

Athletics By-laws

Section 1 - Competition Rules

- 1.1** The Athletics competition shall operate under the IIGA Constitutional Operational Guidelines and Sports By-laws and where there is no direct conflict with the aforesaid IIGA Rules and Regulations they shall also operate under the IAAF Rules, as per IAAF Rule 1C).
- 1.2** In General IAAF Rule 166 should be adhered to but with the agreement of the Technical Committee, the Organising Committee may vary this in view of local circumstances and the constraints of the timetable.

Section 2 - General

2.1 Island Representation

- 2.1.1 Individual** Maximum of 2 competitors per event per Member Island
- 2.1.2 Relays** 1 Team per Member Island to consist of 4 competitors in each round selected from a maximum of 6 competitors declared before the 1st round. Up to 2 changes are allowed between heats and the final.

2.1.3 Half Marathon

A Team consists of a minimum of 2 runners and a maximum of 3 runners. The 1st 2 runners of each Team to finish shall count. Single entries will count for the Individual event only.

2.2 Age of Competitors

- 2.2.1** The minimum age limit for both male and female competitors will be 15 years and for the Half Marathon 18 years as at the 1st of June in the year of the particular Games at which such competitor wishes to compete. No dispensation will be given.
- 2.2.2** In respect of competitors under the age of 18 years competing Member Islands must make arrangement for them to be correctly supervised and comply with all relevant child welfare legislation of their own Island and that of the Host Island.

2.3 Officials

- 2.3.1** To be appointed by the Organising Committee
- 2.3.2** The competition will be controlled by the Meeting Manager (IAAF Rule 122) and the Chief Officials all of whom should be suitably qualified to the following minimum standard:
- Starter (UK Athletics Level 5, or equivalent in Host country)
 - Field Referee (UK Athletics Level 5, or equivalent in Host country)
 - Track Referee (UK Athletics Level 5, or equivalent in Host country)
 - Timekeeper (UK Athletics Level 5, or equivalent in Host country)
 - Race Walking:
 - Chief Judge (UK Athletics Level 5, or equivalent in Host country)
- 2.3.3** Other officials and Judges should be appointed in accordance with IAAF Rule 120, their

duties being defined as per IAAF Rules 121 to 138.

2.4 Events

2.4.1 A programme of events shall be chosen from the following events:

Men:	100m	10000m Walk	Pole vault	Javelin
	200m	110m Hurdles	High Jump	Discus
	400m	400m Hurdles	Long Jump	Shot Putt
	800m	4 x 100m Relay	Triple Jump	Hammer
	1500m	4 x 400m Relay		
	5000m	Half-Marathon		
	10000m	3000m Steeplechase		
Women:	100m	3000m Walk	Pole Vault	Javelin
	200m	100m Hurdles	High Jump	Discus
	400m	400m Hurdles	Long Jump	Shot Putt
	800m	4 x 100m Relay	Triple Jump	Hammer
	1500m	4 x 400m Relay		
	5000m	Half-Marathon		
	10000m	3000m Steeplechase		

2.4.2 Competition Programme

2.4.2.1 The following timetable should be followed as closely as possible, taking into account the prevailing weather and humidity conditions of the Host Island. In general, heats and preliminary rounds should be held in the morning, with all finals taking place in late afternoon and evening.

2.4.2.2 **Athletics Timetable** (if Half-Marathon is on Day1) – to be preferred where possible. Extra rounds in bold italics will probably only be needed where the track only has 6 lanes.

Day 1 (normally Sunday)

am Half-Marathon (M & W)

pm **Men's Hammer** (safety factors might mean this has to happen before other events)

<u>Men</u>		<u>Women</u>	
200m	Rd 1	100m	Rd1
800m	Heats	400m	Rd1
1,500m	Heats	Triple Jump	F
High Jump	F	3,000m Walk	F

Day 2 (Monday)

am	400m Hurdles	Heats	100m	S/F
	200m	S/F		
	800m	S/F		
pm	400m Hurdles	F	100m	F
	200m	F	400m	S/F

5,000m	F	1,500m	F
Shot Putt	F	Pole Vault	F
		Javelin	F

Day 3 (Tuesday)

am	110m Hurdles Heats		100m Hurdles Heats	
			800m Heats	
	4 x 100m Heats		4 x 100m Heats	
pm	110m Hurdles	F	100m Hurdles	F
	800m	F	400m	F
	Discus	F	3,000m S/C	F
			Shot Putt	F

Day 4 (Wednesday)

am	100m	Rd 1	200m	Rd 1
	400m	Rd1	800m	S/F
	1,500m	prelim		
pm	Women's Hammer (safety factors might mean this happens before other events)			
	4 x 400m	Heats	4 x 400m	Heats
	3,000m S/C	F	10,000m	F
	Long Jump	F	High Jump	F
	Javelin	F		

Day 5 (Thursday)

am	100m	S/F	200m	S/F
	400m	S/F	400m Hurdles	Heats
	1,500m	Heats		
pm	100m	F	200m	F
	400m	F	400m Hurdles	F
	Pole Vault	F	800m	F
	10,000m Walk	F	Discus	F
			Long Jump	F

Day 6 (Friday)

am	10,000m	F	5,000m	F
	1,500m	F	4 x 100m	F
	4 x 100m	F	4 x 400m	F
	4 x 400m	F		
	Triple Jump	F		

2.4.2.3 **Timetable** (if Half-Marathon on Day 6)

Extra rounds in bold italics will probably only be needed where the track only has 6

lanes.

Day 1 (normally Sunday)

pm **Men's Hammer** (safety factors might mean this happens before other events)

Men

10,000m F
200m Rd 1

800m Heats

High Jump F

Women

3,000m Walk F
100m Rd1

400m **Rd 1**

1,500m Heats

Long Jump F

Day 2 (Monday)

am 400m Hurdles Heats

200m S/F

800m **S/F**

pm **400m Hurdles** F

200m F

3,000m S/C F

Shot Putt F

100m S/F

100m F

400m S/F

10,000m F

Pole Vault F

Javelin F

Day 3 (Tuesday)

am 110m Hurdles Heats

100m Hurdles Heats

800m Heats

4 x 100m Heats

4 x 100m Heats

pm **110m Hurdles** F

400m F

800m F

100m Hurdles F

Discus F

1,500m F

Shot Putt F

Day 4 (Wednesday)

am 100m Rd 1

200m Rd 1

400m Rd1

800m **S/F**

1,500m **prelim**

pm **Women's Hammer** (safety factors might mean this happens before other events)

4 x 400m Heats

4 x 400m Heats

5,000m F

5,000m F

Long Jump F

High Jump F

Javelin F

Day 5 (Thursday)

am 100m S/F

200m S/F

	400m	S/F	400m Hurdles	Heats
	1,500m	Heats		
pm	100m	F	200m	F
	400m	F	400m Hurdles	F
	Pole Vault	F	3,000m S/C	F
	10,000m Walk	F	Discus	F
			Triple Jump	F

Day 6 (Friday)

am	Half-Marathon	F (M & W)		
	1,500m	F	800m	F
	4 x 100m	F	4 x 100m	F
	4 x 400m	F	4 x 400m	F
	Triple Jump	F		

2.5 Training

- 2.5.1 Arrangements for any Pre-Games training/practice shall be made at the discretion of the Organising Committee.
- 2.5.2 Where possible the venue should be available for 2 days before the 1st event for training, and also at designated times during the Games when there is no competition.
- 2.5.3 If available, an alternative training venue can be provided, as long as the facilities conform to the relevant IAAF health and safety standards.
- 2.5.4 Officials should be available at all training venues at designated training times for the issue of equipment and supervision of throwing practice sessions.

2.6 Draws for Events / Heats

- 2.6.1 The draws should be in accordance with IAAF Rule 166.
- 2.6.2 Where the facility has only 6 lanes, the appropriate mathematical changes should be made to IAAF Rule 166 to allow for only 6 per heat in events run in lanes, and pro rata for middle and long distance events.
- 2.6.3 The only exception is the Relays where, because of the difficulty of accurate seeding for the Relay events within the Games, qualification from heats to the final will be:
- a. 8 - Lane Track
 - 9 - 16 Teams 1st 2 from each heat plus 4 fastest losers
 - 17 - 24 Teams Winner of each heat plus 5 fastest losers
 - b. 6 - Lane Track
 - 7 - 12 Teams Winner of each heat plus 4 fastest losers
 - 13 - 18 Teams Winner of each heat plus 3 fastest losers

2.7 Venues

- 2.7.1 The venue should be an international standard synthetic track with a current competition licence from the National Governing Body.
- 2.7.1 It should have facilities for all the events included under section 2.4.1 above. Where this is not the case it should be made clear at the time of the Bid to Host the Games.

2.7.2 The venue should conform to IAAF Rules 140, 160 and those governing the specific field events.

2.7.3 There should be adequate areas for warm-up, both general and event-specific where possible.

2.8 Equipment

All equipment necessary for the holding of all events should be supplied, including starting blocks (IAAF Rule 161) and all field event equipment although competitors will be allowed to use their own equipment subject to IAAF Rule 187.

2.9 Clothing

The regulation of IAAF Rule 143 concerning clothing and advertising on clothing will apply; provided that any further regulations that may be imposed by the IIGA shall take precedence.

2.10 Medical

The Organising Committee shall provide sufficient medical treatment during the competitions. Arrangements must be made with a nearby hospital for emergency treatment.

2.11 Medals

2.11.1 Sufficient medals should be ordered for all events as per the entries and the IIGA's own regulations.

2.11.2 The minimum entry numbers to award medals shall be as per the declared entries at the close of the Pre-Competition Technical Meeting subject always to the provisions of Section 16.3 of the Operational Guidelines.

2.11.3 All competitors used in any round of the Relay events will receive a medal but only the 4 athletes used in the final will be presented with medals at the medal ceremony. Organising Committees should note that they may need up to 6 medals of each type for each of the Relays.

2.11.4 All three runners in the Half Marathon Team will receive a medal if they finish.

2.12 Protests and complaints

Any protests or complaints will be investigated by the Meeting Manager and a decision made by him/her. An appeal against this decision can be made to the Jury of Appeal with a further right of appeal by any aggrieved party to the Island Games Association Court.

2.13 Banned Substances and Drug Testing

All competitors in every event shall be subject to Section 9 of the Operational Guidelines of the IIGA.

Section 3 - Technical Committee

3.1 Appointment

The Technical Committee will be appointed at each Games Post-Competition Meeting and shall consist of a minimum of 3 and a maximum of 6 Members – a Chairman,

Secretary plus up to 4 Members. Both of the future Host Islands (if applicable) should be represented and if at all possible at least 1 of the positions should be permanent e.g. Secretary or Chairman to ensure continuity.

3.2 Meetings

The Technical Committee will meet if necessary at any time during the Games. In the period between the Games the Technical Committee will act as an advisory/consultative body on any matters arising.

Section 4 – Pre and Post-Competition Meetings

- 4.1** The Pre and Post-Competition Meetings shall be called and chaired by the Host Island Sports Co-ordinator and shall be attended by the Technical Committee and up to 2 representatives from each competing Member Island Team.
- 4.2** The Jury of Appeal will be appointed at the Pre-Competition Meeting. A panel of 5 Members (preferably from different competing Member Islands) plus a non-voting Secretary will be appointed. A minimum of 3 Members plus the Secretary would be required to hear an appeal. If the appeal concerns a competitor from the same Member Island as 1 of the Jury Members he/she cannot participate in any decision taken.

Section 5 - Individual Competitions

- 5.1** Rules
See Rules 2.1 and 2.4.1 above
- 5.2** Format
The format shall be as per Rules 2.4.2 and 2.6 above. The number of rounds per event shall be decided in line with IAAF rule 166.

Section 6 Team Competitions

- 6.1** Rules
See Rules 2.1 and 2.4.1 above. The method of calculating the Team score for the Half Marathon shall be on the position of the finishers with points awarded for each finisher e.g. 1 for 1st, 2 for 2nd, etc. In the event of a tie, the Team whose 2nd runner finished in the highest position would be the winner.
- 6.2** Format
The format shall be as per Rules 2.4.2 and 2.6 above. The number of rounds per event shall be decided in line with IAAF Rule 166 with the exception noted under Rule 2.6.3.