



COMPETITION AND TECHNICAL RULE AMENDMENTS APPROVED BY WORLD ATHLETICS COUNCIL – September 2025
(to be in force from 1 November 2025)

Legend:

xxx	(black print)	=	rule text
xxx	(blue strikethrough)	=	deleted
xxx	(red bold)	=	added to rule text
xxx	(green print)	=	interpretation notes
xxx	(green strikethrough)	=	deleted interpretation notes
xxx	(green bold print)	=	added to interpretation notes
xxx	(violet strikethrough)	=	text moved unchanged
xxx	(violet)	=	text moved unchanged

Competition Rules					
Rule	Action	Current	Amended	Reason	Comment
CR12	Jury of Appeal				
CR12	Amend	At all competitions organised under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, a Jury of Appeal, which should normally consist of three, five or seven persons shall be appointed.	At all competitions organised under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, a Jury of Appeal, which should normally consist of three, five or seven persons shall may be appointed.	To give the opportunity to the governing body to decide if they want to appoint a jury of appeal or not.	
CR18	Referees				
CR18.1 green text	Add		Effort shall be made to reach consensus among the Referees. However, when no final consensus can be reached, the Video Referee shall have the final decision based on the available video images, except in cases concerning starts, where the final decision shall be made by the Start Referee.	To give clear repartition between the referees. Especially if the jury of appeal is not implemented, referees should know who has the final decision depending on the case.	
CR32	Events for which World Records and World U20 Records are Recognised				
CR32	Amend	*Universal event	* Universal Mixed event	Consistent use of terminology.	Editorial
CR32	Delete	35km Race Walk Men: Initial record to be recognised after 1 January 2023. The performance shall be better than 2:22:00.	35km Race Walk Men: Initial record to be recognised after 1 January 2023. The performance shall be better than 2:22:00.	Initial record has been ratified.	Editorial

Technical Rules					
Rule	Action	Current	Amended	Reason	Comment
TR5	Clothing, Shoes and Athlete Bibs				
TR5.1 green text	Add		In Race Walking Events, athletes shall not wear clothing that prevents a clear and complete view of the knee area.	To further explain how this rule should be applied to Race Walking Events	Editorial

			However, to be clear, long tights that are adherent to the athletes' legs are acceptable.		
TR5.2 green text	Add		For Shoe Control, specific information is provided in the Shoe Control Guidelines which may be downloaded from the World Athletics website. In particular, no sole thickness measurements are expected to be conducted during shoe control.	To clarify and harmonize shoe control procedures.	Editorial
TR7	Warnings and Disqualification				
TR7.5 green text	Add	Rule 7.3 shall also be applied to an athlete whose second warning in the competition incurred in the relay race, or who had a direct exclusion in the relay race that led to the disqualification of the team.	<p>Rule 7.3 shall also be applied to an athlete whose second warning in the competition incurred in the relay race, or who had a direct exclusion in the relay race that led to the disqualification of the team.</p> <p>The following examples further clarify the potential implication of a yellow card received in a Relay Race:</p> <p>Example 1:</p> <ul style="list-style-type: none"> - Athlete A gets a yellow card in an individual event - Athlete A gets another yellow card in a Relay Race <p>→ Athlete A gets a red card (2 yellow cards), relay team gets disqualified</p> <p>Example 2:</p> <ul style="list-style-type: none"> - Athlete A gets a yellow card in an individual event - Athlete B gets a yellow card in a Relay Race 	To clarify the potential implication of a yellow card received in a Relay Race.	Editorial

			<p>→ No further action</p> <p>Example 3:</p> <ul style="list-style-type: none"> - Athlete A gets a yellow card in an individual event - Athlete B gets a yellow card in a Relay Race - Athlete C gets a yellow card in the same Relay Race <p>→ Relay Team gets a red card (2 yellow cards) and thus gets disqualified, but individual athletes may still compete in other events</p>		
TR8	Protests and Appeals				
TR8.4 green text	Amend	On the other hand, if for example in a preliminary round, or perhaps even more so in a race within a Combined Event, it was clear that only one or some athletes were disadvantaged by a failure to recall a false start or to abort a start, a Referee could decide that only those athletes be given the opportunity to run again and if so under what conditions.	On the other hand, if for example in a preliminary round Qualification Round , or perhaps even more so in a race within a Combined Event, it was clear that only one or some athletes were disadvantaged by a failure to recall a false start or to abort a start, a Referee could decide that only those athletes be given the opportunity to run again and if so under what conditions.	Consistent use of terminology	Editorial
TR15	Starting Blocks				
TR15.1 green text	Add	Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4 × 200m, the Medley Relay and 4 × 400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, with the exception that, provided there is no obstruction to any	Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4 × 200m, the Medley Relay and 4 × 400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, with the exception that, provided there is no obstruction to any	To clarify that the frame of the starting blocks may not overlap or extend in front of the start line.	Editorial

		other athlete, the rear part of the frame may extend beyond the outer lane line.	other athlete, the rear part of the frame may extend beyond the outer lane line. To be clear, the requirement that no part of the starting block shall overlap the start line includes the frame.		
TR16	The Start				
TR16.5.3	Amend	<p>Where an athlete in the judgement of the Starter, ... after the command “On your marks” or “Set” disturbs (an)other athlete(s) in the race through sound, movement or otherwise, resulting in such athlete(s) committing what would otherwise be a false start, the Starter shall abort the start.</p> <p>The Referee may warn the athlete for improper conduct (disqualify in case of a second infringement of the Rule during the same competition), according to Rules 7.1 and 7.3 of the Technical Rules. A green card shall not be shown. However, when an extraneous reason was considered to be the cause for aborting the start, ...</p>	<p>Where an athlete in the judgement of the Starter, ... after the command “On your marks” or “Set” disturbs (an)other athlete(s) in the race through sound, movement or otherwise, resulting in such athlete(s) committing what would otherwise be a false start, regardless of whether it is resulting in such athlete(s) committing what would otherwise be a false start, the Starter shall abort the start.</p> <p>In case of Rules 16.5.1 or 16.5.2 of the Technical Rules, the The Referee may warn the athlete for improper conduct (disqualify in case of a second infringement of the Rule during the same competition), according to Rules 7.1 and 7.3 of the Technical Rules. A green card shall not be shown.</p> <p>In case of Rule 16.5.3 of the Technical Rules, if the movement or action by the athlete results in (an)other athlete(s) committing what would otherwise be a false start, the Referee may warn the offending athlete for improper conduct</p>	To clarify the conditions when a race might be recalled, and to precise the conditions when a yellow (or red) card to be issued.	

			(disqualify in the case of a second infringement) according to Rules 7.1 and 7.3 of the Technical Rules. Otherwise, a green card shall be shown. However, in case of repeated movements by the same athlete at multiple aborted starts, even if they do not result in (an)other athlete(s) committing what would otherwise be a false start, the Referee may still warn the offending athlete for improper conduct (disqualify in the case of a second infringement) according to Rules 7.1 and 7.3 of the Technical Rules. However, when an extraneous reason was considered to be the cause for aborting the start, ...		
TR17	The Race				
TR17.12	Amend	In the 200m event, except for races on a 200m Standard Oval Track, the wind velocity shall normally be measured for a period of 10 seconds commencing when the first athlete enters the straight.	In the 200m event For 200m races, except for races on a 200m Standard Oval Track, the wind velocity shall normally be measured for a period of 10 seconds commencing when the first athlete enters the straight.	To be correct	Editorial
TR20	Ranking and Composition of Heats				
TR20.2.1	Amend	The regulations for each competition should include tables which shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, the number of heats in each round and the qualification procedure, i.e. those to advance by place and time.	The regulations for each competition should include tables which shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, the number of heats in each round and the qualification procedure, i.e. those to advance by place and time. Such	To give more flexibility to the arrangement of Qualification Rounds	

		Such information shall also be provided for any additional qualification round(s). <i>Note (i): Tables which may be used in the absence of any provision in applicable regulations or other determination by the Organisers are published on the World Athletics website.</i> <i>Note (ii): The applicable regulation...</i>	information shall also be provided for any additional qualification round(s). <i>Note (i): Tables which may be used in the absence of any provision in applicable regulations or other determination by the Organisers are published on the World Athletics website.</i> <i>Note (ii): The Technical Delegate(s) or the Organisers may divert from the use of any such tables if it is considered appropriate to provide more content to the event or better competition conditions to the athletes.</i> <i>Note (iii): The applicable regulation...</i>		
TR20.2.2	Amend	In applying this Rule after the first round, the required exchanges of athletes between heats should, to the extent possible, be made between athletes seeded in the same “group of lanes” according to Rules 20.4.3 to 20.4.5 of the Technical Rules.	In applying this Rule after the first round, the required exchanges of athletes between heats should, to the extent possible, be made between athletes seeded in the same “group of lanes” according to Rules 20.4.3 to 20.4.58 of the Technical Rules.	Consequence of the addition of TR20.4.6 to TR20.4.8	
TR20.2.3b	Amend	... in subsequent rounds, between athletes seeded in the same “group of lanes” according to Rules 20.4.3 to 20.4.5 of the Technical Rules.	... in subsequent rounds, between athletes seeded in the same “group of lanes” according to Rules 20.4.3 to 20.4.58 of the Technical Rules.	Consequence of the addition of TR20.4.6 to TR20.4.8	
TR20.4.3	Amend	For straight races: a. one draw for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6; ...	For straight races with 8 lanes: a. one draw for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6; ...	To specify seeding for tracks with 8 lanes and 9 lanes	
TR20.4.4	Amend	For 200m races: a. one draw for the three highest ranked athletes or teams to determine placings in lanes 5, 6 and 7; ...	For 200m and 300m races with 8 lanes: a. one draw for the three highest ranked athletes or teams to determine placings in lanes 5, 6 and 7; ...	Consequence of the recent introduction of the 300m hurdles and to specify	

				seeding for tracks with 8 lanes and 9 lanes	
TR20.4.5	Amend	For 400m races, all relays up to and including 4 x400m and 800m races started in lanes: a. one draw for the four highest ranked athletes or teams to determine placings in lanes 4, 5, 6 and 7; ...	For 400m races, all relays up to and including 4 x 400m and 800m races started in lanes with 8 lanes: a. one draw for the four highest ranked athletes or teams to determine placings in lanes 4, 5, 6 and 7; ...	To specify seeding for tracks with 8 lanes and 9 lanes	
TR20.4.6	Add		For straight races with 9 lanes: a. one draw for the three highest ranked athletes or teams to determine placings in lanes 4, 5 and 6, b. another for the fourth and fifth ranked athletes or teams to determine placings in lanes 3 and 7, b. another for the sixth and seventh ranked athletes or teams to determine placings in lanes 2 and 8, and d. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 9.	To specify seeding for tracks with 8 lanes and 9 lanes	
TR20.4.7	Add		For 200m and 300m races with 9 lanes: a. one draw for the four highest ranked athletes or teams to determine placings in lanes 5, 6, 7 and 8, b. another for the fifth, sixth and seventh ranked athletes or teams to determine placings in lanes 3, 4 and 9, and c. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.	To specify seeding for tracks with 8 lanes and 9 lanes	

TR20.4.8	Add		<p>For 400m races, all relays up to and including 4 x 400m and 800m races started in lanes, with 9 lanes:</p> <p>a. one draw for the three highest ranked athletes or teams to determine placings in lanes 5, 6 and 7,</p> <p>b. another for the fourth and fifth ranked athletes or teams to determine placings in lanes 4 and 8,</p> <p>c. another for the sixth and seventh ranked athletes or teams to determine placings in lanes 3 and 9,</p> <p>d. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.</p>	To specify seeding for tracks with 8 lanes and 9 lanes	
TR20.4 green text	Add	<p>As to Note (iii), where a stadium has more than eight lanes available, the Technical Delegate(s) (or if none the Organisers) should decide in advance which lanes are to be used for this purpose. For example, in the case of a nine-lane oval track, lane one would not be used in cases where less than nine athletes are taking part in a race. Consequently, for the purposes of Rule 20.4 of the Technical Rules, lane 2 is regarded as lane 1 and so on.</p>	<p>As to Note (iii), where a stadium has more than eight lanes available than the number of athletes competing (either because of the number of entries or as set out in the Technical Regulations of the competition), the Technical Delegate(s) (or if none the Organisers) should decide in advance which lanes are to be used for this purpose and should apply the principles of the above system with the necessary modifications. For example, in the case of a nine-lane oval track, lane one would not be used in cases where less than nine athletes are taking part in a race. Consequently, Rules 20.4.3 to 20.4.5 of the Technical Rules should be applied, for the</p>	Consequence of the amendments to TR20.4.3 to TR20.4.8	

			purposes of Rule 20.4 of the Technical Rules, lane 2 is regarded regarding lane 2 as lane 1 and so on.		
TR24	Relay Races				
TR24.4 green text	Add	When all or the first portion of a Relay Race is being run in lanes, an athlete may place one checkmark on the track within their own lane, by using adhesive tape, maximum 0.05m × 0.40m, of a distinctive colour which cannot be confused with other permanent markings ...	When all or the first portion of a Relay Race is being run in lanes, an athlete may place one checkmark on the track within their own lane, by using adhesive tape, maximum 0.05m × 0.40m, of a distinctive colour which cannot be confused with other permanent markings ... Adhesive tape otherwise complying with this Rule may be torn into one or more pieces to make a single marker of a different shape to stand out more clearly.	In analogy to TR25.3	
TR24.6	Amend	If dropped, the baton shall be recovered by the athlete who dropped it. They may leave their lane to retrieve it provided that, by doing so, they do not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in their hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is	If dropped, the baton shall be recovered by the athlete who dropped it. They may leave their lane to retrieve it provided that, by doing so, they do not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in their hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is	For an athlete it is very difficult to adhere to the current rule and to know amidst the hectic of the race, where exactly the baton was dropped. Also for officials it is, without video recording, a difficult rule to judge. The athlete / team anyhow has already a significant disadvantage by dropping the baton.	

		<p>impeded, dropping the baton shall not result in disqualification.</p> <p>But if an athlete does not follow this Rule, their team shall be disqualified.</p>	<p>impeded while retrieving the baton; dropping the baton shall not result in disqualification. When crossing the finish line, the baton shall be carried by the relevant athlete.</p> <p>But if If an athlete does not follow this Rule, their team shall be disqualified.</p>		
TR24.11	Amend	In the 4 × 100m Mixed, each team has to be composed of two men and two women. The running order shall be Woman, Woman, Man, Man.	In the 4 × 100m Mixed, each team has to be composed of two men and two women. The running order shall be Man , Woman, Man , Woman, Man, Man .	To improve broadcast clarity, athlete preparation, and excitement while promoting gender equity.	
TR28	Pole Vault				
TR28.1 green text	Add	Once the time for the trial has started, no further change in the position of the crossbar is allowed.	<p>Once the time for the trial has started, no further change in the position of the crossbar is allowed.</p> <p>In the case of consecutive trials, the judges should check with the athlete if they wish to change the position of the crossbar before the time for their next trial begins.</p>	To give the athlete the chance to receive feedback from their coach before the crossbar is set	
TR32	General Conditions – Throwing Events				
TR32.3	Move	No modification shall be made to any implements during the competition. No spitting or application by other means of human body fluids on any implement, is permitted.	No modification shall be made to any implements during the competition. No spitting or application by other means of human body fluids on any implement, is permitted.	Move to TR32.4.5	Editorial
TR32.4.4	Add	<p>The following shall be considered assistance and are therefore not allowed: ...</p> <p>32.4.4 The spraying or spreading by an athlete of any substance in the circle or</p>	<p>The following shall be considered assistance and are therefore not allowed: ...</p> <p>32.4.4 The spraying or spreading by an athlete of any substance in the circle or</p>	For clarity	Editorial

		on their shoes nor the roughening of the surface of the circle.	on their shoes nor the roughening of the surface of the circle. <i>Note: The placement by an athlete of tape to the outside of a throwing shoe is acceptable, see also the Athletic Shoe Regulations. Any such application should be shown to the Chief Judge before the athlete's first (or next) trial.</i>		
TR32.4.5	Move	The following shall be considered assistance and are therefore not allowed: ...	The following shall be considered assistance and are therefore not allowed: ... 32.4.5 . The spitting or application by other means of human body fluids on any implement.	Move from TR32.3	Editorial
TR32.4.6	Add	The following shall be considered assistance and are therefore not allowed: ...	The following shall be considered assistance and are therefore not allowed: ... 32.4.6 The placement by an athlete, in the Javelin Throw, on the implement, of chalk or a similar substance.	For clarity, considering that TR32.5 allows such placement on the implements only for SP and DT.	Editorial
TR32.11	Amend	The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 (0.1%).	The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 (0.1%) when measured from the level of the centre of the circle or the level of the centre of the throwing arc.	For clarity and in consistency with the Track and Field Facilities Manual.	Editorial

TR36		Hammer Throw			
TR36.6 green text	Add	<i>Note: A small section of clear vinyl tubing 50mm long with an internal diameter of 5mm may be placed over the twisted ends of the hammer wire.</i>	<i>Note: A small section of clear vinyl tubing 50mm long with an internal diameter of 5mm may be placed over the twisted ends of the hammer wire.</i> The purpose of the tubing is to reduce the chance of the implement becoming caught in the cage netting and delaying the competition. Clear plastic tubing is required to be able to check the wire.	To provide for a better explanation of the purpose of the tubing	Editorial
TR38		Javelin Throw			
TR38.10	Delete	700g Overall length (L0): Minimum 2300mm (2400mm*) Maximum 2400mm (2500mm*) Distance from tip of metal head to centre of gravity (L1): Minimum 860mm (850mm*) Maximum 1000mm (990mm*) Distance from tail to centre of gravity (L2): Minimum 1300mm (1410mm*) Maximum 1540mm (1650mm*) * Amended in August 2023 and in force from 1 April 2025. 700g javelins to the 2024 specifications may still be used in competition until 31 October 2025.	700g Overall length (L0): Minimum 2300mm (2400mm*) Maximum 2400mm (2500mm*) Distance from tip of metal head to centre of gravity (L1): Minimum 860mm (850mm*) Maximum 1000mm (990mm*) Distance from tail to centre of gravity (L2): Minimum 1300mm (1410mm*) Maximum 1540mm (1650mm*) * Amended in August 2023 and in force from 1 April 2025. 700g javelins to the 2024 specifications may still be used in competition until 31 October 2025.	Transition period has come to an end.	Editorial

TR39		Combined Events Competitions			
TR39.8.5	Amend	In the 200m and 400m events, after ranking the athletes according to Rule 20.3.1 of the Technical Rules, the lanes shall be drawn in accordance with Rule 20.4.4 and 20.4.5 of the Technical Rules, respectively.	In the 200m and 400m events, after ranking the athletes according to Rule 20.3.1 of the Technical Rules, the lanes shall be drawn in accordance with Rules 20.4.4 and 20.4.5 or 20.4.7 and 20.4.8 of the Technical Rules, respectively.	Consequence of the addition of TR20.4.7 and TR20.4.8	
TR39.12	Delete	When it is decided to use the Gundersen (or similar) Method for the start of the last event of a Combined Events competition, the relevant competition regulations should specify any particular rules that should be applied and the method by which the races should be started and conducted.	When it is decided to use the Gundersen (or similar) Method for the start of the last event of a Combined Events competition, the relevant competition regulations should specify any particular rules that should be applied and the method by which the races should be started and conducted.	Since the rule was introduced a couple of years ago, it has never been applied in any World Rankings Competitions	
TR39.13 ²	Amend	If two or more athletes achieve an equal number of points for any place in the competition, it shall be determined as a tie.	If two or more athletes achieve an equal number of points for any place in the competition, it shall be determined as a tie.	Renumbering as a consequence of the above amendment	Editorial
TR44		Start and Finish on the Oval Track			
TR44.6.3	Amend	For the start of races of 800m, each athlete may be assigned a separate lane, or up to two athletes may be assigned per lane, or a group start, as in Rule 17.5.2 of the Technical Rules preferably commencing in lanes 1 and 4, may be used. In these cases, athletes may leave their lane, or those running in the outer group may join the inner group, only after the breakline marked at the end of the first bend, or if the race is run with two bends in lanes, at the end of the second	For the start of races of 800m, each athlete may be assigned a separate lane, or up to two athletes may be assigned per lane, or a group start, as in Rule 17.5.2 of the Technical Rules preferably commencing in lanes 1 and 4, may be used. In races started in lanes, athletes may leave their lane only after the breakline marked at the end of the second bend. In these cases, For group starts, athletes may leave their lane, or those running in the outer group may join	To reduce physical contact and jostling between athletes in 800m races started lanes	

		bend. A single curved start line may also be used.	the inner group; only after the breakline marked at the end of the first bend, or if the race is run with two bends in lanes groups , at the end of the second bend. A single curved start line may also be used.		
TR54	Race Walking				
TR54.6 green text	Add		It is recommended that, where possible, a yellow paddle under Rule 54.5 of the Technical Rules is shown to the athlete before issuing a Red Card. The purpose of the yellow paddle is to allow the athlete to correct their walking technique to meet the definition of Race Walking as per Rule 54.2 of the Technical Rules, aiming for the greatest number of athletes to finish the competition correctly.	Update what has already been done in practice.	
TR54.7.3	Amend	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.	An athlete who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, and who continues the race , shall be disqualified by the Referee.	To make clear that it should not be recorded as a DQ but a DNF if such an athlete abandons the race	Editorial

TR57	Mountain and Trail Races				
TR57	Delete	Part One: General Rules	Part One: General Rules		
TR57.1	Amend	<p>Course</p> <p>57.1 General rules for the course, as follows:</p> <p>57.1.1 The discipline of Mountain and Trail Running takes place on various types of natural terrain (sand, dirt roads, forest paths, single track footpaths, snow trails etc), and in various kinds of environment (mountains, forests, plains, deserts etc).</p> <p>57.1.2 Races take place mostly on off-road surfaces, however sections of paved surfaces (e.g. asphalt, concrete, macadam etc.) are acceptable as a way to reach or link the trails of the course but should be kept to a minimum. Preferably existing roads and trails should be used.</p> <p>57.1.3 For Mountain Races only, some special exceptions do exist where races are held on a paved surface but are only acceptable when there are large elevation changes on the course.</p> <p>57.1.4 The course must be marked in such a way that no navigation skills will be required from the athletes. Trail races have no limits to distance or altitude gain or loss and the course must represent the logical discovery of a region.</p>	<p>Course</p> <p>57.1 General rules for the course, as follows:</p> <p>57.1.1 The discipline of Mountain and Trail Running takes place on various types of natural terrain (sand, dirt roads, forest paths, single track footpaths, snow trails etc), and in various kinds of environment (mountains, forests, plains, deserts etc):</p> <p>57.1.2 Races take place mostly on off-road surfaces, however sections of paved surfaces (e.g. asphalt, concrete, macadam etc.) are acceptable as a way to reach or link the trails of the course but should be kept to a minimum. Preferably existing roads and trails should be used:</p> <p>57.1.3 For Mountain Races only, some special exceptions do exist where races are held on a paved surface but are only acceptable when there are large elevation changes on the course:</p> <p>57.1.4 The course must be marked in such a way that no navigation skills will be required from the athletes. Trail races have no limits to distance or altitude gain or loss and the course must represent the logical discovery of a region:</p> <p>57.1.5 Mountain Races are traditionally divided into “uphill” and “up and down” races. The average altitude gain or loss can</p>	<p>To simplify the rule, making it clearer, removing the separation of Mountain and Trail, and ensuring that the rule covers all potential Mountain and Trail Events.</p> <p>Removal of detailed numbering.</p>	

		<p>57.1.5 Mountain Races are traditionally divided into “uphill” and “up and down” races. The average altitude gain or loss can vary from approx. 50 – 250 metres per kilometre, and the distances up to 42.2km.</p>	<p>vary from approx. 50 – 250 metres per kilometre, and the distances up to 42.2km.</p> <p>The discipline of Mountain and Trail Running takes place on various types of natural terrain (sand, dirt roads, forest paths, single track footpaths, snow trails etc.), and in various kinds of environment (mountains, forests, plains, deserts etc.).</p> <p>Races take place mostly on off-road surfaces, however sections of paved surfaces (e.g. asphalt, concrete, macadam etc.) are acceptable as a way to reach or link the trails of the course but should be kept to a minimum and not exceed 25% of the total length.</p> <p>Courses</p> <p>57.1 All courses must be marked in such a way that no navigation skills are required by the athlete, and that the route is easy to follow at all times by the fastest runners.</p> <p>Mountain and Trail races have no limits to distance or elevation gain or loss and may be looped or point to point. Other than Mountain Classic events, races should normally represent the logical discovery of the region and not be multiple loops of the same course.</p>		
--	--	--	---	--	--

			Race courses should be accurately measured using a GPS device, with the GPS track file made available to all participants.		
TR57.2	Move	Start Mountain and Trail Races typically have mass starts. Runners can also start separated by gender or age-related categories.	Start Mountain and Trail Races typically have mass starts. Runners can also start separated by gender or age-related categories.	Move to new TR57.5	
TR57. 3 2	Amend	Safety, Environment 57.3 Organising Committees shall ensure the safety of athletes and officials. Specific conditions, such as high altitude, changing weather conditions and available infrastructure should be respected. The event organiser is responsible for taking care for the environment when planning the course, during and after the competition.	Safety, Environment 57. 3 2 Organising Committees The Race Organiser shall ensure the safety of all athletes and officials. Specific conditions, such as high altitude, changing weather conditions and available infrastructure should be respected. The event o rganiser is responsible for taking care for the environment when planning the course, during and after the competition. Organisers must ensure that, in all but exceptional circumstances, any part of the course can be reached within 30 minutes of a distress call.	Minor amendment in wording and renumbering	
TR57. 4 3	Amend	Equipment 57.4 Mountain and Trail Races do not imply the use of a particular technique, alpine or other, or the use of specific equipment, such as mountaineering equipment. The use of hiking poles could be permitted at the discretion of the Race organisation. The Race Organiser may recommend	Equipment 57. 4 3 Mountain and Trail Races do not imply the use of a particular technique, alpine or other, or the use of specific equipment, such as mountaineering equipment. The use of hiking poles could be is permitted at the discretion of the Race organisation Organiser, and it must be clearly indicated in the pre-race information where they are allowed.	Minor amendment in wording and renumbering	

		or impose mandatory equipment due to the conditions expected to be encountered during the race, which will allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.	The Race —Organiser may recommend or impose mandatory equipment, such as minimum clothing, wind jackets, headlamps, water, food, etc. , due to the conditions expected to be encountered during the race, which will allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.		
TR57.54	Amend	Race Organisation 57.5 The Organiser shall, prior to the race, publish specific regulations of the race including at minimum: 57.5.1 Details of the organiser responsible (name, contact details) 57.5.2 Programme of the event 57.5.3 Detailed information about the technical characteristics of the race: total distance, total ascent / descent, description of the main difficulties of the track 57.5.4 A detailed map of the course 57.5.5 A detailed profile of the course 57.5.6 Course marking criteria 57.5.7 Location of the control posts and medical/aid stations (if applicable) 57.5.8 Allowed, recommended or mandatory equipment (if applicable) 57.5.9 Safety rules to be followed 57.5.10 Penalties and disqualification rules	Race Organisation 57.54 For athletes' safety reasons and considering the peculiarities of each race, The Race Organiser shall, prior to the race, publish specific regulations of the race including at minimum: <ul style="list-style-type: none"> • 57.5.1—Details of the organiser responsible (name, contact details to be used in case of an emergency) • 57.5.2—Programme of the event including start times, time limit and any cut-off times (if applicable) • 57.5.3Detailed information about the technical characteristics of the race: total distance, total ascent / descent, description of the main difficulties of the track and the position of the aid stations • 57.5.4A detailed map and profile of the course 	Minor amendment in wording, renumbering and removal of sub-numbering	

		57.5.11 Time limit and cut-off barriers (if applicable)	<p>57.5.5 A detailed profile of the course</p> <ul style="list-style-type: none"> • 57.5.6 Course marking criteria • Detailed information regarding aid stations on the course, including location and available refreshments • 57.5.7 Location of the control posts and medical/aid stations (if applicable) • 57.5.8 Allowed, recommended or mandatory equipment (if applicable) • Regulations regarding external assistance including personal support at aid stations and via running pacers • 57.5.9 Safety rules to be followed • 57.5.10 Penalties and disqualification rules <p>57.5.11 Time limit and cut-off barriers (if applicable)</p>		
TR57.5	Move		<p>Start</p> <p>57.5 Mountain and Trail Races typically have mass starts; runners can also start separated by gender or age-related categories. The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules). In races which include a large number of</p>	Move from TR57.2 and TR57.7, and minor amendment	

			<p>athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. A 10 seconds countdown to the start can also be given.</p> <p>Where the course is particularly narrow, time trial style starts may be used. Where this is the case, it must be clearly indicated in the pre-race information.</p>		
TR57.6	Delete	<p><i>Part Two: International Technical Rules Scope of Application</i></p> <p>While strongly recommended for all international championships, the application of the following technical rules is mandatory only in World Championships. For all Mountain and Trail Running events other than World Championships, the specific event rules and/or the national rules shall have precedence. If a Mountain and Trail Running competition is held under “International Technical Rules”, it must be specified in the event regulations. In all other cases, if a referee is appointed by a Member, an Area Association or the authority that oversees the competition, this person must ensure compliance with the general rules of Athletics but shall not enforce the following International Technical Rules.</p>	<p><i>Part Two: International Technical Rules Scope of Application</i></p> <p>While strongly recommended for all international championships, the application of the following technical rules is mandatory only in World Championships. For all Mountain and Trail Running events other than World Championships, the specific event rules and/or the national rules shall have precedence. If a Mountain and Trail Running competition is held under “International Technical Rules”, it must be specified in the event regulations. In all other cases, if a referee is appointed by a Member, an Area Association or the authority that oversees the competition, this person must ensure compliance with the general rules of Athletics but shall not enforce the following International Technical Rules.</p>		

TR57.7	Move	<p>Start</p> <p>57.7 The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. A 10s countdown to the start can also be given.</p>	<p>Start</p> <p>57.7 The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. A 10s countdown to the start can also be given.</p>	Move to new TR57.5	
TR57. 8 6	Move	<p>Race conduct</p> <p>57.8 If the Referee is satisfied on the report of a judge, or Umpire, or otherwise, that an athlete:</p> <p>57.8.1 has left the marked course thereby shortening the distance to be covered;</p> <p>57.8.2 receives any form of assistance such as pacing, or refreshments outside of the official aid stations;</p> <p>57.8.3 does not comply to any of the specific race regulations;</p> <p>they shall be disqualified or get the penalty stated by the specific race regulations.</p>	<p>Race conduct</p> <p>57.86 If the Referee is satisfied on the report of a Judge, or Umpire, or otherwise, that an athlete:</p> <ul style="list-style-type: none"> • 57.8.1 has left the marked course thereby shortening the distance to be covered; • 57.8.2 receives any form of assistance such as pacing (unless the race explicitly allows this), or refreshments outside of the official aid stations; • 57.8.3 does not comply with any of the specific race regulations; <p>they shall be disqualified or get the penalty stated by the specific race regulations.</p>	Minor amendment in wording, renumbering and removal of sub-numbering	

TR57.7	Add		<p>Race Finish</p> <p>57.7 The Race Organiser should ensure prior to the event that runners are aware if ties are allowed.</p> <p>If no specification is given by the Race Organiser, ties are allowed when clearly evident by the athletes' intention at the finish line.</p>		
TR57.8	Add		<p>Race Interference</p> <p>57.8 Race Organisers must ensure that members of the general public and media (for example camera runners or bikers) do not interfere with the race or provide any form of assistance (including information about other runners) that is known only to them due to their position in the race. Camera runners should always be behind the runners they are following and be clearly identified (i.e. specific coloured tops) to distinguish them from those in the race and from spectators.</p>		
TR57.9	Amend	<p>Specific provisions for Trail Races</p> <p>57.9 Specific provisions for Trail Races, as follows:</p> <p>57.9.1 Sections of paved surfaces shall not exceed 25% of the total course.</p> <p>57.9.2 Races are classified by "km-effort"; the km-effort measure is the sum of the distance expressed in</p>	<p>Specific provisions for Trail Races</p> <p>57.9 Specific provisions for Trail Races, as follows:</p> <p>57.9.1 Sections of paved surfaces shall not exceed 25% of the total course.</p> <p>57.9.2 Races are classified by "km-effort"; the km-effort measure is the sum of the distance expressed in kilometres and a hundredth of the vertical gain expressed in</p>	Rule has been revised	

	<p>kilometres and a hundredth of the vertical gain expressed in meters, rounded to the nearest whole number (for example, the km-effort of a race of 65km and 3500m ascent is: $65 + 3500/100 = 100$); accordingly races will be classified as follows:</p> <table><tr><td>Category</td><td>Km-effort</td></tr><tr><td>XXS</td><td>0 – 24</td></tr><tr><td>XS</td><td>25 – 44</td></tr><tr><td>S</td><td>45 – 74</td></tr><tr><td>M</td><td>75 – 114</td></tr><tr><td>L</td><td>115 – 154</td></tr><tr><td>XL</td><td>155 – 209</td></tr><tr><td>XXL</td><td>210 +</td></tr></table> <p>57.9.3 World Championships races shall be based on the Short (S) and the Long (L) categories:</p> <p>a. in the Short Race the distance must be between 35km and 45km and the minimum vertical gain 1500m or more;</p> <p>b. in the Long Race the distance must be between 75km and 85km.</p> <p>57.9.4 Competitions shall be based on the concept of self-sufficiency, meaning that the athletes will have to be autonomous between aid stations in terms of gear, communications, food and drink.</p> <p>57.9.5 A survival blanket (140cm × 200cm minimum size), a whistle and a</p>	Category	Km-effort	XXS	0 – 24	XS	25 – 44	S	45 – 74	M	75 – 114	L	115 – 154	XL	155 – 209	XXL	210 +	<p>meters, rounded to the nearest whole number (for example, the km-effort of a race of 65km and 3500m ascent is: $65 + 3500/100 = 100$); accordingly races will be classified as follows:</p> <table><tr><td>Category</td><td>Km-effort</td></tr><tr><td>XXS</td><td>0 – 24</td></tr><tr><td>XS</td><td>25 – 44</td></tr><tr><td>S</td><td>45 – 74</td></tr><tr><td>M</td><td>75 – 114</td></tr><tr><td>L</td><td>115 – 154</td></tr><tr><td>XL</td><td>155 – 209</td></tr><tr><td>XXL</td><td>210 +</td></tr></table> <p>57.9.3 World Championships races shall be based on the Short (S) and the Long (L) categories:</p> <p>a. in the Short Race the distance must be between 35km and 45km and the minimum vertical gain 1500m or more;</p> <p>b. in the Long Race the distance must be between 75km and 85km.</p> <p>57.9.4 Competitions shall be based on the concept of self-sufficiency, meaning that the athletes will have to be autonomous between aid stations in terms of gear, communications, food and drink.</p> <p>57.9.5 A survival blanket (140cm × 200cm minimum size), a whistle and a mobile phone are the minimum items the athletes have to carry at all times. However, the LOC may impose additional mandatory items due to</p>	Category	Km-effort	XXS	0 – 24	XS	25 – 44	S	45 – 74	M	75 – 114	L	115 – 154	XL	155 – 209	XXL	210 +	
Category	Km-effort																																		
XXS	0 – 24																																		
XS	25 – 44																																		
S	45 – 74																																		
M	75 – 114																																		
L	115 – 154																																		
XL	155 – 209																																		
XXL	210 +																																		
Category	Km-effort																																		
XXS	0 – 24																																		
XS	25 – 44																																		
S	45 – 74																																		
M	75 – 114																																		
L	115 – 154																																		
XL	155 – 209																																		
XXL	210 +																																		

		<p>mobile phone are the minimum items the athletes have to carry at all times. However, the LOC may impose additional mandatory items due to the conditions expected to be encountered during the race.</p> <p>57.9.6 Aid stations at official competitions shall be sufficiently spaced out so as to respect the “principle of self-sufficiency”. The maximum total number of aid stations, excluding start and finish line, including water points, shall be no more than the km-effort points of the race divided by 15, rounded to the lower integer (example of a race with a km-effort of 58: $58/15=3.86$, which means no more than 3 aid stations, excluding start and finish, are allowed).</p> <p><i>Note (i): In a maximum of half of the above aid stations, rounded to the lower integer, food, drinks and personal assistance may be given (e.g. maximum total number of aid stations 3, $3/2=1.5$, maximum number of aid stations where food and personal assistance may be given is 1); at the remaining aid stations only drinks, but no food nor personal assistance, may be given.</i></p> <p><i>Note (ii): aid stations layout, where personal assistance is allowed, shall</i></p>	<p>the conditions expected to be encountered during the race.</p> <p>57.9.6 Aid stations at official competitions shall be sufficiently spaced out so as to respect the “principle of self-sufficiency”. The maximum total number of aid stations, excluding start and finish line, including water points, shall be no more than the km-effort points of the race divided by 15, rounded to the lower integer (example of a race with a km-effort of 58: $58/15=3.86$, which means no more than 3 aid stations, excluding start and finish, are allowed).</p> <p><i>Note (i): In a maximum of half of the above aid stations, rounded to the lower integer, food, drinks and personal assistance may be given (e.g. maximum total number of aid stations 3, $3/2=1.5$, maximum number of aid stations where food and personal assistance may be given is 1); at the remaining aid stations only drinks, but no food nor personal assistance, may be given.</i></p> <p><i>Note (ii): aid stations layout, where personal assistance is allowed, shall be organised in a way that allows each country to have an individual table or allocated space, identified with the flag of the Country (or Territory) and where their official staff will give assistance to the athletes. Tables shall be organised by alphabetical order, and each team is allowed to have a maximum of 2 officials per table.</i></p>		
--	--	---	--	--	--

		<p>be organised in a way that allows each country to have an individual table or allocated space, identified with the flag of the Country (or Territory) and where their official staff will give assistance to the athletes. Tables shall be organised by alphabetical order, and each team is allowed to have a maximum of 2 officials per table.</p> <p><i>Note (iii): Assistance to the athletes may only be given at complete (food and drinks) aid stations as defined above.</i></p> <p>57.9.7 A finishing position resulting in a tie is permissible when clearly evident by the athletes' intention.</p>	<p><i>Note (iii): Assistance to the athletes may only be given at complete (food and drinks) aid stations as defined above.</i></p> <p>57.9.7 A finishing position resulting in a tie is permissible when clearly evident by the athletes' intention.</p> <p>Mountain and Trail Race evaluation</p> <p>57.9 The nature of Mountain and Trail races means there are no standard distances or course profiles. Events may also take the form of relays with participants either running the same course loop, or different segments of an overall course (Ekiden style).</p> <p>ITRA classifies races according to their level of difficulty and the calculation method is based on the notion of “km-effort”; the total km-effort of a race is obtained by taking into account and adding both the distance and the elevation gain as follows:</p> <p>Distance: each 1km = 1 km-effort,</p> <p>Elevation gain: each 100m of vertical gain = 1 km-effort.</p> <p>For example, the km-effort of a race of 65km and 3500m of elevation gain is: $65 + 3500/100 = 100$ km effort.</p> <p>Based on the number of km-effort, each race is then classified according to its level of difficulty.</p>	
--	--	---	--	--

			<p>Difficulty points range from 0 to 6 as follows:</p> <table><tr><th>Km-effort</th><th>Difficulty points</th></tr><tr><td>0 - 24</td><td>0</td></tr><tr><td>25 - 44</td><td>1</td></tr><tr><td>45 - 74</td><td>2</td></tr><tr><td>75 - 114</td><td>3</td></tr><tr><td>115 - 154</td><td>4</td></tr><tr><td>155 - 209</td><td>5</td></tr><tr><td>210+</td><td>6</td></tr></table>	Km-effort	Difficulty points	0 - 24	0	25 - 44	1	45 - 74	2	75 - 114	3	115 - 154	4	155 - 209	5	210+	6		
Km-effort	Difficulty points																				
0 - 24	0																				
25 - 44	1																				
45 - 74	2																				
75 - 114	3																				
115 - 154	4																				
155 - 209	5																				
210+	6																				
TR57.10	Amend	<p>Specific provisions for Mountain Races</p> <p>57.10 Mountain Races are classified as follows:</p> <p>57.10.1 “Classic Uphill”</p> <p>57.10.2 “Classic Up and Down”</p> <p>57.10.3 “Vertical”</p> <p>57.10.4 “Long Distance”</p> <p>57.10.5 “Relays”</p>	<p>Specific provisions for Mountain Races</p> <p>57.10 Mountain Races are classified as follows:</p> <p>57.10.1 “Classic Uphill”</p> <p>57.10.2 “Classic Up and Down”</p> <p>57.10.3 “Vertical”</p> <p>57.10.4 “Long Distance”</p> <p>57.10.5 “Relays”</p> <p>International Events</p> <p>57.10 In addition to the General Rules above, International and Regional Championships should follow the World Athletics Mountain and Trail Running Championships Technical Guidelines.</p> <p>The following terminology is used to categorise International Events and is frequently used more widely.</p>	Rule has been revised																	

		<ul style="list-style-type: none">• Uphill – a predominantly uphill race normally lasting no more than 60 minutes• Classic – an up and down race up to 30km in length• Short Trail – an up and down race of 30 to 60 km in length• Long Trail – an up and down race of over 60 km in length <p>The race requirements for the World Mountain and Trail Running Championships are:</p> <table><tr><th>Race</th><th>Distance</th><th>Elevation</th><th>Ideal men’s winning time</th></tr><tr><td>Long Trail</td><td>75-85 km</td><td>3,500-6,000m</td><td>7 hrs 45 to 8 hrs 15</td></tr><tr><td>Short Trail</td><td>35-45 km</td><td>2,000-3,000m</td><td>3 hrs 45 to 4 hrs 15</td></tr><tr><td>Senior Classic (up and down)</td><td>12-15 km</td><td>600-900m</td><td>55-60 minutes</td></tr></table>	Race	Distance	Elevation	Ideal men’s winning time	Long Trail	75-85 km	3,500-6,000m	7 hrs 45 to 8 hrs 15	Short Trail	35-45 km	2,000-3,000m	3 hrs 45 to 4 hrs 15	Senior Classic (up and down)	12-15 km	600-900m	55-60 minutes		
Race	Distance	Elevation	Ideal men’s winning time																	
Long Trail	75-85 km	3,500-6,000m	7 hrs 45 to 8 hrs 15																	
Short Trail	35-45 km	2,000-3,000m	3 hrs 45 to 4 hrs 15																	
Senior Classic (up and down)	12-15 km	600-900m	55-60 minutes																	

			U20 Classic (up and down) 5-7 km 300-450m 25-30 minutes		
			Senior Uphill 4-7 km 700-1,000m (average incline should be over 10%) 40-50 minutes		
TR57.11	Delete	In all categories other than Vertical, the average incline should be between 5% (or 50m per km) and 25% (or 250m per km). The most preferable average incline is approximately 10%-15% provided that the course remains runnable. These limits do not apply to the Vertical category, where the incline shall be not less than 25%.	In all categories other than Vertical, the average incline should be between 5% (or 50m per km) and 25% (or 250m per km). The most preferable average incline is approximately 10%-15% provided that the course remains runnable. These limits do not apply to the Vertical category, where the incline shall be not less than 25%.		
TR57.12	Delete	World Championships races shall be based on the following categories and distances: 57.12.1 “Classic Uphill”: 5km to 6km for U20 Men and U20 Women; 10km to 12km for Senior Men and Senior Women 57.12.2 “Classic Up and Down”: 5km to 6km for U20 Men and U20 Women; 10km to 12km for Senior Men and Senior Women 57.12.3 “Vertical”: it should have at least 1000m of positive vertical elevation and be	World Championships races shall be based on the following categories and distances: 57.12.1 “Classic Uphill”: 5km to 6km for U20 Men and U20 Women; 10km to 12km for Senior Men and Senior Women 57.12.2 “Classic Up and Down”: 5km to 6km for U20 Men and U20 Women; 10km to 12km for Senior Men and Senior Women 57.12.3 “Vertical”: it should have at least 1000m of positive vertical elevation and be		

		<p>57.12.3 “Vertical”: it should have at least 1000m of positive vertical elevation and be measured in a certified manner to an accuracy of +/- 10m.</p> <p>57.12.4 “Long Distance”: the race distance should not exceed 42.2km and the nature of the course maybe mainly uphill or up and down. The total amount of ascent in the race should exceed 2000m. The men’s winning time should be between two and four hours and less than 20% of the distance should be paved surfaces.</p> <p>57.12.5 “Relays”: Any course or team combinations, included mixed gender / age group, are possible as long as they are defined and communicated in advance. Distance and elevation gain of each individual leg should respect the parameters of the “Classic” categories.</p> <p><i>Note: “Classic Uphill” and “Classic Up and Down” events traditionally alternate at each edition of the World Athletics Championships.</i></p>	<p>measured in a certified manner to an accuracy of +/- 10m.</p> <p>57.12.4 “Long Distance”: the race distance should not exceed 42.2km and the nature of the course maybe mainly uphill or up and down. The total amount of ascent in the race should exceed 2000m. The men’s winning time should be between two and four hours and less than 20% of the distance should be paved surfaces.</p> <p>57.12.5 “Relays”: Any course or team combinations, included mixed gender / age group, are possible as long as they are defined and communicated in advance. Distance and elevation gain of each individual leg should respect the parameters of the “Classic” categories.</p> <p><i>Note: “Classic Uphill” and “Classic Up and Down” events traditionally alternate at each edition of the World Athletics Championships.</i></p>		
TR57.13	Delete	<p>Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations should be provided at suitable places along the course.</p>	<p>Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations should be provided at suitable places along the course.</p>		