decreed void under the provisions of Rule 18.7 of the Competition Rules, or Rules 8.4.2, 17.2 or 25.20 of the Technical Rules, in Race Walking events in which Rule 54.7.3 of the Technical Rules is applied and the athlete is not disqualified or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, will normally be regarded as valid for purposes such as statistics, records, rankings and the achievement of entry standards.

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TR14		Track Measurements		
TR14.6	112	14.6 The lateral inclination of tracks towards the inside edge should not exceed 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption, and the overall downward inclination in the running direction shall not exceed 1:1000 (0.1%).	14.6 The lateral inclination of tracks towards the inside edge should not exceed 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption, and the overall downward inclination in the running direction shall not exceed 1:1000 (0.1%) between any start and finish line.	For clarity.
TR16		The Start		
TR16.10	121	16.10 The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun.	16.10 The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun or activating a suitable audible signal.	To reflect practice in that alternate methods are available and valid.
TR17		The Race		
TR17.2	122	<p>...</p> <p>Obstruction</p> <p>17.2 If an athlete is jostled or obstructed during an event so as to impede their progress, then:</p> <p>17.2.1 if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if they are of the opinion that an athlete (or their team) was seriously affected, in accordance with Rule 18.7 of the Competition Rules or Rule 8.4 of the Technical Rules, order that the race (for one, some or all of the athletes) be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;</p> <p>17.2.2 if another athlete is found by the Referee to be responsible for the jostling or obstruction, such athlete (or their team) shall be liable to disqualification from that event. The Referee may, if they are of the opinion that an athlete (or their team) was seriously affected, in accordance with Rule 18.7 of the Competition Rules or Rule 8.4 of the Technical Rules, order that the race (for one, some or all of the athletes) be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other</p>	<p>...</p> <p>Obstruction</p> <p>17.2 If an athlete is jostled or obstructed during an event so as to impede their progress, then:</p> <p>17.2.1 if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if they are of the opinion that an athlete (or their team) was seriously affected, in accordance with Rule 18.7 of the Competition Rules or Rule 8.4 of the Technical Rules, order that the race (for one, some or all of the athletes) be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;</p> <p>17.2.2 if another athlete is found by the Referee to be responsible for the jostling or obstruction, such athlete (or their team) shall be liable to disqualification from that event. The Referee may, if they are of the opinion that an athlete (or their team) was seriously affected, in accordance with Rule 18.7 of the Competition Rules or Rule 8.4 of the Technical Rules, order that the race (for one, some or all of the athletes) be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other</p>	To give greater definition to the meaning of jostling and to provide more guidance to umpires, referees and members of juries of appeal in determining whether there should be for example disqualifications and/or advancements in non-laned races. There is a general feeling that jostling has been too broadly interpreted in recent years and that in particular athletes have been advanced in circumstances where they should not.

	<p>than any disqualified athlete or team) to compete in a subsequent round of the event. Note: In cases considered serious enough, Rule 18.5 of the Competition Rules and Rule 7.2 of the Technical Rules may also be applied. In both cases Rules 17.2.1 and 17.2.2 of the Technical Rules, such athlete (or team) should normally have completed the event with bona fide effort.</p>	<p>than any disqualified athlete or team) to compete in a subsequent round of the event. Note: In cases considered serious enough, Rule 18.5 of the Competition Rules and Rule 7.2 of the Technical Rules may also be applied. In both cases Rules 17.2.1 and 17.2.2 of the Technical Rules, such athlete (or team) should normally have completed the event with bona fide effort.</p> <p>Jostling should be understood as physical contact with another athlete or athletes that results in an unfair advantage or causes injury or harm to them or, consequently, to another athlete or athletes.</p>	
TR17.3/4	<p>Lane Infringement 17.3 In all races: 17.3.1 run in lanes, each athlete shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes; 17.3.2 (or any part of races) not run in lanes, an athlete running on a bend, on the outer half of the track as per Rule 17.5.2 of the Technical Rules, or on any curved part of the diversion from the track for the steeplechase water jump, shall not step or run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track, or any curved part of the diversion from the track for the steeplechase water jump). Except as stated in Rule 17.4 of the Technical Rules, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has infringed this Rule, they or in the case of a relay event, their team shall be disqualified. 17.4 An athlete, or in the case of a relay event, their team, shall not be disqualified if the athlete: 17.4.1 are pushed or forced by another person to step or run outside their lane or on or inside the kerb or line marking the applicable border, or</p>	<p>Lane Infringement 17.3 In all races: 17.3.1 run in lanes, each athlete shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes; 17.3.2 (or any part of races) not run in lanes, an athlete running on a bend, on the outer half of the track as per Rule 17.5.2 of the Technical Rules, or on any curved part of the diversion from the track for the steeplechase water jump, shall not step or run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track, or any curved part of the diversion from the track for the steeplechase water jump). Except as stated in Rule 17.4 of the Technical Rules, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has infringed this Rule, they or in the case of a relay race, their team shall be disqualified. 17.4 An athlete, or in the case of a relay race, their team, shall not be disqualified if the athlete: 17.4.1 are is pushed or forced by another person or object to step or run outside their lane or on or inside the kerb or line marking the applicable border, or</p>	<p>Following in particular the unusual circumstances of the World Indoor Championships in Birmingham in 2018 there has been a long debate about “easing” the rules on line violations. Essentially these changes allow for the following to occur without DQ:</p> <ul style="list-style-type: none"> • in the cases of laned races or part of a race run in lanes, a single step on but not fully inside the left hand lane line, kerb or border; • in the cases of non-laned races or part of a race not run in lanes, a single step on <u>or inside</u> the left hand lane line, kerb or border <p>The rules apply to both individual races and relays. In races on multiple rounds the infringements carry forward to subsequent rounds and if there is a further breach the athlete/team is DQ.</p>

	<p>17.4.2 step or run outside their lane in the straight, any straight part of the diversion from the track for the steeplechase water jump or outside the outer line of their lane on the bend, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede their progress. If material advantage is gained, the athlete (or team) shall be disqualified.</p> <p><i>Note: Material advantage includes improving their position by any means, including removing themselves from a “boxed” position in the race by having stepped or run inside the inside edge of the track.</i></p> <p>This Note specifically outlaws the practice of an athlete seeking to improve their position in races by moving onto the inside of the track (whether intentionally or after being pushed or jostled there by another athlete) to get out of a boxed position by running on the inside until clear. Whilst normally running on the inside of lane 1 in the straight (as distinct from doing so on the bend) would not lead to mandatory disqualification, the Referee now has the power to disqualify in their discretion if this occurs and the athlete is advantaged even if the initial reason for being there was the result of being pushed or jostled. In such cases the athlete should take immediate steps to return to the track without seeking or gaining any advantage</p>	<p>17.4.2 steps or runs outside their lane in the straight, any straight part of the diversion from the track for the steeplechase water jump or outside the outer line of their lane on the bend,</p> <p>17.4.3 in any races run in lanes, touches once the line on their left, or the kerb or line marking the applicable border (as defined in Rule 17.3.2 of the Technical Rules) on a bend;</p> <p>17.4.4 in any races (or any part of a races) not run in lanes, steps once on or completely over the kerb or line marking the applicable border (as defined in Rule 17.3.2 of the Technical Rules) on a bend.</p> <p>with and no material advantage is thereby being gained and no other athlete being jostled or obstructed so as to impede their the other athlete’s progress (see Rule 17.2 of the Technical Rules). If material advantage is gained, the athlete (or team) shall be disqualified.</p> <p>In events with multiple rounds, an infringement defined in Rules 17.4.3 and 17.4.4 of the Technical Rules may be made only once during all rounds of an event by a particular athlete without the disqualification of that athlete. A second infringement will result in disqualification of that athlete whether it happens in the same round or in another round of the same event.</p> <p>In the case of Relay Races, any second step (as described in this Rule 17.4.3 and 17.4.4 of the Technical Rules) by an athlete who is a member of a team, regardless of whether committed by the same or different athletes, will result in the disqualification of the team whether it happens in the same round or in another round of the same event.</p> <p>For the ratification of records, see Rule 31.14.4 of the Competition Rules.</p> <p><i>Note: Material advantage includes improving their position by any means, including removing</i></p>	<p>It is thus essential that in all competitions but especially those in which there are multiple rounds of some races that all lane infringements be tracked in the notes of the referee competition data systems and shown in the start lists and results.</p> <p>The carry forward rule only applies to the same event and not to a race of a different distance.</p> <p>In Combined Events an athlete should only be disqualified for more than one infringement if it occurs during the same race. There is no carry-forward of the infringement to subsequent races within that Combined Event.</p> <p>See also attached PPT.</p>
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			<p><i>themselves from a “boxed” position in the race by having stepped or run inside the inside edge of the track.</i></p> <p>This Note specifically outlaws the practice of an athlete seeking to improve their position in races by moving onto the inside of the track (whether intentionally or after being pushed or jostled there by another athlete) to get out of a boxed position by running on the inside until clear. Whilst normally running on the inside of lane 1 in the straight (as distinct from doing so on the bend) would not lead to mandatory disqualification, the Referee now has the power to disqualify in their discretion if this occurs and the athlete is advantaged even if the initial reason for being there was the result of being pushed or jostled. In such cases the athlete should take immediate steps to return to the track without seeking or gaining any advantage.</p> <p>Where a race is started in lanes and then continues not using separate lanes, Rules 17.3 and 17.4 of the Technical Rules apply accordingly to each such part of the race.</p> <p>When determining whether the exception in 17.4.3 applies in cases where some part of the shoe/foot is also to the left of the line, there is a requirement for at least some part of the outline of the athlete’s shoe/foot to be touching the line, i.e some contact with the line (depicted by the outline of the relevant part of the shoe or foot) is required for this exception to apply. If this is not the case, then the exception does not apply.</p> <p>All lane infringements should be tracked in the competition data systems and shown in the start lists and results.</p>	
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TR22		Hurdle Races		
TR22.6.2	146/ 147	<p>In addition, an athlete shall be disqualified, if:</p> <p>...</p> <p>22.6.2 they knock down or displace any hurdle by hand, body or the upper side of the lead leg; or</p> <p>...</p> <p>It should be noted that the reference to “the upper side of the lead leg” means any part of the front side of the lead leg, not only the part above the knee.</p> <p>...</p>	<p>In addition, an athlete shall be disqualified, if:</p> <p>...</p> <p>22.6.2 they knock down or displace any hurdle by hand, body or the upper side of the lead leg front side of the lead lower limb; or....</p> <p>...</p> <p>It should be noted that the reference to “the upper side of the lead leg” means any part of the front side of the lead leg, not only the part above the knee. The front side of the lead lower limb means the front of the lead leg starting from the top of the thigh down to the end of the foot but, for the avoidance of doubt, not the sole or the heel of the foot.</p> <p>...</p>	<p>To clarify the wording as there had been misunderstanding in application and in translation.</p> <p>Put in another way the front side of your leg (your lower limb) is what you see when you look down and the lead leg is of course the one that is in front when you go over a hurdle.</p>
TR23		Steeplechase Races		
TR23.2	148	<p>23.2 For the 3000m event, there shall be 28 hurdle jumps and 7 water jumps. The distance from the start to the beginning of the first lap shall not include any jumps, the hurdles being removed until the athletes have entered the first lap.</p>	<p>23.2 For the 3000m event, there shall be 28 hurdle jumps and 7 water jumps. The distance from the start to the beginning of the first lap shall not include any jumps, the those hurdles being removed not being placed until the athletes have entered the first lap.</p>	<p>To clarify through more precise and correct wording.</p>
TR25		General Conditions – Field Events		
TR25.6	159/ 160		<p>In situations in the horizontal Field Events where there are more than eight athletes, only the eight athletes with the best valid performances are allowed any additional trial(s). This requires an athlete to have a measured mark recorded from a fair jump or throw in at least one of their first three trials. Where less than eight athletes achieve such a valid performance it is only those athletes who are allowed any additional trial(s) even though it will mean less than eight athletes proceeding.</p>	<p>To more elaborately explain this Rule. There is no change to what was expected to be practised.</p>

TR25.16	163	It is important when seeding High Jump and Pole Vault qualifying groups that the requirements of Rule 25.10 and 25.16 of the Technical Rules are both observed. The Technical Delegates and the ITO/Referee must follow closely the progress of the qualifying rounds of the High Jump and the Pole Vault to ensure that, on the one hand, the athletes must jump, as long as they are not eliminated under Rule 26.2 of the Technical Rules until the qualifying standard has been reached (unless the number of athletes for the final has been reached as defined in Rule 25.12 of the Technical Rules) and, on the other hand, any tie between athletes in the overall standings in the two groups is resolved according to Rule 26.8 of the Technical Rules. Close attention must also be kept to the application of Rule 25.14 of the Technical Rules to ensure that athletes do not unnecessarily continue in the competition once it is certain that they will be in the final regardless of what may happen to the other athletes continuing to compete in the Qualification Round.	It is important when seeding High Jump and Pole Vault qualifying groups that the requirements of Rule 25.10 and 25.16 of the Technical Rules are both observed. The Technical Delegates and the ITO/Referee must follow closely the progress of the qualifying rounds of the High Jump and the Pole Vault to ensure that, on the one hand, the athletes must jump (or indicate that they are passing) as long as they are not eliminated under Rule 26.2 of the Technical Rules until the qualifying standard has been reached (unless the number of athletes for the final has been reached as defined in Rule 25.12 of the Technical Rules) and, on the other hand, any tie between athletes in the overall standings in the two groups is resolved according to Rule 26.8 of the Technical Rules. Close attention must also be kept to the application of Rule 25.14 of the Technical Rules to ensure that athletes do not unnecessarily continue in the competition once it is certain that they will be in the final regardless of what may happen to the other athletes continuing to compete in the Qualification Round.	To clarify and be more explicit as there has been some misunderstanding of the application of this Rule.
TR28	Pole Vault			
TR28.12	181	28.12 For competitions under paragraphs 1.1, 1.2, 1.3, 1.5 and 1.6 of the International Competition definition, the landing area shall be not smaller than 6m long (behind the zero line and excluding the front pieces) x 6m wide x 0.8m high. The front pieces must be at least 2m long. The sides of the landing area nearest to the box shall be placed 0.10m to 0.15m from the box and shall slope away from the box at an angle of approximately 45° (see Figure (c) Rule 28 of the Technical Rules).	28.12 For competitions under paragraphs 1.1, 1.2, 1.3, 1.5 and 1.6 of the International Competition definition, the landing area shall be not smaller than 6m long (behind the zero line and excluding the front pieces) x 6m wide x 0.8m high. The front pieces must be at least 2m long. The sides of the landing area nearest to the box shall be placed 0.10m to 0.15m from the box and shall slope away from the box at an angle of at least 45° and no more than 48° (see Figure (c) Rule 28 of the Technical Rules).	For safety and to reduce or prevent cases of the pole touching the landing area on take-off.

TR30		Long Jump		
TR30.1.1	189	<p>30.1 An athlete fails if:</p> <p>30.1.1 they while taking off, break the vertical plane of the take-off line with any part of their foot / shoe, whether running up without jumping or in the act of jumping; or</p> <p>[Rule 30.1.1 amended in June 2019 and in force from 1 November 2020. For the current edition of rule please refer to Competition Rule 185.1.]</p>	<p>30.1 An athlete fails if:</p> <p>30.1.1 they while taking off (prior to the instant at which they cease contact with the take-off board or ground), break the vertical plane of the take-off line with any part of their take-off foot / shoe, whether running up without jumping or in the act of jumping; or</p> <p>[Rule 30.1.1 amended in July 2020 and in force from 1 November 2021. For the current edition of rule please refer to Competition Rule 185.1.]</p>	To make clearer the method of applying the new rule – in terms the definitive moment at which the vertical plane is broken – and the rule thereby infringed.
TR32		General Conditions – Throwing Events		
TR32.6	195	<p>32.6 The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. It shall be at least 6mm thick and shall be white. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.....</p>	<p>32.6 The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. It shall be at least 6mm thick. The inside and top of the rim and shall be white. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.....</p>	For clarity and to reflect practice.
TR32.13	200	<p>There is no restriction on how, or from which direction, an athlete may enter the circle. The relevant requirement is that once inside, they must adopt a stationary position before commencing their trial.</p>	<p>There is no restriction on how, or from which direction, an athlete may enter the circle nor in the case of the shot put is there any restriction on making contact with the stop board during this process. The relevant requirement is that once inside, they must adopt a stationary position before commencing their trial.</p> <p>A stationary position means that an athlete having entered the circle to make their trial and before doing so adopts a stance in which both feet are simultaneously in firm contact with the ground inside the circle and with no contact with the top of the rim or the ground outside. Such contact to be sufficiently long in time to be visible to the judges. There is no requirement for the arms or hands of other parts of the athlete's body to be stationary.</p>	To add clarity to the interpretation of the requirement to be stationary.

TR32.14 Note	201	<p>Note: It will not be considered a failure if the discus or any part of the hammer strikes the near side of the cage (right for a right-handed thrower) after the release of the implement, then lands within the landing sector outside the cage, provided that no other Rule is infringed.</p>	<p>Note: (i) It shall be considered a failure if the discus or the head of the hammer strikes the far side of the cage (left side for a right-handed thrower when facing the landing sector or the right side for a left-handed thrower when facing the landing sector) after the release of the implement.</p> <p>Note (ii): It will not be considered a failure if the discus or any part of the hammer strikes the near side of the cage (right side for a right-handed thrower when facing the landing sector or the left side for a left-handed thrower when facing the landing sector) after the release of the implement, then lands within the landing sector outside the limits of the cage, provided that no other Rule is infringed, including Rule 32.10 of the Technical Rules.</p> <p>The limits of the cage shall be defined as the boundary formed by the cage and the gates, when in position, completed by an imaginary straight line drawn between the ends of the cage/gates closest to the landing sector.</p>	<p>To more fully explain this rule and to define the near and far side of the cage for each of right and left-handed throwers.</p> <p>The reference to TR32.10 further excludes from the definition of the landing sector any section of the area in front of the circle usually close to it which is paved, bitumen or hard surfaced on which and imprint cannot be made in normal circumstances. Trials should not be measured if landing on such areas even if beyond the definition of the limits of the cage.</p>
TR34		Discus Throw		
TR34.1	207	<p>34.1 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.....</p>	<p>34.1 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 any point on a circle of a radius of 25mm to 28.5mm from the centre of the discus to the beginning of the curve of the rim</p>	<p>To correct a mistake in the wording for some time that explains the correct definition of "taper".</p>

TR41		The Indoor Stadium		
TR41.3	233	<p>All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6mm spikes in running shoes.</p> <p>Alternative thicknesses may be provided by the stadium management, who will notify athletes of the permissible length of spikes. (See Rule 5.4 of the Technical Rules).....</p>	<p>All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6mm spikes in running shoes.</p> <p>Alternative thicknesses may be provided by the stadium management, who will notify athletes of the permissible length of spikes.</p> <p>If the track manufacturer or the stadium operator mandates an alternate maximum or prohibits the use of certain shaped spikes, this shall be applied and the athletes notified of this accordingly.</p>	<p>To clarify the actual practice. See also equivalent change to TR5.4.</p>
TR43		The Oval Track and Lanes		
TR43.1	234	<p>43.1 The nominal length should preferably be 200m. It shall consist of two parallel straights and two bends, which may be banked, whose radii should be equal.</p> <p>The inside of the track shall be bordered either with a kerb of suitable material, approximately 50mm in height and width, or with a white line 50mm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the kerb or line shall be horizontal throughout the length of the track with a maximum slope of 1:1000 (0.1%). The kerb on the two straights may be omitted, and a white line 50mm wide substituted.</p>	<p>43.1 The nominal length should preferably be 200m. It shall consist of two parallel straights and two bends, which may be banked, whose radii should be equal.</p> <p>The inside of the track shall be bordered either with a kerb of suitable material, approximately 50mm in height and width, or with a white line 50mm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the kerb or line shall be horizontal throughout the length of the track with a maximum slope of 1:1000 (0.1%). However, this kerb or line may be located on the banking slope such that the pivot line of the banking shall be horizontal throughout the length of the banking.</p> <p>The kerb on the two straights may be omitted, and a white line 50mm wide substituted.</p>	<p>To be correct.</p>

TR54		Race Walking																																
TR54.1	243	The standard distances shall be: indoor: 3000m, 5000m; outdoor: 5000m, 10km, 10,000m, 20km, 20,000m, 50km, 50,000m.	The standard distances shall be: indoor: 3000m, 5000m; outdoor: 5000m, 10km, 10,000m, 20km, 20,000m, 35km, 35,000m , 50km, 50,000m.	To provide for the introduction of the 35km (road) and 35,000m (track) race walking events.																														
TR54.7.3	245	<p>A Penalty Zone shall be used for any race where the applicable regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organisers. In such cases, an athlete will be required to enter the Penalty Zone and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by them.</p> <p>The applicable period in the Penalty Zone shall be as follows:</p> <table border="0"> <thead> <tr> <th>Races up to and including</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>5000m/5km</td> <td>0.5 min</td> </tr> <tr> <td>10,000m/10km</td> <td>1 min</td> </tr> <tr> <td>20,000m/20km</td> <td>2 min</td> </tr> <tr> <td>30,000m/30km</td> <td>3 min</td> </tr> <tr> <td>40,000m/40km</td> <td>4 min</td> </tr> <tr> <td>50,000m/50km</td> <td>5 min</td> </tr> </tbody> </table> <p>An athlete who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, shall be disqualified by the Referee.</p>	Races up to and including	Time	5000m/5km	0.5 min	10,000m/10km	1 min	20,000m/20km	2 min	30,000m/30km	3 min	40,000m/40km	4 min	50,000m/50km	5 min	<p>A Penalty Zone shall be used for any race where the applicable regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organisers. In such cases, an athlete will be required to enter the Penalty Zone and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by them.</p> <p>The applicable period in the Penalty Zone shall be as follows:</p> <table border="0"> <thead> <tr> <th>Races up to and including</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>5000m/5km</td> <td>0.5 min</td> </tr> <tr> <td>10,000m/10km</td> <td>1 min</td> </tr> <tr> <td>20,000m/20km</td> <td>2 min</td> </tr> <tr> <td>30,000m/30km</td> <td>3 min</td> </tr> <tr> <td>35,000m/35km</td> <td>3.5 min</td> </tr> <tr> <td>40,000m/40km</td> <td>4 min</td> </tr> <tr> <td>50,000m/50km</td> <td>5 min</td> </tr> </tbody> </table> <p>An athlete who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, shall be disqualified by the Referee.</p>	Races up to and including	Time	5000m/5km	0.5 min	10,000m/10km	1 min	20,000m/20km	2 min	30,000m/30km	3 min	35,000m/35km	3.5 min	40,000m/40km	4 min	50,000m/50km	5 min	To specify the Penalty Zone periods for the 35km (road) and 35,000m (track) race walking events.
Races up to and including	Time																																	
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TR54.7.8	247	54.7.8 For all competitions falling under paragraph 1.1 of the International Competition definition, hand held computer devices with transmission capability must be used by the Judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rules 54.4.1, 54.7.1 or 54.7.3 of the Technical Rules by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.	54.7.8 For all competitions falling under paragraph 1.1 of the International Competition definition, hand held computer devices with transmission capability must be used by the Judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rules 54.4.1, 54.7.1 or 54.7.3 54.7.5 of the Technical Rules by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.	To correct a reference error in current Rulebook.																														