WMA CONSTITUTION 2013-2016

WORLD MASTERS ATHLETICS (WMA)
(formerly World Association of Veteran Athletes)
(Founded in Gothenburg, SWE, August 9, 1977)
Registration in Sweden, No. 802413-3434

CONSTITUTION

[Adopted in Gothenburg, SWE, August 9, 1977, with latest amendments in Durban, RSA, in 1997, in Gateshead, GBR, in 1999, in Brisbane, AUS, in 2001, in Carolina, PUR, in 2003, in San Sebastian, ESP, in 2005, in Riccione, ITA, in 2007, in Lahti, Finland in 2009. in Sacramento, USA, in 2011, in Porto Alegre, BRA, in 2013]

1 NAME AND STATUS

1.1 The name of the Association shall be WORLD MASTERS ATHLETICS (hereinafter referred to as WMA).

2. PURPOSE

2.1 To organise, regulate, and administer athletics for men and women of not less than thirty five years of age (hereinafter referred to as masters).

2.2 To sanction WMA and other international masters athletic competitions.

2.3 To ratify and register world masters five-year age-group records and maintain data on other outstanding athletic performances by masters.

2.4 To foster international friendship, understanding and co-operation through masters athletics.

3. AFFILIATION

3.1 Application

3.1.1 Only one organisation in each country may be an Affiliate.

3.1.2 A National Governing Body affiliated to the IAAF (hereinafter referred to as NGB) in a country where there is no existing WMA Affiliate, shall be approved by the Council as the WMA Affiliates.

3.1.3 An application for affiliation from a masters/veterans athletic organisation approved in writing by the NGB, in a country where there is no existing WMA Affiliate, shall be approved by the Council.

3.1.4 An application for affiliation from a masters/veterans athletic organisation in a country where there is no existing WMA Affiliate and where no approval has been given by the NGB, shall be firstly referred by the WMA Secretariat to the NGB of that country. Thereafter:

3.1.4.1 an application for affiliation received from the NGB within 60 days shall be approved by the Council.

3.1.4.2 an application for affiliation received within 60 days from a masters/veterans athletic organisation, approved in writing by the NGB, shall be approved by the Council.

3.1.4.3 if the NGB takes no action within 60 days, the WMA Council shall either approve the application or refer it to the General Assembly with recommendation for rejection.

3.1.5 An application for affiliation from a NGB, or from a masters/veterans athletic organisation authorised in writing by the NGB, in a country where there is an existing WMA Affiliate shall be subject to the procedure contained in the Bye-Laws.

3.1.6 An application for affiliation from a masters/veterans athletic organisation not authorised in writing by the NGB, in a country where there is an existing WMA Affiliate, which is not affiliated with the NGB or not approved in writing by the NGB, will be firstly referred by the WMA Secretariat to the NGB of that country. Thereafter:

3.1.6.1 If the NGB presents an application for affiliation within 60 days or validates in writing the application already presented by the masters/veterans organisation, said application shall be subject to the procedure contained in the Bye-Laws.

3.1.6.2 If the NGB takes no action within 60 days, the Council will determine which Organisation shall be the Affiliate.

3.1.7 An application for affiliation from a masters/veterans athletic organisation in a country where the WMA Affiliate already is the NGB or a masters/veterans athletic organisation approved in writing by the NGB, shall not be considered.

3.2 Membership Fees

3.2.1 The Council shall determine whether there will be any affiliation fee, as applied to Affiliates, the amount and the procedure for payment of fees, if any.

3.3 Reporting to WMA

3.3.1 Each Affiliate shall provide the WMA Secretary with such information regarding the Affiliate and its officers as he may require and shall inform him immediately of any amendments thereto.

3.4 Expulsion

3.4.1 An Affiliate may be expelled only by the General Assembly, except as provided in sub-sections 3.1.5, 3.1.6 and 3.4.2. The Council has the right to suspend an Affiliate temporarily with the obligation to account for the question to the next General Assembly where a final decision must be taken.

WMA will not accept, or continue to recognise as an Affiliate, any Organisation whose NGB is suspended by the IAAF.

Eligibility of Delegates

3.5.1 Only masters/veterans who are members in good standing of an Affiliate shall be eligible for appointment for membership of the WMA Council or any WMA Committee.

3.5.2 Any office bearer or masters/veterans who are in good standing, and are members of an Affiliates shall be eligible for appointment as delegates to the General Assembly

3.6 Dissolution

3.6.1 In the event of dissolution of WMA, its assets shall be distributed among the Affiliates in proportion of the number of delegates to which each was entitled at the most recent meeting of the General Assembly, or to another organisation for use in support of Masters Athletics, all in accordance with the directives of the General Assembly

4. GENERAL ASSEMBLY

Notification

4.1.1 The Secretary shall notify the Affiliates of the opening date of each meeting of the General Assembly not later than one hundred and twenty (120) days in advance thereof.

4.1.2 An amendment to the Constitution, Bye-Laws or the Rules of Competition may be proposed by an Affiliate or by the Council and must be in the hands of the Secretary ninety (90) days before the opening date of the General Assembly.

4.1.3 The Secretary, not later than forty-five (45) days before the opening date of the General Assembly, shall send to the Affiliates and to the Council the Agenda of each meeting of the General Assembly together with the Council officers' reports, any proposed amendments to the Constitution, Bye-Laws and the Rules of Competition and the nominations of the candidates for office.

4.1.4 Prior to the WMA General Assembly held in conjunction with the WMA Stadia Championships the WMA Secretary will forward in the meeting mail out to affiliates a

copy of the standing orders to be adopted at the General Assembly. Upon the opening of the General Assembly by the Chair, the Chair will call immediately for the adoption of the circulated standing orders.

Organisation of the Meeting

4.2.1 The General Assembly shall meet in conjunction with each WMA World Championships Stadia and shall consist of the Council and the delegates appointed by Affiliates.

4.2.2 At the General Assembly, each Affiliate shall be entitled to one delegate and also one additional delegate for each 100 combined total of its competitors in the last three WMA World Championships Stadia (excluding the current Championships), but no Affiliate shall be entitled to more than five delegates. The word "competitor" shall mean competitors registered as entered and fully paid up regardless of whether they start their events or not.

4.2.3 Members of the Council and aforesaid delegates shall have each only one vote and may not vote on behalf of absentees. The Presiding Officer shall also have an additional vote to break a tied vote. Voting by proxy is not allowed.

4.2.4 Anyone found guilty of any offence under the disciplinary sub-section in the Law and Legislation Bye-Laws 3.4.4.1, 3.4.3.1, 3.4.4.2, and 3.4.4.4 may not be a delegate at a WMA General Assembly during the suspension period.

Registration

4.2.5 The names of Delegates to the General Assembly (including any alternates/substitutes) shall be given in writing by the affiliates to the WMA Secretary not later than 30 days before the opening date of the General Assembly.

4.2.6 Each masters/veteran delegate of an Affiliate shall be a member of that Affiliate. Substitutes may be named for any delegate with the exception of a WMA Officer. A substitute may vote in the place of an absent delegate provided the substitute meets all required qualifications of a voting delegate. Substitutes shall be stated by written verification from the President of the respective Governing Body on the stationery of that National Body submitted to the WMA Secretary at least 24 hours in advance of the opening of the General Assembly.

4.2.7 Substitutes for Regional Delegates will be permitted upon written verification from the Regional President submitted to the WMA Secretary at least 24 hours in advance of the opening of General Assemblies and/or Council meetings.

Operation of the Meeting

4.3.1 Decisions of the General Assembly shall be taken on the basis of simple majority vote, except for amendments to the Constitution for which a 2/3 majority shall be required, and shall be valid regardless of the number present.

4.3.2 The General Assembly shall be conducted in accordance with the procedures set out in "Robert's Rules of order, latest edition" except as may be otherwise prescribed in this Constitution.

4.3.3 If a constitutional amendment is defeated at a General Assembly, a similar amendment cannot be raised at the next General Assembly unless suggested by the Council.

Agenda

4.4.1 The General Assembly shall:

4.4.1.1 Receive and, if thought fit, approve of each of the Council Officer's reports and the auditors' report.

4.4.1.2 Elect the officers for the period until the next quadrennial meeting of the General Assembly (from 1997 onwards): Except that the elections held in 2013 shall be for the period until the close of the 2016 World Championships Stadia .

4.4.1.2.1 President

4.4.1.2.2 Executive Vice-President
4.4.1.2.3 Vice-President Stadia
4.4.1.2.4 Vice-President Non-Stadia
4.4.1.2.5 Secretary
4.4.1.2.6 Treasurer
4.4.1.2.7 Women's Representative
4.4.1.3 Note the appointment of the Regional Delegates
4.4.1.4 Decide on all proposed amendments to the Constitution
4.4.1.5 Sanction each WMA World Championship, with due regard to the claims of each Region and thus authorise the Council to sign the contract relative thereto
4.4.1.6 Decide on all matters of policy
4.4.1.7 Receive report on World Masters Games
4.4.1.8 Elect WMA Honorary Members :
On proposals from the Council, the General Assembly may appoint as WMA Honorary Members:
4.4.1.8.1 Honorary Life Presidents for which only former WMA Presidents shall be eligible and/or;
4.4.1.8.2 Honorary Life Members consisting of former WMA office bearers.

4.4.2 The General Assembly may:
4.4.2.1 Decide on a proposed amendment to the Bye-Laws and/or the Rules of Competition.
4.4.2.1.2 Decide all new proposed changes to Rules of Competition must first be evaluated by the Stadia and/or Non-Stadia Committees before being admitted to the GA floor for voting. To be considered for GA voting, proposed changes must reach the committees at least one year in advance of the GA.
This requirement is read in conjunction with Bye-Law provision 4.2.1 on Change of Rules.
4.4.2.2 Instruct the Council to decide on a specific matter, including a proposed amendment to the Bye-Laws and/or the Rules of Competition.
4.4.2.3 Delegate contingency powers on a specific matter to the Council.

5. COUNCIL

Members
The Council shall consist of the following Officers:
5.1.1 The President
5.1.2 The Executive Vice-President
5.1.3 The Vice-President Stadia
5.1.4 The Vice-President Non-Stadia
5.1.5 The Secretary
5.1.6 The Treasurer
5.1.7 The Women's Representative
5.1.8 The Regional Delegates, one appointed by each Regional Association
5.1.9 The IAAF Delegate appointed by the IAAF
5.1.10 The immediate past-President, limited to a period of two years after the election of a new President

5.2 Limit on Affiliate Representation
5.2.1 Not more than two members of the Council may come from the same affiliate
5.2.2 Only masters/veterans who are members of Affiliates shall be eligible for appointment to membership to the WMA Council or any WMA Committee.

5.3 Purpose

5.3.1 The Council shall administer the affairs of WMA, subject to the decisions of the General Assembly.

5.3.2 The Council shall comply with the instructions of the General Assembly on specific matters, including amendments to the Bye-Laws and/or the Rules of Competition. The Council may amend the Bye-Laws and the Rules of Competition on its own initiative provided that, in so doing, it does not negate a decision of the General Assembly.

5.3.3 The Council shall consider and decide upon any specific matter remitted to the Council by the General Assembly.

5.3.4 The Council shall ratify world masters five-year age-group records and best performances.

5.3.5 The Council shall negotiate the terms of any contract to be entered into by WMA and may delegate that or any other function to one or more of its members.5.3.6 The Council shall call for bids for the WMA World Championships from Affiliates in sufficient time for a decision to be reached by the General Assembly two General Assemblies in advance of the proposed date of such Championships.

5.3.7 Council members may not hold organizational positions with organizations that promote International Athletics Masters Events not sanctioned by WMA..

5.4 Operation

5.4.1 Meetings of the Council shall observe such rules of procedures as are acceptable to a majority of those present.

5.4.2 Decisions of the Council shall be taken on the basis of simple majority vote and the Presiding Officer shall also have an additional vote to break a tied vote. A quorum shall consist of at least two-thirds of the Council members.

5.4.3 The Secretary shall notify the members of the Council of the time and location of each meeting of the Council.

Authorities

5.5.1 WMA independent, professional auditors shall be appointed by the Council and shall report to the General Assembly.

5.5.2 Should an Affiliate default on its obligations less than two years before the Championships, the Council shall offer the Championships concerned to an Affiliate which has recently been unsuccessful in an application for the Championships. Should the matter then remain undecided, the Council shall immediately call for applications and shall have the power to make a decision, unless a meeting of the General Assembly can deal with the matter with adequate time to allow the applicant to prepare for holding the Championships.

5.5.3 The Council shall have the power to award WMA Bronze Pins to persons who have rendered outstanding services to WMA and who are not eligible for Honorary Life Membership as provided for in Section 4.4.1.8.

6. ELECTION OF OFFICERS

6.1 Nominations

6.1.1 Nomination of candidates for office may only be made by any Affiliate and must be in the hands of the WMA Secretary ninety (90) days before the opening date of the General Assembly. All nominations shall be accompanied by C.V.'s. The Secretary shall inform all Affiliates no later than 180 days before the opening date of the General Assembly of the Council members willing to stand as candidates for another term. A nomination may be accepted from the floor at a meeting of the General Assembly only if the Presiding Officer is satisfied that there is sufficient reason why the nomination was not made in the proper manner. Nomination of a candidate for an office may be made by any WMA Affiliate but,

if not made by the nominee's Affiliate, that nomination must, to be valid, be supported or endorsed in writing by the nominee's Affiliate.

Elections

6.2.1 The President, the Executive Vice-President, the Vice-President Stadia, the Vice-President Non-Stadia, the Secretary, the Treasurer and the Women's Representative shall be elected at each quadrennial meeting of the General Assembly in a secret ballot. Where there are more than two candidates for an office and none gains a simple majority of the votes cast, the candidate with the lowest number of votes shall be excluded and a further vote taken. The voting shall continue in this manner until one candidate receives a simple majority of the votes cast.

6.2.2 The office of Women's Representative shall be filled, regardless of any other office being held, by a woman.

6.2.3 No officer shall hold more than one office at any one time.

6.2.3.1 In the event of an officer failing to complete his term of office, the remaining Council's members shall, as soon as possible thereafter, and without waiting for the next formal Council meeting, cast votes (by means of either a conference call or electronic voting) and based on the simple majority of a quorum of the Council, appoint a temporary replacement to fill the vacancy created;

6.2.3.2 The term of office of the appointed replacement shall expire upon the closure of the next quadrennial election General Assembly;

6.2.3.3 The casting of votes shall take place within seven days of Council members being informed by the secretary of the nominations received by him for the vacant office within a maximum period of fourteen days after the vacancy occurring.

6.2.3.4 Except as provided in Clause 4.4.1 the term of office of all General Assembly elected Officers shall be for an initial term of four years, and they shall thereafter be subject to re-election to the same office at General Assembly for a further term of four years. However, no officer may hold the same office to which he/she has been elected for more than eight years in total, from when 1st elected to that office.

6.2.3.5 All elected officers shall take office at the close of the Championships at which they were elected by the General Assembly.

7. OFFICERS

7.1 President

7.1.1 The President shall be the principal executive officer of WMA and shall be the Presiding Officer at all meetings of the General Assembly and at all meetings of the Council.

7.1.2 The President shall submit to each meeting of the General Assembly a written report on WMA's activities and business since the most recent meeting of the General Assembly.

7.1.3 The President, with the approval of the Council, shall appoint the members of all WMA Committees.

7.1.4 The President shall have the right to sit on any WMA Committee or nominate a deputy to sit thereon.

7.1.5 The President shall be one of the signatories to each contract or other agreement to which WMA is party.

7.2 Executive Vice-President

7.2.1 The Executive Vice-President shall assist the President and, when necessary, deputise for him.

7.2.2 In the event of the President failing for any reason to complete his term of office the Executive Vice-President shall fulfil the President's duties until the next General Assembly.

7.2.3 The Executive Vice-President shall be the Chairperson of the Organisational Advisory Committee.

7.3 Vice-President Stadia

7.3.1 The Vice-President Stadia shall be the Chairman of the Stadia Committee.

7.3.2 The Vice-President Stadia shall be responsible for all track and field matters and, subject to instruction from the Council, shall co-operate as necessary with Organising Committees of all WMA World Championships Stadia, Outdoors and Indoors, to ensure the proper organisation and conduct of all events within his area of responsibility.

7.4 Vice-President Non-Stadia

7.4.1 The Vice-President Non-Stadia shall be the Chairman of the Non-Stadia Committee.

7.4.2 The Vice-President Non-Stadia shall be responsible for all road-running, road walking, and cross-country matters and, subject to instruction from the Council, shall co-operate as necessary with Organising Committees of WMA World Championships to ensure the proper organisation and conduct of all events within his area of responsibility.

7.5 Secretary

7.5.1 The Secretary shall take minutes of all meetings of the General Assembly and of all meetings of the Council.

7.5.2 The Secretary shall effect each amendment to the Constitution as approved by the General Assembly and each amendment to the Bye-Laws or the Rules of Competition as approved by the General Assembly or by the Council.

7.5.3 The Secretary, not later than sixty (60) days after the closing of each meeting of the General Assembly, shall send the minutes of that meeting of the General Assembly and the revised Constitution, Bye-Laws and the Rules of Competition to all Affiliates and members of the Council.

7.5.4 The Secretary shall send the minutes of all meetings of the Council to the Council members within 45 days of the date of said meeting..

7.5.5 The Secretary shall maintain a register of Affiliates.

7.5.6 The Secretary shall keep all Affiliates informed of WMA business.

7.6 Treasurer

7.6.1 The Treasurer, prior to the Stadia Championships, shall submit a proposed budget to the Council and to the Affiliates for the next accounting period. Prior to the General Assembly, the Council shall review and approve the budget and notify the General Assembly.

7.6.2 The Treasurer shall operate a bank account in the name of WMA.

7.6.3 The Treasurer shall collect funds due to WMA and shall make payments in accordance with the budget approved by the Council.

7.6.4 The Treasurer shall submit interim financial reports semi-annually to the Council.

7.6.5 The treasurer shall prepare a Profit & Loss Statement and a Balance Sheet semiannually for distribution to council. The Secretary will distribute them to Affiliates.

7.6.6 The Treasurer shall maintain all financial records.

7.6.7 The Treasurer shall be one of the signatories to each contract.

7.7 Women's Representative

7.7.1 The Women's Representative shall be the Chairman of the Women's Committee.

7.7.2 The Women's Representative shall be an ex-officio member of the WMA Anti- Doping and Medical Committee.

7.7.3 The Women's Representative shall ensure that due consideration is given at all times to the particular interests of female masters/veterans athletes.

7.7.4 The Women's Representative, subject to the instruction from the Council, shall co-operate as necessary with Organising Committees of WMA World Championships to ensure that due consideration is given to the particular interests of female competitors.

8. STANDING COMMITTEES

8.0 As soon as practicable after each quadrennial meeting of the General Assembly, the President, with the approval of the Council, shall appoint the members of the following Standing Committees to serve until the next election of the General Assembly except as specifically indicated by the Constitution and/or Bye-Laws:

8.1 Stadia Committee

The Stadia Committee shall have jurisdiction over all WMA Stadia, Outdoor and Indoor, events subject to the decisions of the WMA Council. These shall include, but are not limited to:

8.1.1 All running and walking events held on a track as part of a track meet
8.1.2 All field events
8.1.3 All combined events competitions

8.2 Non-Stadia Committee

The Non-Stadia Committee shall have jurisdiction over all WMA Non-Stadia events subject to the decisions of the WMA Council. These shall include, but are not limited to:

8.2.1 Road-Running (including a 100K World Championship Road Race)
8.2.2 Cross-Country
8.2.3 Road Race-Walking

8.3 Anti-Doping and Medical Committee

The Anti-Doping and Medical Committee shall have jurisdiction over all WMA activities relating to doping and medical matters including sex clarification and ageing effects subject to decisions of the WMA Council.

The committee is supposed to work in close co-operation with the IAAF Medical Committee.

8.4 Law and Legislation Committee

The Law and Legislation Committee shall review all proposed Constitutional and/or By-Law changes received by the Secretary for clarity of language and for any inconsistency with existing Constitution and/or Bye-Laws provisions subject to decisions of the WMA Council.

The Law & Legislation Committee shall have jurisdiction over all WMA activities relating to disciplinary matters and its decisions shall be subject to ratification by the WMA Council.

8.5 Records Committee

The Records Committee shall check and recognise applications for world masters five-year age group records and ”best” performances. It, on the instructions of the WMA Council, maintains data and a register on outstanding athletic performances by masters/veteran athletes.

8.6 Organisational Advisory Committee

The Organisational Advisory Committee shall act as liaison between WMA and the Local Organising Committee regarding all matters pertaining to the non-competition areas of the organisation of the Championships.

8.7 Women’s Committee

The Women’s Committee shall represent the interests of Women Athletes. Meetings of the Stadia, the Non-Stadia and the Women’s Committees are to be held as “open” meetings (to be attended by any athletes wishing to do so) during each of the WMA World Championships Stadia.

9. REGIONS

9.1 Organisation of Regions

9.1.1 WMA shall recognise the regions of Africa, Asia, Europe, North & Central America and the Caribbean, Oceania and South America.
Unless specifically exempted following the procedure under paragraph 9.1.3, the IAAF groupings shall be used for WMA Regions.
The WMA Regions can only accept the participation of WMA Affiliated Masters/ Veterans National Bodies, under section 3 of the WMA Constitution.

9.1.2 The Affiliates in each region shall constitute a Regional Association of WMA and each Regional Association shall elect its own Regional Council, hold Regional Assemblies and adopt its own Constitution and Bye-Laws, which may not conflict in any sense with the Constitution and Bye-Laws of WMA. Copies of such Constitutions and Bye-Laws shall be submitted to the WMA Secretary.

9.1.3 If a Masters/Veterans Organisation wishes to transfer to another Region, that Affiliate must apply to the Region to which it is affiliated. That Region shall consider the application at the next meeting of its Regional Council: if the transfer is approved, that Region shall apply, on behalf of its Affiliate, to the Region to which it wishes to transfer. That Region must consider the application at the next meeting of its Regional Council. If it approves the transfer, the Regional Council shall send the application to the WMA Secretary, who shall send it to the IAAF, with a recommendation for approval. If either Region or IAAF disapproves the transfer, it shall not take place.

9.2 Regional Delegates to WMA Council

9.2.1 Each Regional Association, at each meeting of its Regional General Assembly, shall appoint one Regional Delegate to the WMA Council to represent Affiliates within that Region.

9.2.2 Where a Regional Association fails to appoint a Regional Delegate, the WMA President, with the approval of the WMA Council, shall appoint a Regional Delegate to serve until the next meeting of the WMA General Assembly.

9.2.3 Where a Regional Delegate fails for any reason to complete his term of office, the Regional Council shall appoint a replacement to serve until the next meeting of its Regional General Assembly. If the Regional Council does not appoint a replacement within sixty (60) days, the WMA President, with the approval of the WMA Council, shall do so.

9.3 Interregional Competitions

9.3.1 Regional Associations may conduct inter-regional competitions.

10. IMPEACHMENT

10.1 Reasons for Proceedings

10.1.1 A member of the Council may be impeached on the ground that he has exercised his power improperly or that he has failed to carry out his duty satisfactorily.

10.1.2 If impeachment proceedings are instituted against the President or the Secretary, his duties in such proceedings shall be carried out by the Executive Vice- President.

Filing of Charges

10.2.1 Any eight (8) members of the Council or any twelve (12) Affiliates representing a minimum of twenty-five (25) voting delegates, may institute impeachment proceedings against a member of the Council by notifying the WMA Secretary in writing of the charges and sending a copy to the accused. Where impeachment proceedings are instituted by twelve (12) Affiliates, their notification to the Secretary shall be signed by the President or the Secretary of each Affiliate.

10.2.2 Not later than seven (7) days after receiving the charges, the Secretary shall inform all members of the Council in writing and the President may suspend the accused from office until proceedings are concluded.

Ruling on Accusations

10.3. If the charges reach the Secretary less than one year before the opening date of the next WMA World Championships Stadia, the charges and the reply of the accused thereto shall be considered by the next meeting of the WMA General Assembly where a formal vote shall decide the matter.

10.3.2 If the charges reach the Secretary one year or more before the opening date of the next WMA World Championships Stadia, the Secretary shall inform the accused immediately that his reply to the charges must reach the Secretary not later than forty-five (45) days after the date of mailing of the Secretary's letter.

The Secretary shall send copies of the charges and of the reply of the accused thereto to each Affiliate with a voting paper enabling each Affiliate to cast the same number of votes as the number of delegates to which it was entitled at the most recent meeting of the General Assembly. The Secretary shall inform each Affiliate that its votes must reach the Secretary not later than thirty (30) days after the date of mailing of the Secretary's letter. The Secretary shall tabulate the result of the voting and, within twenty-one (21) days of the closing date thereof, shall advise all Affiliates and members of the Council accordingly. If the impeachment is carried, the President shall remove the impeached member from the Council.

11. ELIGIBILITY OF ATHLETES FOR COMPETITIONS

11.1 All masters/veterans shall be eligible to compete in any masters athletics competition. No master/veteran shall be refused entry on ground of race, religion, politics, nationality or place of residence.

11.2 Athletes holding dual nationality/citizenship may be permitted to change nationality/citizenship and thereby permitted to compete solely for another country (to the exclusion of the country of his/her nationality/citizenship) only when a change in the athlete's permanent physical address has occurred. Such change must be reported to the WMA Regional Association Secretary and the WMA Secretary and shall only become effective once confirmed in writing by the WMA Secretary.

12. DEFINITION

Throughout the Constitution, the Bye-Laws and the Rules of Competition, the masculine gender shall include the feminine, any reference to masters shall include veterans and the singular shall include the plural – all vice versa.

13. TRANSITIONAL PROCEDURE

a. Council shall cause an Association ("New WMA"} to be registered in Monaco under the name "World Masters Athletics" for the purpose of succeeding to WMA as the entity recognized by IAAF to regulate Masters Athletics worldwide.

b. Affiliates are invited to make submissions as to New WMA's draft forms of Constitution, By-Laws and Championship Rules (attached) no later than March 20, 2014, when Council, with the assistance of any working group it establishes, and in compliance with any requirements of Monegasque authorities, shall finalise those documents for approval or amendment by the General Assembly in Lyon in August 2015. New WMA shall be registered in time to hold its first General Assembly during the Championships in Perth in 2016.

c. WMA and New WMA shall agree (the "Transition Agreement") that WMA shall transfer its assets to New WMA and that New WMA shall assume WMA's obligations and contracts and succeed to WMA's activities and functions and adopt WMA's rules and regulations (together the "Transition") all with effect on completion of the Championships in Perth in 2016.

d. Council shall establish an ad hoc Transition Committee to prepare and determine the scope of the Transition Agreement and to ensure it is implemented promptly.

e. The Transition Committee shall consist of up to 4 members, one of whom shall be the President who shall be or appoint the Chair. The other members shall be persons with relevant skills and knowledge appointed by the President from time to time in consultation with Council, at least one of whom shall be a Member of Council and at least one of whom shall not be a member of Council.

f. WMA shall be dissolved promptly following the Transition so that no WMA General Assembly will be required or held in Perth in 2016.

g. Upon completion of the championships in Perth the members of WMA's Council shall cease to hold office.

h. The Transition Committee shall conduct the dissolution of WMA at the cost of New WMA.

i. Clause 3.6.1 of WMA's Constitution is amended by adding the phrase: "or to another organisation for use in support of Masters Athletics, all in accordance with the directives of the General Assembly".

Version as updated October 22nd 2013. In force from 1st January 2014

WMA BYE-LAWS 2013-2016

WMA BYE-LAWS

1. AFFILIATION APPLICATION PROCEDURE

If a NGB makes an application for affiliation in a country where there is an existing WMA Affiliate, the Council shall make a recommendation to the applicant. If the recommendation to the applicant is not accepted, a special Commission consisting of an equal number of representatives from the IAAF and WMA shall be established to consider the matter and make a recommendation to the applicant to be sent through the IAAF Secretariat. If the recommendation is still not accepted, the Commission shall present a report to the IAAF Council, submitting its considerations and recommendations. The final decision shall be made by the WMA Council

COUNCIL

Organisation & Operation

2.1.1 The WMA Executive consists of the elected officers:
2.1.1.1 the President,
2.1.1.2 the Executive Vice- President (hereinafter referred to as E-VP),
2.1.1.3 the Vice-President Stadia (hereinafter referred to as VP-S),
2.1.1.4 the Vice-President Non-Stadia (hereinafter referred to as VP-NS),
2.1.1.5 the Secretary,
2.1.1.6 the Treasurer, and
2.1.1.7 the Women's Representative.
2.1.2 At the annual Council meeting, the President, in consultation with the WMA Council, shall decide the participation of WMA Representatives in Regional, or other major Championships.
2.1.3 WMA Electronic Voting Procedure

Formal electronic motions may be submitted by any Council Member to the WMA Secretary. The Secretary shall immediately send the motions to the President by the best method, preferably by E-mail. The President will decide the acceptability and, in conjunction with the motion proposer, draft the final wording of the motion which will be documented by the WMA Secretary.

The WMA Secretary shall then immediately date and circulate the approved motion to all Council Members for voting by the fastest and best available method, preferable E-mail. The Secretary shall require acknowledgment of receipt, by the same method, within seven (7) days of the circulation.

All votes, or amendments, must be received by the Secretary within fourteen (14) days of the motion circulation. Motions are considered successful by a simple majority of votes of a quorum of at least two-thirds of the Council. The President has an additional vote to break a tie, if necessary, after the 14th day.
If proposed amendments to the motion in question are received, the Secretary, in conjunction with the original motion and the amendment proposers, will draft the final wording of the amended motion and shall circulate as above.

The Secretary shall then note and tabulate all voting messages and forward each vote message to the WMA Treasurer who will scrutinize the results and provide them to the President for immediate announcement to the full Council.

2.1.4 The reference in clause 6.1.1 of the Constitution to the appointment of a replacement to fulfil the duties of a vacant office "until the next General Assembly" shall be interpreted to mean the next "quadrennial election General Assembly".

2.1.5 Eligibility:

2.1.5.1 Athletes granted dispensation under section 11. 2 requesting a second change in national affiliation status, will be considered by WMA Council, by request from their present Affiliate stating all reasons therefor together with evidence from the two affiliations concerned. Any reversal of such change shall only be granted to their original affiliate of nationality /citizenship, and they shall also serve a term of non eligibility as per the WMA/IAAF rules for eligibility.

2.2 Financial Management

2.2.1 Accounting & Publication

2.2.1.1 WMA's accounting period shall be of two years' duration and shall commence on the first day of January of each odd-numbered year. Not later than six calendar months following the end of each accounting period, the Treasurer shall send the relevant audited statement of account and balance-sheet to each Affiliate and to each member of the Council.

2.2.1.2 Before January 31 of each year, the Treasurer shall submit to the Council a report on the year ending on the previous December 31. The Treasurer shall also submit to the Council an updated report at its periodic meetings.

2.2.1.3 The Treasurer's proposed budget as described in the Constitution shall cover the next accounting period and shall be subject to approval by the Council.

2.2.1.4 A bank account in United States Dollars shall be operated in the name of WMA. All disbursements on amounts above USD 5.000 shall be authorised jointly by the Treasurer and the President or any Council members so authorised in writing by the President.

2.2.1.5 The Treasurer shall be bonded to a value of US $250 000 except as modified by the Council.

2.2.2 Approval Requirements Expense Reimbursements

2.2.2.1 Clerical, postage and telephone expenditure to a maximum of US $1,000 (one thousand United States Dollars) may be incurred by the Treasurer without the prior approval of the Council.

2.2.2.2 Emergency expenditure (not included in approved budget) to a maximum of US $2,000 (two thousand United States Dollars) must be approved by the President and the Treasurer and there may be only one such emergency expenditure in any one calendar year. All expenditure, other than that authorised above, shall require the prior approval of the Council. If a Council member is eligible for reimbursement from a third party source, such as his sport federation, the member shall not be entitled to duplicate reimbursement by WMA. In no event shall a Council member receive travel or other related reimbursement when the member has not personally incurred that expense. The Treasurer is authorised to reimburse council travel in accordance with a Travel and Expense Reimbursement policy established for that purpose.

2.2.2.7 WMA shall reimburse travel expenses of Council members, when authorised, by the most direct and least expensive airfare reasonably available from a regular airline.

2.2.2.8 Except for emergency meetings, Council members are obligated to schedule travel sufficiently in advance to obtain the lowest economy fares.

2.2.2.9 All requests for reimbursement shall be supported by receipts or other supporting documentation acceptable to the Treasurer.

2.3 CHAMPIONSHIPS

2.3.1 Bidding Requirements

2.3.1.1 Effective from 2016 WMA shall sanction WMA World Championships Stadia, normally to be held in each even-numbered year, WMA World Championships Indoors normally in each odd-numbered year. Application to stage World MastersChampionships shall be submitted by a WMA Affiliate, which shall present its candidature together with a city. Written notification from the Affiliate of the Bid City nominated, duly signed by the Bid City, must be in the hands of the WMA Secretary by not later than 1st September in the year prior to the General Assembly at which the bid is to be considered, and no more than one Bid City may be nominated by an Affiliate.

2.3.2 Bidding Evaluation, Presentation & Award

2.3.2.1 Following upon the delivery of the written notification referred to in 2.3.1.1 above, for the consideration of any bid, the contract must be signed by the Affiliate, the city's organi-sing committee, the mayor of the Bid City and the head of the country's IAAF NGB and delivered to the WMA Secretary at least sixty (60) days before the General Assembly. Inspection visits to the sites of the prospective bidders shall take place not less than 60 nor more than 179 days prior to the General Assembly and it is to be made by not more than 3 members of the Council, whose airfare, plus food and accommodation for three nights, shall be provided by the prospective Bid City at its cost. The WMA Delegates visiting the Bid Cities shall compile standard form reports following upon their inspection visits. These reports shall be sent to the Bid Cities for consideration, review and comments. When comments are received from the Bid Cities, the reports together with the comments are to be distributed amongst the Council Members for Council's evaluation and grading of the Bid Cities.

The Bid Cities present their bids to the Council the days before the Championships. The Council revises, if necessary, the grading and forwards the two highest graded Bid Cities to the General Assembly for presentation and decision. The detailed technical and inspection reports are to be circularised by the Secretary amongst the affiliates 45 days before the opening of the General Assembly. If there are only a few bids which are regarded by Council as being not sufficiently competitive, the Council shall have the right to call for fresh bids.

3. COMMITTEES

3.0 General : Voting by mail, E-mail or fax shall be permitted.

3.1 Stadia Committee (hereinafter referred to as SC)

3.1.1 Nominations

3.1.1.1 The Committee shall be chaired by the WMA VP-S.

3.1.1.2 There shall be six (6) members of the Committee plus the Chairman.

3.1.1.3 The six (6) members of the Committee shall be appointed by the President, based upon nominations submitted to him by the Chairman

3.1.2 Operation

3.1.2.1 The Organising Committee of the next WMA World Championships Stadia shall have the right to appoint whoever will be in charge of the Stadia events to the Committee, under the same rules and procedures as stated in the previous section.

3.1.2.2 The SC shall submit to the Council for approval or rejection such proposed amendments to the Rules of Competition as the Committee considers desirable.

3.1.2.3 The SC shall consider any relevant proposal made by an Affiliate.

3.1.2.4 The Chair of the SC shall serve as the primary WMA Technical Delegate to all WMA, and WMA sanctioned, World Championships. If necessary, the Chair of the SC can nominate a designee for this position who is subject to approval by the Council. Other Technical Delegates, as nominated by the Chair of the SC and approved by the Council, may also be designated with specific or general duties as assigned by the Chair of the SC.

3.1.2.5 The Chair of the SC is one of the required signatories to all WMA World Championships, and all WMA sanctioned World Championships, Contracts.

3.2 Non-Stadia Committee (hereinafter referred to as N-SC)

3.2.1 Nominations

3.2.1.1 The Committee shall be chaired by the WMA VP-NS.

3.2.1.2 There shall be six (6) members of the Committee plus the Chairman.

3.2.1.3 The six (6) members of the Committee shall be appointed by the President, based upon nominations submitted to him by the Chairman

3.2.2 Operation

3.2.2.1 The Organising Committee of the next WMA World Championships Non-Stadia shall have the right to appoint whoever will be in charge of Non-Stadia events to the Committee, under the same rules and procedures as stated in the previous section.

3.2.2.2 The N-SC shall submit to the Council for approval or rejection such proposed amendments to the Rules of Competition as the Committee considers desirable.

3.2.2.3 The N-SC shall consider any relevant proposal made by an Affiliate.

3.2.2.4 The Chair of the N-SC shall serve as the primary WMA Technical Delegate to all WMA, and WMA sanctioned, World Championships. If necessary, the Chair of the N-SC can nominate a designee for this position who is subject to approval by the Council. Other Technical Delegates, as nominated by the Chair of the N-SC and approved by the Council, may also be designated with specific or general duties as assigned by the Chair of the N-SC.

3.2.2.5 The Chair of the N-SC is required to be one of the signatories to all WMA World Championships, and all WMA sanctioned World Championships, Contracts.

3.2.2.6 The Chair of the N-SC shall be in charge of all Race Walking matters, Stadia andNon Stadia. He shall cooperate with the VP-S on Stadia Race Walk events. The VP-NS shall nominate the Chief Race Walk Judge subject to approval by the Council. The Local Organizing Committee shall choose the number of judges as defined by the IAAF rules subject to approval by the VP-NS and the Chief Race Walk Judge.

3.3 Anti-Doping and Medical Committee (hereinafter referred to as A-DMC)

3.3.1 Nominations

3.3.1.1 The Chairman shall be appointed by the President in consultation with the council, preferably, but not necessarily, from amongst the Council's ranks.

3.3.1.2 There shall be six (6) members of the Committee plus the Chairman, with some of the members having medical and legal experience.

3.3.1.3 The six (6) members of the Committee shall be appointed by the President, based upon nominations submitted to him by the Chairman.

3.3.1.4 The Women's Representative shall be an ex-officio member of the Committee.

3.3.2 Operation

3.3.2.1 The A-DMC is responsible for doping control at all WMA World Championships, observing the IAAF Procedural Guidelines for Doping Control".

3.3.2.2 The A-DMC shall advise the WMA Council and the Law and Legislation Committee on all matters relating to doping generally as well as specifically.

3.3.3 The WMA Anti-Doping Rules as circulated or posted on the WMA website together with any offices provided for be adopted as per their appendix: L the Anti-doping Rules. L1 the TUE Regulations.

.

3.4 Law and Legislation Committee (hereinafter referred to as L+LC)

3.4.1 Nominations

3.4.1.1 The Chairman shall be appointed by the President from amongst the Council's ranks.

3.4.1.2 There shall be five (5) members of the Committee plus the Chairman.

3.4.1.3 The five (5) members of the Committee shall be appointed by the President based upon nominations submitted to him by the Chairman.

3.4.2 Operation

3.4.2.1 All proposed amendments to the Constitution and/or Bye-Laws, received by the WMA Secretary, shall be submitted to the L+LC.

3.4.2.2 The L+LC shall not modify the intention of the proposed changes without the written permission of the authors of said proposals.

3.4.3 Doping related Allegations

An allegation of any of the following offences shall be considered by the L+LC:

3.4.3.1 Improper use of drugs

3.4.4 Discipline related Allegations

An allegation of any of the following offences shall be considered by the L+LC :

3.4.4.1 Incorrect statement of age or age group.

3.4.4.2 Competing or attempting to compete as a member of the opposite sex.

3.4.4.3 The act by any WMA Office holder of promoting, organizing, conducting or advertising any international athletic masters competition, not sanctioned by WMA, that is in direct competition with WMA events.

3.4.4.4 Unsportsmanlike conduct.

3.4.4.5. Failure to register via affiliate of athlete's country of citizenship.

3.4.4.6 Athletes bringing the sport into disrepute or discrediting the sport.

3.4.4.6.1 Having conflict of Interests.

Procedural Review

3.4.4.7 An allegation of an offence in terms of sub-section 3.4.3.1 and 3.4.4.1 to 3.4.4.6 above of the Bye-Laws shall be sent to the WMA Secretary who, within seven (7) days of his receipt thereof, shall send a copy of the allegation to each member of the Council, to each member of the L+LC and, by recorded mail, to the accused.

3.4.4.8 The Secretary shall provide the accused with a copy of this section of the Bye-Laws and the names and addresses of the members of the L+LC.

3.4.4.9 Within thirty (30) days of receipt of the allegation, the accused shall lodge, with each member of the L+LC, a written defence to the allegation.

3.4.4.10 Each member of the L+LC, within fifteen (15) days of receipt of the defence of the accused (or, if no written defence is received, within fifteen (15) days of the expiration of the thirty-day period within which the accused was obliged to respond), shall submit written recommendations to the Chairman of the L+LC.

3.4.4.11 Within fifteen (15) days of having received written recommendations from all members of the L+LC (but not later than forty-five (45) days after the expiration of the thirty-day period within which the accused was obliged to respond), the Chairman shall send to the WMA Secretary a summary of the L+LC's findings.

3.4.5 Sanctions and Notifications

3.4.5.1 Anyone found guilty of an intentional offence under sub-section 3.4.3.1 and 3.4.4.1 to 3.4.4.3 above, shall be suspended from masters athletics, in respect of his first offence, for a period of two years and, in respect of any second offence, for life.

3.4.5.2 Anyone found guilty of an intentional offence under sub-section 3.4.3.1 and 3.4.4.1 to 3.4.4.3 above, may not be a member of the Council or of any Committee or be a Delegate to a General Assembly.

3.4.5.3 Anyone found guilty of an offence under sub-section 3.4.4.4 to 3.4.4.6 above, shall be subject to such suspension (not exceeding a period of two years), or reprimand as shall be determined by the L+LC.

3.4.5.4 The Secretary, within fifteen (15) days of his receipt of the L+LC's findings shall inform the accused and the Council accordingly.

3.4.5.5 Any suspension imposed under this section shall be observed by the Affiliate of which the accused is a member and by the Regional Association of which that Affiliate is part.WMA shall observe any suspension imposed by an Affiliate.

3.4.5.6. Any athlete suspended by an Affiliate pursuant to the provisions of Bye-Law 3.4.3.1 and 3.4.4.1 to 3.4.4.4. shall automatically become ineligible to participate in any WMA Affiliate's events for the duration of such suspension. To enforce such suspension it shall be the obligation of the Secretary of the suspending Affiliate to notify the WMA Secretary in writing of such suspension within thirty (30) days thereof, including the nature of the offence. Upon receipt of such notification the Secretary shall, as soon as possible thereafter, notify all Affiliates in writing of such suspension and the details thereof. The lifting of the suspension shall be dealt with in the same manner.

3.5 Reords Committee

3.5.1 Nominations

3.5.1.1 The Chairman shall be appointed by the President from amongst the Council's ranks.

3.5.1.2 There shall be seven (7) members of the Committee plus the Chairman.
It shall be composed of:

3.5.1.2.1 the Chairman

3.5.1.2.2 the Record Manager

3.5.1.2.3 the six Area Statisticians

3.5.1.3 Each of the WMA Regions shall have the right to appoint one delegate to this Committee within forty-five days (45) after the close of the WMA World Championships Stadia, held in odd numbered years.
If any Region does not notify the WMA Secretary by letter or wire, post marked within forty-five (45) days, the Chairman can then nominate a person to the Committee.

3.5.1.4 The Chairman of the Records Committee shall have the right to nominate the Record Manager whose appointment shall be ratified by the Council.

3.5.2 Operation
Refer to Rules of Competition, Rule 260 and 261

3.6 Organisational Advisory Committee (hereinafter referred to as OAC)

3.6.1 Nominations

3.6.1.1 The Committee shall be chaired by the WMA E-VP.

3.6.1.2 There shall be six (6) members of the Committee plus the Chairman.
It shall be composed of:

3.6.1.2.1 the Chairman

3.6.1.2.2 the VP-S

3.6.1.2.3 the VP-NS

3.6.1.2.4 four individuals, not on the WMA Council.

3.6.1.3 The four (4) individual members of the Committee shall be appointed by the President based upon nominations submitted to him by the Chairman.

3.6.2 Operation

3.6.2.1 The Committee shall be charged with the responsibility of co-ordinating all non-competition aspects of the Championships including, but not limited to, accommodation, transportation, Opening and Closing Ceremonies, competitors' handbook and award ceremonies.

3.6.2.2 All questions regarding the operation of the non-competition areas of the Championships shall be directed to the Chairman, who will co-ordinate with the Local Organising Committee. The OAC shall submit to the Council for approval all questions of policy regarding the non-competition aspects of the Championships and shall report to the WMA President regarding the status of the liaison with the Local Organising Committee.

3.6.2.3 The Chair of the OAC shall serve as the primary WMA Organizational Delegate to all WMA, and WMA sanctioned, World Championships. If necessary, the Chair of the OAC can nominate a designee for this position who is subject to approval by the Council. Other Organizational Delegates, as nominated by the Chair of the OAC and approved by the Council, may also be designated with specific or general duties as assigned by the Chair of the OAC.

3.6.2.4 The Chair of the OAC is one of the required signatories to all WMA World Championships, and all WMA sanctioned World Championships, Contracts.

3.7 Women's Committee

3.7.1 Nominations

3.7.1.1 The Women's Committee shall be chaired by the Women's Representative.

3.7.1.2 There shall be six (6) members of the Committee plus the Chairman.
It shall be composed of:

3.7.1.2.1 the Women's Representative;

3.7.1.2.2 one delegate from each of the six Regions;

3.7.1.3 Each of the WMA Regions shall have the right to appoint one delegate to he Committee within forty-five (45) days after the close of the WMA World Champion- ships Stadia, held in odd-numbered years.
If any Region does not notify the WMA Secretary by letter or wire, post marked within said forty-five (45) days, the Chairman can then nominate a person to the Committee. Such person may come from any part of the world.

3.7.2 Operation

3.7.2.1 The Committee shall be charged with the duty of representing the interests of Women athletes.

4. AUTHORITY FOR RULES

4.1 In all matters relating to the interpretation or application of the Bye-Laws, the Council shall be the final authority.

Version as updated October 22nd 2013. In force from 1st January 2014

WMA RULES OF COMPETITION 2013-2016

WMA RULES OF COMPETITION

(Note : For ease of use, the WMA Rules of Competition additions and exceptions to the IAAF Rules are arranged to correspond to the IAAF Competition Rules numbering system)

Rule 2 Authorisation to Stage Competitions

2.1 Championships Sanctioning

2.1.1 WMA shall sanction such other World Masters Championships as may be approved by the General Assembly.

2.1.2 WMA shall sanction such other road, cross-country and mountain running races as may be approved by the General Assembly, including the holding of a 100K World Championship Road Race in odd-numbered years and a WMA World Championships Mountain Running Race in even numbered years.

2.1.3 WMA shall encourage its Regional Associations to promote regular Regional Masters Athletics Championships, but only in countries whose Governments do not refuse visas to or otherwise restrict participation by individuals, on ground of race, religion, politics, nationality or place of residence. Regional Masters Athletics Championships shall require the approval of the WMA Council.

2.1.4 WMA shall, where appropriate, encourage the promotion of Regional Masters Indoor Championships.

2.1.5 WMA shall encourage its Affiliates to promote regular National Masters Athletics Championships.
WMA shall, where appropriate, encourage the promotion of National Masters Indoor Championships.

Rule 3 Regulations Governing the Conduct of International Competitions

3.1 Championship Events

3.1.1 WMA World Outdoor Championships (Stadia)

3.1.1.1 Each WMA World Outdoor Championships (Stadia) shall include the following events. Each event will be offered for both males and females except as noted.

Stadia:

100m	High Jump
200m	Pole Vault
400m	Long Jump
800m	Triple Jump
1500m	Hammer Throw
5000m	Shot Put
10000m	Discus Throw
110/100/80m Short Hurdles	Javelin Throw
400/300/200m Long Hurdles	Weight Throw
4x100m Relay	Decathlon (Male)
4x400m Relay	Heptathlon (Female)
3000/2000m Steeplechase	Weight Pentathlon
5000m Track Race Walk	

Non-Stadia:

8km Cross	Marathon and:
Half Marathon as part of the Marathon or	10km Road Race
10km Road Race Walk.	20km Road Race Walk

3.1.1.1.2 The Marathon shall be the last long-distance event but, if possible, shall not be scheduled on the last day of the championships**.**

WMA World Indoor Championships (Stadia)

Each WMA World Indoor Championships shall include the following events.
Each event will be offered for both males and females except as noted.

3.1.2.2 **Stadia :**

60m	High Jump
200m	Pole Vault
400m	Long Jump
800m	Triple Jump
1500m	Shot Put
3000m	Weight Throw
60m Short Hurdles	3000m Track Race Walk

4x200m Relay
Indoor Pentathlon (Male: 60m Hurdles, Long Jump, Shot Put, High Jump, 1000m)
(Female: 60m Hurdles, High Jump, Shot Put, Long Jump, 800m)

3.1.2.3 The following optional Championships shall be offered concurrently with the Indoor Championships:

3.1.2.4 World Winter Championships events:

8km Cross Country	10km Road Race Walk
Half Marathon	10km Road Race

3.1.2.5 World Winter Throwing Championships events:
Hammer Throw Discus Throw Javelin Throw

Rule 35 Drug Testing

35.1 ANTI-DOPING CONTROL

35.1.1 Anti-Doping testing of athletes may be conducted at any time including Out of Competition, at WMA Stadia, Indoor, Non-Stadia Championships and and shall be performed during both, Stadia and Non-Stadia events, Outdoors and Indoors.

35.1.2 Non-doping disciplinary matters shall be referred to the Law and Legislation Committee (see also Bye-Law 3.4).

Rule 100 Technical Rules

100.1 WMA World Championships, Regional Masters Athletics Championships, Inter-Regional Masters competition and National Masters Athletics Championships shall be conducted in accordance with the technical rules of IAAF except as modified by the WMA Constitution, Bye-Laws and/or Rules of Competition.

100.2 The IAAF rule changes shall require endorsement by the WMA Council before introduction into WMA competitions.
Any modification of the technical rules takes effect the following 1st January, unless otherwise specifically stated.

100.4 Competitors shall be advised, preferably in the program, of the reporting time for each event. No round or stage of any event shall commence at a time earlier than that shown in the printed program.

100.5 Medals

100.5.1 In each event in World or Regional Masters Athletics Championships, there shall be at least three individual medals offered.

100.5.2 The Competition Director shall appoint an individual(s) to co-ordinate the presentation of medals. If the ceremonies take place in the infield care must be taken to not interfere with ongoing track events.

Rule 110 International Officials

110.1 WMA shall define the roles of International Officials with regard to the specific needs of master athletes and WMA World Championships. All WMA delegates of technical nature, if required, including International and Area Technical Officials, International Road Race Measurer, International Starter, and International Photo Finish Judge shall be nominated by the WMA Vice-President Stadia and WMA Vice-President Non-Stadia, as applicable, and approved by the WMA Council

110.2 The World Masters Athletics (WMA) Council shall appoint a Safety Director. Who shall appoint one or more Safety Officers with authority to withdraw from competition any athlete whose continued participation in that competition would, in the opinion of the Safety Officers, endangers the athlete's health or the safety of the other competitors. The Safety Officer may exercise their authority through deputies and both the Safety Officers and any Deputies shall be clearly identifiable with full accreditation.

Rule 116 Establishment of a WMA Race walk Panel

The panel shall consist of:

Race Walk judges selected and approved by WMA VP Non-Stadia, Experienced race walk judges in Masters Athletics from a variety of countries, All judges will serve a probationary period before final approval as a WMA race walk Judge.

A list of approved WMA race walk Judges will be placed on the WMA Website.

All WMA race walking championship judges shall only be those approved by the Non-Stadia VP no later than one month prior to the championship

Rule 119 Jury of Appeal

119.1 The President shall appoint the members of the Jury of Appeal based upon recommendations from the Stadia and Non-Stadia Committees.

Rule 141 Age Groups

141.1 An athlete's age group shall be determined by his date of birth. Throughout any Championships, an athlete shall compete in the age group for which he qualifies on the first competition day for those Championships and in no other age group except as allowed by specific team and relay rules.

141.2 Competition shall be conducted only in the following age groups denominated as follows :

Age	Male age-group	Female age-group
35 - 39	M35	W35
40 - 44	M40	W40
45 - 49	M45	W45
50 - 54	M50	W50
55 - 59	M55	W55
60 - 64	M60	W60
65 - 69	M65	W65
70 - 74	M70	W70
75 - 79	M75	W75
80 - 84	M80	W80
85 - 89	M85	W85
90 - 94	M90	W90
95 - 99	M95	W95
100+	M100	W100

Rule 142 Entries

142.1 Entries to all WMA World Championships may be submitted through their national WMA Affiliate electronically directly to the Organizing Committee. An entry received electronically by the Organizing Committee must be validated by the entrant's WMA Affiliate with « hard » copies. Each such Affiliate and the Host Organizing Committee shall inform the WMA Secretary of its method of validating entries.

Where a competitor comes from a country that does not have a WMA Affiliate then that competitor may enter directly, subject to the approval of the WMA Council. The Council may make an exception to this requirement for a specific WMA Affiliate. The WMA Secretary shall submit a list of all the WMA Affiliates to the Organising Committee at least 120 days prior to the start of the Championships

142.2 Once entries are validated by the WMA Affiliate and forwarded to the LOC, the LOC will not make any changes to the entries without the written express approval or request of the WMA Affiliate.

142.3 Entries shall not be subject to prior achievement of qualifying standards.

Rule 143 Clothing, Shoes, and Number Bibs

143.1 In WMA Championships all competitors must wear a singlet or vest that is approved by their national masters/veterans body. In WMA Championship races where team events are contested, it is mandatory for any athlete wishing to be considered for a team, to wear a uniform clearly identifying the country that he represents as accepted by the Track Referee.

143.7 In all throwing events only one competition number (bib) shall be required, which shall be worn on the back.

Rule 144 Assistance to Athletes

144.2 Blind competitors requiring guides are not to receive any advantage over other competitors in the assistance received. A guide may only be in a position behind or at the side of the competitor. A tether may be used but not to pull the competitor ahead. In races run in lanes, the outermost lanes must be used.

144.3 Any athlete given, or receiving physical assistance from within the competition area during an event shall be disqualified from the event, unless exceptional circumstances warrant otherwise. This shall not disqualify them from any previous rounds or other events.

Rule 147 Mixed Competition

1.47.1 Two or more age groups, male and female, may compete together provided that there shall be separate results and awards for each age group of male and women.

Running And Walking Events

Rule 151 Scoring

151.1 There shall be no overall team Championships.

151.2 Non-Stadia Team Scoring

151.2.1 When team competitions are included in road-races, cross-country races and road-walking races, there shall be three team awards on the basis that each Affiliate is entitled to count one team (best three to score) in each five year age division and the result shall be computed on a cumulative time basis. In inter-regional competition, regional teams shall score on a similar basis.

151.2.2 In road races, cross-country races and road-walking races every athlete competes individually in his own age group. For team scoring athletes will only be permitted to drop to a lower age group to complete the required number for a team, provided that the following requirements are met:

151.2.2.1 The lower age group shall be in the same race as that in which the athlete competes individually.

151.2.2.2 The athlete's country does not have a sufficient number of athletes in that age group to make up a full team in that age group.

151.2.2.3 Every team must submit a start list that shows the names and age group of all their athletes competing in a particular age group.

151.2.2.4 An athlete may only score in one team.

151.2.2.5 A maximum of two athletes from an older age group may be declared in a team not of their age group.

151.2.2.6 An athlete who joins a team of a lower age group will not lose his right to an individual medal in his age group as long as all of the above rules are followed.

151.2.2.7 Should it be found that an athlete has entered for the team scoring in a younger age group wherein the Affiliate has already sufficient athletes within the team's age group to make up a full team, the team will be disqualified.

Rule 161 Starting Blocks

Master competitors are not required to use starting blocks or a crouch start or have both hands in contact with the track for the start of any race.

Rule 162 The Start

In any race, individual athletes who are charged with a false start, as determined by the head starter, shall be warned. Individual athletes who are charged with their second false start in the same race, as determined by the head starter, shall be disqualified. This includes the Combined Events.

Rule 166 Seeding, Draws and Qualification in Track Events

166.2 Rounds and Heats

166.2.1 In WMA Championships 1,500 metres and under, the initial round, if required, there shall be seeded heats (based on best times recorded in competition the 2 years since the previous WMA Championships, or a lower best estimate because of injury or non-competition, and supplied by the athlete on the official entry form) in which the top seeds shall be distributed as evenly as possible and in which members of the same Affiliate shall be distributed as evenly as possible.

166.2.2 Initial round qualifiers, and all subsequent rounds shall be as per the WMA qualification procedure (Appendix K) with the object of advancing the best competitors to the final.

166.2.3 The Competition Director or his designee may alter the composition of heats, as well as the number of participants per heat, depending on the number of competitors actually reporting. First preliminary rounds, if required, shall always be run at their scheduled times. Further rounds will then be cancelled as necessary. All finals will be run at their scheduled times.

166.3.1 For Outdoor races which are run entirely in lanes, lane assignments in rounds after the first round shall be based on competitors' performances times at the most recent stage of the event and shall be as follows:

1st	lane 4	2nd	lane 5	3rd	lane 3
4th	lane 6	5th	lane 2	6th	lane 7
7th	lane 1	8th	lane 8	9th	lane 9
10th	lane 10				

166.3.2 Where two or more competitors have recorded the same time at the most recent stage, those competitors shall draw for the lanes involved.

166.3.3 In WMA Championships, in track events longer than 1500 metres, competitors may be restricted to the two outer lanes at any time within five minutes of the scheduled commencement time of the next track event at that venue.

166.3.4 For Indoor track events the lane assignments in rounds after the first round shall be in preferred lane order based on competitors' performances (times) at the most recent stage of the event. The preferred lane order and the angle of track banking, if adjustable, shall be determined for each event by the WMA Technical Delegate in collaboration with the LOC.

166.8 In WMA Championships, in the 5,000m and 10,000m and the 5,000m Track Walk, there shall be seeded final sections (based on best times recorded in competition the 2 years since the previous WMA Championships, or a lower best estimate because of injury or non-competition, and supplied by the athlete on the official entry form), and final placings shall be decided on finishing times.

Rule 168 Hurdle Races

168.1 The specifications for hurdles be as set out in Appendix A hereto.

168.2 The pull over force of .686 meter (27 inch) hurdles shall be from 3.6 - 4.4 kilograms.

168.6 Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.

Rule 169 Steeplechase Races

169.1 The specifications for steeplechase shall be as set out in Appendix A hereto.

169.2 In WMA Championships, there shall be seeded final sections (based on best times recorded in competition during the 2 years since the previous WMA Championships, or a lower best estimate because of injury or non- competition, and supplied by the athlete on the official entry form) and final placings shall be decided on finishing time.

Rule 170 Relay Races

In WMA Championships, relay races 4x100 and 4x400 meters, shall be conducted in five-year age groups between teams entered by Affiliates in writing by Team Managers. Each Affiliate may enter only one team in each relay.

In WMA Championships, in each relay race, an athlete may compete for a team in only one age group which may be a lower age group than that of the athlete.

Rule 180 Field Events ; General Conditions

180.1 Different Age Groups in same Field Competition

180.1.1 When a field event competition includes competitors in different age-groups, such groups must be considered separate competitions for the purpose of deciding which competitors shall be allowed to advance. There may thus be more than the usual maximum of competitors allowed additional trials.

Rule 181 Vertical Jumps ; General Conditions

181.3 When a high jump and pole vault competition includes competitors in different age groups jumping and vaulting in the same competition pool, and there is only one competitor left in an age group, that competitor shall have the right to have the height of the bar raised in terms of applicable IAAF Rules, even though other competitors in other age groups may still be jumping/vaulting. Said competitors must continue in the normal progression and may not jump at these special heights.

Rule 182/183 High Jump / Pole Vault

182.1 Both feet must be off the ground during the jump.

182.2 Masters competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Judge.

Rule 187 Throwing Events; General Conditions

187.1 The specifications for throwing implements shall be as set out in Appendix A hereto.

187.2 Use of Personal Implement

Competitors may use their own throwing implements provided these implements conform with the rules. Personal implements shall only be issued to the specific competition of their owners. Any other competitor in the owner's specific competition has the right to use that equipment if they so wish.

Rule 188 Shot Put

188.5 The specifications for the shot shall be as set out in Appendix A hereto.

Rule 189 Discus Throw

189.2 The specifications for the discus shall be as set out in Appendix A hereto.

Rule 191 Hammer Throw

191.1 It is required that 2 hands be used at all times when throwing the hammer.

191.9 The specifications for the hammer shall be as set out in Appendix A hereto.

Rule 193 Javelin Throw

193.6 The specifications for the javelin shall be as set out in Appendix A hereto.

Rule 200 COMBINED EVENTS COMPETITIONS

All Combined Events Competitions shall be conducted using the specifications as set out in Appendix A.

200.1.2 Female Pentathlon
The order of events for the Female Pentathlon shall be:
Short Hurdles. High Jump. Shot Put. Long Jump. 800 Meters

200.1.3 Male and Female Throwing Pentathlon
The order of events for the Male and Female Throwing Pentathlon shall be:
Hammer Throw. Shot Put. Discus Throw. Javelin Throw. Weight Throw

200.9 In all Combined Events, only a single attempt at each running event is allowed and a maximum of three attempts shall be allowed in all field events except the High Jump and Pole Vault where three successive misses, or voluntary withdrawal, eliminates an athlete.

200.12 All Combined Events Competition scoring shall be as set out in Appendix B to J.

Rule 221 Weight Throw

221.1 The specifications for the weight shall be as set out in Appendix A hereto.

221.2 The rules of competition shall be the same as for the hammer.

221.3 It is required that 2 hands be used at all times when throwing the weight.

221.4 The outdoor weight may be used either indoors or outdoors depending on the landing surface. The indoor weight may only be used indoors. Both types of weights shall not be used in the same competition.

Rule 240 NON-STADIA RACES

240.7 The Start

240.7.1 At all track and field championships the non-stadia events and track walk races will be timed using the chip or similarly worn electronic timing device.

240.7.2 In all WMA sanctioned championships the « gun time » will be used in all cases where the chip or similarly worn electronic timing device is used.

2407.3 An application to use an alternate timing method may be made by the LOC of a WMA Championship within two weeks after the closing of the entries . The application is to be made through the WMA Secretary, and to the WMA Non-Stadia and Stadia Vice Presidents. A determination will be conveyed to the LOC within three weeks of the receipt of the application.

Rule 260 World Records

260.1 World Masters Records

260.1.1 Technical Basis for Recognition

260.1.1.1 Observance of the appropriate specification(s), as set out in Appendix A shall be a necessary condition for ratification of a world masters record.

260.1.1.2 Only performances by registered members of an affiliated country shall be recognised as WMA world records and the application must be certified as being correct by the National Body of the Affiliate. A performance by a resident of a country not yet affiliated with WMA shall be recognised only if the event was part of a meet sanctioned by WMA or a national Affiliate and must be certified by WMA or its national Affiliate. Such a record shall be held pending until such time as the country is affiliated with WMA.

260.4.1 Application Procedure

260.4.1.1 An application for a world masters record or world masters' best performance' shall be made on the official application form, and shall be submitted to the Regional Statistician, who shall forward a copy thereof to the WMA Record Manager. If the WMA form has not been used, a record may still be accepted if the Regional Statistician is able to support the application in all necessary detail, in agreement with the WMA Records Manager.

260.4.2 Recording at World Championships

260.4.2.1 For World Championships, the Competition Director shall appoint a Record Clerk for properly recording all World Record applications.

260.4.2.2 No record application form is needed for records set at world and regional championships. A separate list of all records accompanied by the results of the event shall be sent to the responsible Area Statistician and the WMA Record Manager not later than ten (10) days after the last day of competition. In addition marks set at the following meets directly sanctioned by the IAAF, namely the Olympic Games, the IAAF World Championships, Grand Prix meets, the Commonwealth Games and equivalent regional meets, will be accepted when the WMA Records Manager has been notified and the athlete's age has been confirmed.

260.4.3 Registration and Publication

260.4.3.1 The Area Statistician shall inform the WMA Record Manager of the approval or the reasons of rejection, within thirty (30) days after receipt of the record application form or the separate list.

260.8 World masters records or, where appropriate, world masters 'best performances' shall be recognised for each of the five-year age-groups listed in the Rules of Competition and also for each five-year age-group older than those listed and denominated accordingly, which shall be recognised in five year age groups, with no upper limit.

260.13 The Record Manager shall state whether a record has been set. He then registers the performance. Together with the chairman of the Records Committee he shall ratify the record, forward the change to WMA's website for publication, and also advise Regional Statisticians, and at the same time he shall update the official world record list.

260.18 Performances achieved in mixed (i.e. male & female) competition will be acceptable for recognition as World Records.

Rule 261 Events for which World Records are Recognized

261.1 Records shall be kept in 5 year age groups for at least all of the required Championships

events listed in Rule 3.1.1 and 3.1.2.

261.2.1 Records shall be maintained for all of the official Combined Events Competitions in the current WMA approved scoring system. These records will include an event by event listing of the actual performance and the actual distances run and the implements used.

261.2.2 Past Combined Events performances that used non-current WMA distances or implements shall be corrected to the current WMA specifications by use of a conversion table approved by the Stadia Committee and included, where appropriate, in the official WMA Combined Events record list marked with an asterisk (*) to indicate that they were not established with current WMA distances and implements.

RULES MODIFICATION AND AMENDMENT

4. **Modification of Rules**

4.1 The Rules of Competition for a particular Championship may be modified by the Council, if required.

Any application by an Organising Committee for such modification must be lodged with the Secretary not later than ninety (90) days before the commencement of the Championship.

The Secretary, in close co-operation with the Competition Director, shall submit a motion for Council decision, no later than seventy-five (75) days before the Championships.

4.2 **Amendment of Rules**

Amendments to the Rules of Competition by the Members shall first be endorsed by the Regional Council of that member.

The amendments shall then be submitted to the WMA Secretary within 30 days of its endorsement. Following submission to the WMA Secretary the same shall forward the amendments to the appropriate WMA Vice-President Stadia or Non-Stadia, who shall then communicate these to their Committees.

The Stadia and Non-Stadia Committees shall review the said amendments before the upcoming Outdoor Championships, with written recommendations and comments for each amendment. The Stadia and Non-Stadia Committees shall follow the same procedures for any Council and Committee amendments.

The Stadia or Non-Stadia Committee Chairs shall circulate the amendments, recommendations, and comments to the WMA Council, who shall make their own written recommendations and comments on each of the amendments to the Committee Chairs. The Stadia or Non-Stadia Committee Chairs shall circulate and agree the final comments with their committees, following which the WMA Secretary shall circulate the final draft to all Regions and Members for voting at the WMA General Assembly.

The only proposals that will be discussed on the floor of the General Assembly are those which have been specifically requested in writing to the WMA Secretary by Affiliates within the specified 90 days preceding the General Assembly.

The WMA General Assembly will vote the final adoption or rejection of each of the proposals and only those adopted would become effective. No proposed change of the same rule shall be submitted to a Regional or WMA General Assembly within a four year period.

Version as updated October 22nd 2013. In force from 1st January 2014

APPENDIX A / ANEXO A / ANNEXE A / ANHANG A
WMA Hurdles and Implement Specifications
WMA Valles y Implementos
WMA Specifications pour les Haies et les Engins
WMA Hürden und Geräte

1. Hurdles / Haies / Hürden / Vallas

WOMEN	Age Groups	Race Distance	Hurdle Height	Number of Hurdles	Distance To First	Distance Between	Distance To Finish
Indoor	W35-39	60m	.840m(33")	5	13m	8.5m	13m
	W40-49	60m	.762m(30")	5	12m	8m	16m
	W50-59	60m	.762m(30")	5	12m	7m	20m
	W60+	60m	.686m(27")	5	12m	7m	20m
Short	W35-39	100m	.840m(33")	10	13m	8.5m	10.5m
	W40-49	80m	.762m(30")	8	12m	8m	12m
	W50-59	80m	.762m(30")	8	12m	7m	19m
	W60+	80m	.686m(27")	8	12m	7m	19m
Long	W35-49	400m	.762m(30")	10	45m	35m	40m
	W50-59	300m	.762m(30")	7	50m	35m	40m
	W60-69	300m	.686m(27")	7	50m	35m	40m
	W70+	200m	.686m(27")	5	20m	35m	40m
Steeplechase							
	W35+	2000m	.762m(30")	18 barriers & 5 water jumps			

MEN	Age Groups	Race Distance	Hurdle Height	Number of Hurdles	Distance To First	Distance Between	Distance To Finish
Indoor	M35-49	60m	.991m(39")	5	13.72m	9.14m	9.72m
	M50-59	60m	.914m(36")	5	13m	8.5m	13m
	M60-69	60m	.840m(33")	5	12m	8m	16m
	M70-79	60m	.762m(30")	5	12m	7m	20m
	M80+	60m	.686m(27")	5	12m	7m	20m
Short	M35-49	110m	.991m(39")	10	13.72m	9.14m	14.02m
	M50-59	100m	.914m(36")	10	13m	8.5m	10.5m
	M60-69	100m	.840m(33")	10	12m	8m	16m
	M70-79	80m	.762m(30")	8	12m	7m	19m
	M80+	80m	.686m(27")	8	12m	7m	19m
Long	M35-49	400m	.914m(36")	10	45m	35m	40m
	M50-59	400m	.840m(33")	10	45m	35m	40m
	M60-69	300m	.762m(30")	7	50m	35m	40m
	M70-79	300m	.686m(27")	7	50m	35m	40m
	M80 +	200m	.686m(27")	5	20m	35m	40m
Steeplechase							
	M35-59	3000m	.914m(36")	28 barriers & 7 water jumps			
	M60+	2000m	.762m(30")	18 barriers & 5 water jumps			

APPENDIX A continued

2. Implements / Implementos / Engins / Gerate

	Age	Hammer	Shot Put	Discus	Javelin	Weight	
WOMEN	W35-49		4K	4K	1.0K	600G	9.08K (20#)
	W50-59		3K	3K	1.0K	500G	7.26K (16#)
	W60-74		3K	3K	1.0K	500G	5.45K (12#)
	W75+		2K	2K	.75K	400G	4.00K (8.9#)
MEN	M35-49		7.26K(16#)	7.26K(16#)	2.0K	800G	15.88K (35#)
	M50-59		6K	6K	1.5K	700G	11.34K (25#)
	M60-69		5K	5K	1.0K	600G	9.08K (20#)
	M70-79		4K	4K	1.0K	500G	7.26K (16#)
	M80+		3K	3K	1.0K	400G	5.45K (12#)

3. Shot Put / Poids / Kugel / Peso

Weight minimum for admission to Competition and for acceptance of a record

Information for Manufacturers : Usual range for supply of implements for competition

			Diameters :		
			Min. Men	**Max. Men**	**Max. Women**
7.260K	7.265K -	7.285K	110mm	130mm	----------
6.000K	6.005K -	6.025K	105mm	130mm	----------
5.000K	5.005K -	5.025K	100mm	130mm	----------
4.000K	4.005K -	4.025K	95mm	130mm	110mm
3.000K	3.005K -	3.025K	85mm	130mm	110mm
2.000K	2.005K-	2.025K	80mm	----------	110mm

4. Discus / Disco / Disque / Diskus

See IAAF Rule 189 for Discus Specifications 1KG, 1.5KG, 2KG

Weight Minimum for admission to competition and for acceptance of record.	.750KG
Range for supply of implement for competition	.755-.775KG
Outside Diameter of metal rim	166-182mm
Diameter of metal plate or flat center area	50-57mm
Thickness of metal plate or flat center area	33-37mm
Thickness of rim (6mm from edge)	10-13mm

5. Javelin/ Jabalina / Javelot / Speer

See IAAF Rule 193 for Javelin Specifications 800g, 700g, 600g, 500g

Weight minimum for admission to competition and for acceptance of a record	**400g**			
Range for supply of implement for competition	405-425g			
Overall length	min	1.85m	max	1.95m
Length of metal head	min	200mm	max	250mm
Distance from tip of metal head to center of gravity	min	0.75m	max	0.80m
Diameter of shaft at thickest point	min	20mm	max	23mm
Width of cord grip	min	130mm	max	140mm

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

6. Hammer / Martillo / Marteau / Hammer

Weight minimum for Admission to competition and for acceptance of a record	Information for Manufacturers : Usual range for supply of implements for competition	Diameter of Head
	Minimum / Maximum	Minimum / Maximum
7.260K	7.265K - 7.285K	110mm 130mm
6.000K	6.005K - 6.025K	105mm 125mm
5.000K	5.005K - 5.025K	100mm 120mm
4.000K	4.005K - 4.025K	95mm 110mm
3.000K	3.005K - 3.025K	85mm 100mm
2.000K	2.005K - 2.025K	75mm 100mm

Length of Hammer measured from inside the handle
Maximum (minimum no longer required IAAF Rule 191.8

Weight	
7.26 & 6.0 K	1215mm
5.0 K	1200mm
4.0 -3.0-2.0K	1195mm

APPENDIX A continued

7. Weight / Pesa / Grand Poids / Gewicht

Outdoor Implement:

Construction: The weight shall consist of three parts: a metal head, the link, and a Handle (grip).

Head: The head shall be spherical and of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9MM from the center of the sphere.

Link: The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to insure that the link(s) cannot stretch appreciably while the weight is being thrown.

Handle (Grip): The handle (grip) may be either of single or double loop construction but must be rigid and without hinging joints of any kind. It must not stretch appreciably while being thrown. It must attached to the link(s) in such a manner that it cannot be turned within the link(s) to increase the overall length of the weight.

Connections: The links shall be connected to the head by means of a swivel, which may be either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).

Weight minimum for admission to competition and for acceptance of records	Information for Manufacturers : Usual range for supply of implements for competition	Diameter of Head
	Minimum / Maximum	Minimum / Maximum
15.88K	15.885K -15.905K	145mm 165mm
11.34K	11.345K -11.365K	130mm 150mm
9.08K	9.085K - 9.105K	120mm 140mm
7.26K	7.265K - 7.285K	110mm 130mm
5.45K	5.455K - 5.475K	100mm 120mm
4.00K	4.005K- 4.025K	95mm 110mm

Length: The length shall be not more than 410mm measured from inside of the handle (grip).

APPENDIX A continued

Weight / Pesa / Grand Poids / Gewicht

Indoor Implement:

Construction: The weight shall consist of three parts: a head, a handle (grip), and a connection assembly which may contain a harness. The construction shall be such that no damage will be caused when landing on a normal sport hall floor.

Head: The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The center of gravity shall be not more than 9mm from the center of the head with the connection, handle, and harness removed or suspended.

Handle: The handle may be as permitted in the hammer or may be made of round metal rod not to exceed 12.7mm in diameter. This rod is to be bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner so as to not stretch appreciably during a throw.

Connection: The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel, and harness must not stretch appreciably during a throw.

Weight minimum for admission to competition and for acceptance of records	Information for Manufacturers Usual range for supply of implements for competition	Diameter of Head
	Minimum / Maximum	Minimum / Maximum
15.88K	15.885K -15.905K	145mm 180mm
11.34K	11.345K -11.365K	130mm 165mm
9.08K	9.085K - 9.105K	120mm 155mm
7.26K	7.265K - 7.285K	110mm 145mm
5.45K	5.455K - 5.475K	100mm 135mm
4.00K	4.005K- 4.025K	95mm 110mm

Length: The length shall be not more than 410mm measured from inside of the handle.

APPENDIX B / ANEXO B / ANNEXE B / ANHANG B

Scoring of WMA Combined Events Competitions

The scoring of Master's Combined Events competitions is as follows. In all events the scoring procedure is exactly like normal IAAF Combined Events scoring with the addition of one additional step. That additional step is that the actual performance in each event is multiplied by the appropriate Age Factor to arrive at an Age Factored Performance. This Age Factored Performance (AFP) is then looked up in the current IAAF Combined Events Scoring Tables in the normal manner.

Age Factors: The Age factors to be used for each gender and age group are listed in the appropriate WMA Appendix. Use the full, four place, number for Age Factoring. Round the result of the multiplication as shown below. **Note**: the Age Factors automatically correct for the reducing WMA implements and distances. So a M65-69 man throwing a 5 kilogram Shot can be looked up in the standard IAAF scoring table for the 7.26 kilogram shot put after multiplying his actual performance times the Age Factor because the Age Factor takes into account the fact that he is throwing a smaller Shot. The same is true with a W60-64 woman running 80 meter hurdles, .762 meter high with 7 meter spacing. The Age Factor automatically produces an Age Factored Performance that can be looked up in the standard IAAF 100 Meter, .840 high, 8.5 meter spaced women's hurdle table.

Rounding: The general rule is that rounding is done so as to never give artificial aid to the performer. So, after multiplying the Actual Performance by the Age Factor, be sure to round all running events up to the higher one hundredth of a second and round all throwing and jumping events down to the shorter centimeter. Remember: Run up, Jump and Throw down.

Example:

M50-54 man runs a 13.12 second Actual Performance in the 100 Meter event.
13.12 times .8996 Age Factor equals an Age Factored Performance of .
11.802752 rounded **up** equals 11.81 to look up in the standard IAAF Combined Events scoring table.
11.81 is awarded 689 points.

Example:

W35-39 woman jumps a 1.47 meter Actual Performance in the High Jump.
1.47 times the 1.0512 Age Factor equals a 1.545264 Age Factored Performance.
1.545264 rounded **down** equals 1.54 to look up in the standard IAAF Combined Events scoring table.
1.52 is awarded 666 points.

Scoring Tables: The scoring tables to use are the current edition of the IAAF "Scoring Tables for Men's and Women's Combined Events Competitions" and the various supplements that the IAAF has published. (see below for the formulas that describe the scoring in the tables) If a performance is being scored that does not appear in the tables, be sure to move to the performance that results in less points being scored, not more.

Example:

Looking up a male 66.06 second 400 meter, the 66.09 score must be used not the 66.05 score.
66.06 is closer to 66.05 than it is to 66.09 but is faster than was actually ran.
66.06 therefore is awarded 230 points.

APPENDIX B continued

Example:

Looking up a male 12.36 meter Shot Put, the 12.35 score must be used, not the 12.37 score.
12.36 is equally close to 12.37, but 12.37 is further than was actually thrown.
12.36 therefore is awarded 628 points.

Hand Timing: If Combined Events running events, from 400 meters down (including hurdles), are hand timed, the times have to be corrected before multiplying by the appropriate Age Factor. Then the score must be looked up in the fully automatic portion of the scoring Tables (Note :The hand timed portions of the scoring tables are never used in Master's Combined Events scoring).

Hand Timing Corrections :

The IAAF corrections to apply are:

50 through 300 Meters	add 0.24 seconds to the hand time
400 Meters	add 0.14 seconds to the hand time
all above 400 Meters	add nothing (use auto or hand time as is)

Example:

M40-44 man runs a 17.7 second hand timed .991 meter (39") high, 110 meter hurdles.
17.7 plus .24 Correction equals 17.94.
17.94 times .9526 equals a 17.089644 Age Factored Performance.
17.089644 rounds up to 17.09 to look up in standard IAAF scoring table.
17.09 is awarded 615 points.

Example:

A M70-74 Weight Pentathlete throws the 7.26 kilogram (16 pound) Weight 14.67 meters.
14.67 times the 1.1408 Age Factor equals an 16.735536 Age Factored Performance
16.735536 is rounded down to 16.73
16.73 is looked up in men's Weight table as 834 points.

IAAF Combined Events Scoring Formulas: The official IAAF scoring tables, as published in the IAAF "Scoring Tables for Men's and Women's Combined Events Competitions" are generated by the following mathematical formulas. The results of the formulas must be truncated to the integer and not rounded up. So a formula result of 674.999 is 674 points, not 675, and 872.001 is 872. The actual points formula are as follows with the three constants listed below for all of the Combined Events. Note that performances must be expressed in seconds, centimeters, or meters, as indicated.

Running Events: **Points = a (b - Performance)^c**

Jumping and Throwing Events: **Points = a (Performance - b)^c**

APPENDIX B continued

Men:	55 m	a=78.8196	b=10.75s	c=1.81
	60 m	a=58.015	b=11.5s	c=1.81
	100m	a=25.4347	b=18s	c=1.81
	200m	a=5.8425	b=38s	c=1.81
	300m	a=2.58503	b=60.1s	c=1.81
	400m	a=1.53775	b=82s	c=1.81
	1000m	a=.08713	b=305.5s	c=1.85
	1500m	a=.03768	b=480s	c=1.85
	55m Hurdles	a=54.5278	b=14.25s	c=1.92
	60m Hurdles	a=20.5173	b=15.5s	c=1.92
	110m Hurdles	a=5.74352	b=28.5s	c=1.92
	High Jump	a=.8465	b=75cm	c=1.42
	Pole Vault	a=.2797	b=100cm	c=1.35
	Long Jump	a=.14354	b=220cm	c=1.40
	Shot Put	a=51.39	b=1.5m	c=1.05
	Discus	a=12.91	b=4m	c=1.10
	Hammer	a=13.0449	b=7m	c=1.05
	Javelin	a=10.14	b=7m	c=1.08
	Weight	a=47.8338	b=1.5m	c=1.05
Women:	55m	a=66.2501	b=12s	c=1.81
	60 m	a=46.0849	b=13s	c=1.81
	100m	a=17.857	b=21s	c=1.81
	200m	a=4.99087	b=42.5s	c=1.81
	400m	a=1.34285	b=91.7s	c=1.81
	800m	a=.11193	b=254s	c=1.88
	1000m	a=.07068	b=337	c=1.88
	1500m	a=.02883	b=535	c=1.88
	55m Hurdles	a=28.7345	b=15.5s	c=1.835
	60m Hurdles	a=20.0479	b=17s	c=1.835
	100m Hurdles	a=9.23076	b=26.7s	c=1.835
	High Jump	a=1.84523	b=75cm	c=1.348
	Pole Vault	a=.44125	b=100	c=1.35
	Long Jump	a=.188807	b=210cm	c=1.41
	Shot Put	a=56.0211	b=1.5m	c=1.05
	Discus	a=12.3311	b=3m	c=1.10
	Hammer	a=17.5458	b=6m	c=1.05
	Javelin	a=15.9803	b=3.8m	c=1.04
	Weight	a=52.1403	b=1.5m	c=1.05

APPENDIX B continued

AGE FACTORS TABLE

		MODEL 2014													
		Age factors for Masters Events													
MEN		M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100
60m		,9859	,9568	,9277	,8986	,8695	,8404	,8101	,7772	,7399	,6957	,6413	,5725	,4840	,2783
60m H (indoor)		,9838	,9466	,9094	,8922	,8550	,8312	,7940	,7714	,7328	,6826	,6178	,5001	,4119	,3137
80m Hurdles		-	-	-	-	-	-	-	1,0220	,9845	,8912	,8344	,7496	,6129	,2981
100m Hurdles					.9837	.9526	.9151	.8637							
110m / 0,991m		.9901	.9462	.9087											
110m / 1,067m [*1)]		*.9837*	*.9462*	*.9087*	*.8712*										
100m		,9869	,9578	,9287	,8996	,8705	,8414	,8111	,7782	,7409	,6967	,6423	,5735	,4850	,2735
200m		,9837	,9536	,9235	,8934	,8633	,8332	,8007	,7642	,7215	,6697	,6051	,5231	,4181	,2668
200m Hurdles											0,9641	0,8877	,7627	,6118	,2718
300m Hurdles							,8568	,7852	,7046	,6146					
400m Hurdles		1,000	,9572	,9144	,8716	,8288									
400m		,9654	,9354	,9054	,8754	,8454	,8154	,7836	,7460	,6984	,6363	,5548	,4485	,3114	,2469
800m		,9917	,9560	,9203	,8847	,8490	,8133	,7776	,7420	,6924	,6281	,5478	,4498	,3318	,2417
1.000m (indoor)		,9928	,9537	,9146	,8755	,8364	,7968	,7561	,7111	,6588	,5952	,5153	,4127	.2791	,1908
1.500m		,9913	,9519	,9125	,8731	,8337	,7939	,7529	,7079	,6556	,5920	,5121	,4095	.2759	,1908
2000m St Ch							1,2434	1,1572	1,0645	,9643	,8546	,7324	,6072	,4736	,3765
3000m St Ch		1,0000	,9539	,9078	,8617	,8156									
3000m		1,0000	,9652	,9304	,8956	,8608	,8260	,7898	,7487	,6986	,6347	,5515	,4428	,3017	,1868
5000m		1,0000	,9651	,9302	,8953	,8604	,8255	,7892	,7480	,6978	,6338	,5505	,4417	,3005	,1868
10000m		1,0000	,9648	,9296	,8944	,8592	,8240	,7858	,7418	,6885	,6217	,5365	,4273	,3174	,1868
High Jump		1,0260	1,0486	1,1022	1,1617	1,2280	1,3025	1,3869	1,4832	1,5943	1,7241	1,8779	2,0635	2,2925	3,5000
Pole Vault		1,0168	1,0773	1,1481	1,2272	1,3182	1,4236	1,5475	1,6949	1,8733	2,0938	2,3730	2,7382	3,2362	4,8547
Long Jump		1,0317	1,0899	1,1551	1,2286	1,3121	1,4078	1,5186	1,6482	1,8021	1,9876	2,2158	2,5031	2,8760	6,4392
Triple Jump		1,0069	1,0636	1,1270	1,1984	1,2795	1,3724	1,4799	1,6056	1,7546	1,9428	2,1982	2,5759	4,0644	7,9590
Hammer	7,250kg	1,0300	1,1252	1,2397	*1,3802*	*1,5566*									
	6,000kg	-	-	-	1,1864	1,3145	*1,4736*								
	5,000kg	-	-	-	-	-	1,3082	1,4656	*1,6661*						
	4,000kg								1,4524	1,6490	*1,9138*	*2,2899*	*2,8686*		
	3,000kg										1,8654	2,2212	2,7616	3,6895	5,6369
Shot Put	7,250kg	1,0372	1,1137	1,2023	*1,3063*	*1,4300*	*1,5795*	*1,7670*							

	6,000kg	-	-	-	1,1721	1,2706	*1,3873*									
	5,000kg	-	-	-	-	-	1,2482	1,3607	*1,4954*							
	4,000kg								1,2806	1,3993	1,5427	1,7337	2,0169	2,5012		
	3,000kg										1,5053	1,6866	1,9535	2,4044	3,3512	
Discus	2,000kg	1,0143	1,1014	1,2049	*1,3233*	*1,4838*	*1,6781*									
	1,500kg	-	-	-	1,0218	1,1103	*1,2156*	*1,3430*								
	1,000kg	-	-	-	-	-	1,0628	1,1637	1,2781	1,4332	1,6441	1,9508	2,4402	3,3478	5,6116	
Javelin	800g	1,0126	1,0862	1,1716	*1,2715*	*1,3898*	*1,5325*	*1,7079*								
	700g	-	-	-	1,2278	1,3380										
	600g	-	-	-	-	-	1,4140	1,5620	*1,7445*	*1,9755*	*2,2841*	*2,7307*	*3,4626*			
	500g	-	-	-	-	-	-	-	1,6801	1,8932	*2,1682*					
	400g	-	-	-	-	-	-	-	-	-	2,0952	2,4378	2,9137	3,6206	8,7034	
Weight	15,880kg	1,0203	1,0898	1,1697	*1,2621*	*1,3704*										
	11,340kg	-	-	-	1,0488	1,1225	*1,2074*	*1,3061*								
	9,080kg	-	-	-	-	-	1,0424	1,1153	*1,1988*							
	7,260kg	-	-	-	-	-	-	-	1,1408	1,2286	*1,3310*					
	5,450kg	-	-	-	-	-	-	-	-	-	1,3043	1,4452	1,6714	2,1057	3,2456	

	MODEL 2014													
	Age factors for Masters Events													
WOMEN	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95	W100
60m	,9890	,9538	,9186	,8834	,8482	,8130	,7778	,7386	,6940	,6410	,5750	,4898	,3776	,2417
60m H (indoor)	,9644	,9060	,8965	,8621	,8277	,7923	,7560	,7184	,6739	,6209	,5549	,4697	,3572	,2417
80m Hurdles	-	1,1834	1,0914	1,0964	1,00444	,9924	,9004	,8084	,7114	,5946	,4391	,2209	,1803	,1312
100m Hurdles	,9852	-	-	-	-	-	-	-	-	-	-	-	-	-
100m	,9900	,9548	,9196	,8844	,8492	,8140	,7788	,7396	,6950	,6420	,5760	,4908	,3786	,2706
200m	,9702	,9342	,8982	,8622	,8262	,7902	,7542	,7068	,6545	,5857	,4932	,3600	,2938	,1917
200m Hurdles									1,3902	1,2510	,9724	,8943	,7856	,6012
300m Hurdles				1,2138	1,1388	1,0582	,9682	,8612	0,7220					
400m Hurdles	1,0000	,9338	,8568											
400m *3)*	*,9799*	*,9391*	*,8983*	*,8575*	*,8167*	*,7715*	*,7201*	*,6602*	*,5889*	*,5026*	*,3969*	*,2665*	*,2132*	*,1625*
800m	,9951	,9537	,9123	,8709	,8295	,7848	,7342	,6752	,6053	,5220	,4228	,3052	,2554	,2007
1.500m *3)*	*,9872*	*,9457*	*,9042*	*,8627*	*,8212*	*,7759*	*,7242*	*,6635*	*,5912*	*,5047*	*,4014*	*,3140*	*,1999*	*,1698*
2000m St Ch	1,0000	,9582	,9164	,8746	,8316	,7862	,7358	,6754	,5966	,4902	,4089	,3211	,2417	,1668
3000m	1,0000	,9572	,9144	,8716	,8276	,7803	,7276	,6669	,5952	,5090	,4047	,3506	,2225	,1768
5000m	1,000	,9775	,9150	,8725	,8300	,7848	,7353	,6797	,6160	,5420	,4553	,3495	,2219	,1768

10000m		1,0000	,9589	,9160	,8740	,8320	,7874	,7382	,6822	,6169	,5394	,4464	,3670	,2470	,1768
High Jump		1,0512	1,1036	1,1614	1,2256	1,2973	1,3779	1,4708	1,5795	1,7094	1,8681	2,0673	2,3261	2,6766	3,2000
Pole Vault *3)		*1,0820*	*1,1451*	*1,2159*	*1,2961*	*1,3877*	*1,4932*	*1,6160*	*1,7854*	*2,0333*	*2,4342*	*3,2020*	*4,8402*	*5,4547*	*6,0588*
Long Jump		1,0500	1,1101	1,1776	1,2538	1,3405	1,4400	1,5557	1,6943	1,8695	2,1645	2,9154	3,2696	4,4235	7,5200
Triple Jump		1,0186	1,0780	1,1448	1,2204	1,3066	1,4060	1,5218	1,6781	1,9164	2,3391	3,2733	3,3532	4,4286	7,5610
Hammer	4,000kg	1,0942	1,1763	1,2717	*1,3840*										
	3,000kg	-	-	-	1,2838	1,3984	1,5353	1,7038	1,9160	*2,1915*	*2,5634*	*3,0931*	*3,9077*		
										1,8918	2,1630	2,5284	3,0478	3,8446	5,2219
Shot Put	4,000kg	1,0368	1,1100	1,1943	*1,2925*	*1,4082*	*1,5468*	-	-	-	-	-	-	-	
	3,000kg	-	-	-	1,2607	1,3706	1,5015	1,6600	1,8559	*2,1043*	*2,4295*	*2,8735*	*3,5161*	*4,5289*	*6.3613*
	2,000kg	-	-	-	-	-	-	-	-	1,8324	2,0742	2,3894	2,8176	3,4328	4,3917
Discus	1,000kg	1,0368	1,1150	1,2058	1,3128	1,4407	1,5961	1,7927	2,0542	*2,4254*	*3,0021*	*3,8895*			
*2)	0,750kg	-	-	-	-	-	-	-	-	2,1546	2,5220	3,0404	3,8270	5,1626	7,9302
Javelin	600g	1,0621	1,1475	1,2479	*1,3676*	*1,5126*	*1,6920*	*1.9197*	*2.2202*						
	500g	-	-	-	1,3147	1,4482	1,6118	1.8171	2.0992						
	400g	-	-	-	-	-	*1,5408*	*1,7274*	*1,9654*	2,2794	2,7129	3,3500	4,3782	6,3171	11,3370
Weight	9,080kg	1,0922	1,1852	1,2955	*1,4283*										
	7,260kg	-	-	-	1,1822	1,2918	*1,4238*								
	5,450kg	-	-	-	-	-	1,2108	1,3260	1,4667	*1,6428*	*1,8712*	*2,1815*	*2,6308*	*3,3467*	
	,4,000kg									1,3955	1,5424	1,7304	1,9798	2,3272	2,8449

Explanations :

***1)** = all figures, written in italic (cursive), are valid for Age Categories and Competition Events until the 30th of April 2010 and their purpose is only for record calculations.

***2)** = The following Age Factors have been conditionally calculated without any performances existing and are therefore adjusted and redefined :

-Hammer-Factor (new weight) for Age Category M80+

-Hammer-Factor (2,0kg/Women), Shot Put-Factor (2,0kg/Women) and Heavy Weight-Factor (4,0kg/Women) for Age Category W75+

***3)** = are made for Competition Events, which can be part of a possible Decathlon for Women.

APPENDIX C / ANEXO C / ANNEXE C / ANHANG C

MEN-HOMBRES-MASCULIN-MANNER
DECATHLON-DECATLÓN-DÉCATHLON-ZEHNKAMPF

Day 1 **2010 WMA Age Factors**

Age Group	100 Meters 100 Metros 100 Meters 100 Mètres	Long Jump Longitud Longueur Weitsprung	--Shot Put-----Bala-----Poids-----Kugel-- 7.26K (16#)	6K	5K	4K	3K	Age Group
M35-39	.9869	1.0317	1.0372					M35-39
M40-44	.9578	1.0899	1.1137					M40-44
M45-49	.9287	1.1551	1.2023					M45-49
M50-54	.8996	1.2286		1.1721				M50-54
M55-59	.8705	1.3121		1.2706				M55-59
M60-64	.8414	1.4078			1.2482			M60-64
M65-69	.8111	1.5186			1.3607			M65-69
M70-74	.7782	1.6482				1.2806		M70-74
M75-79	.7409	1.8021				1.3993		M75-79
M80-84	.6967	1.9876					1.5053	M80-84
M85-89	.6423	2.2158					1.6866	M85-89
M90-94	.5735	2.5031					1.9535	M90-94
M95-99	.4850	2.8760					2.4044	M95-99
M100+	.2735	6.4392					3.3512	M100+

Age Group	High Jump Altura Hauteur Hochsprung	400 Meters 400 Metros 400 Meters 400 Mètres	Age Group
M35-39	1.0260	.9654	M35-39
M40-44	1.0486	.9354	M40-44
M45-49	1.1022	.9054	M45-49
M50-54	1.1617	.8754	M50-54
M55-59	1.2280	.8454	M55-59
M60-64	1.3025	.8154	M60-64
M65-69	1.3869	.7836	M65-69
M70-74	1.4832	.7460	M70-74
M75-79	1.5943	.6984	M75-79
M80-84	1.7241	.6363	M80-84
M85-89	1.8779	.5548	M85-89
M90-94	2.0635	.4485	M90-94
M95-99	2.2925	.3114	M95-99
M100+	3.5000	.2469	M100+

2010 WMA Age Factors

(length / space) (first) (height)	--Hurdles---------- 110/9.14 m 13.72m .991 / 39"	100/8.5 m 13m .914 / 36"	Vallas---------- 100/8.0m 16m .840 / 33"	Haies---------- 80/7m 12m .762 / 30"	Hurden--- 80/7m 12m .686 / 27"	Discus-Disco-Disque-Diskus 2.0K	1.5K	1.0K
M35-39	.9901					1.0143		
M40-44	.9526					1.1014		
M45-49	.9151					1.2049		
M50-54		.9604					1.0218	
M55-59		.9229					1.1103	
M60-64			.9012					1.0628
M65-69			.8637					1.1637
M70-74				1.0220				1.2781
M75-79				.9845				1.4332
M80-84					.8912			1.6441
M85-89					.8344			1.9508
M90-94					.7496			2.4402
M95-99					.6129			3.3478
M100+					.2981			5.6116

Age Group	Pole Vault Garrocha Saut a la Perche Stabhochsprung	Javelin-------Javalina-------Javelot-------Speer 800g	700g	600g	500g	400g	1500 Meters 1500 Metros 1500 Meters 1500 Mètres
M35-39	1.0168	1.0126					.9913
M40-44	1.0773	1.0862					.9519
M45-49	1.1481	1.1716					.9125
M50-54	1.2272		1.2278				.8731
M55-59	1.3182		1.3380				.8337
M60-64	1.4236			1.4140			.7939
M65-69	1.5475			1.5620			.7529
M70-74	1.6949				1.6801		.7079
M75-79	1.8733				1.8932		.6556
M80-84	2.0938					2.0952	.5920
M85-89	2.3730					2.4378	.5121
M90-94	2.7382					2.9137	.4095
M95-99	3.2362					3.6206	.2759
M100+	4.8547					8.7034	.1908

APPENDIX D / ANEXO D / ANNEXE D / ANHANG D

FEMALE-MUJERES-FEMMES-FRAUEN
HEPTATHLON-HEPTATLÓN-L'HEPTATHLON-SIEBENKAMPF

Day 1 — **2010 WMA Age Factors**

(length/ space) (first) (height)	Hurdles 100/ 8.50 13m .840/33	Vallas 80/8m 12m .762/30"	Haies 80 / 7m 12m .762/30	Hurden 80 / 7m 12m .686/27	High Jump Altura Hauteur Hochsprung	Shot Put- Bala-Poids-Kugel 4k	3k	2k	200 Meter
W35-39	.9852				1.0512	1.0368			.9702
W40-44		1.1834			1.1036	1.1100			.9342
W45-49		1.0914			1.1614	1.1943			.8982
W50-54			1.0964		1.2256		1.2607		.8622
W55-59			1.0044		1.2973		1.3706		.8262
W60-64				.9924	1.3779		1.5015		.7902
W65-69				.9004	1.4708		1.6600		.7542
W70-74				.8084	1.5795		1.8559		.7068
W75-79				.7114	1.7094			1.8324	.6545
W80-84				.5946	1.8681			2.0742	.5857
W85-89				.4391	2.0673			2.3894	.4932
W90-94				.2209	2.3261			2.8176	.3600
W95-99				.1803	2.6766			3.4328	.2938
W100+				.1312	3.2000			4.3917	.1917

Day 2

Age Group	Long Jump Longitud Longueur Weitsprung	Javelin-Javalina-Javelot-Speer 600G	500G	400G	800 Meters 800 Metros 800 Meters 800 Metres	Age Group
W35-39	1.0500	1.0621			.9951	W35-39
W40-44	1.1101	1.1475			.9537	W40-44
W45-49	1.1776	1.2479			.9123	W45-49
W50-54	1.2538		1.3147		.8709	W50-54
W55-59	1.3405		1.4482		.8295	W55-59
W60-64	1.4400		1.6118		.7848	W60-64
W65-69	1.5557		1.8171		.7342	W65-69
W70-74	1.6943		2.0992		.6752	W70-74
W75-79	1.8695			2.2794	.6053	W75-79
W80-84	2.1645			2.7129	.5220	W80-84
W85-89	2.9154			3.3500	.4228	W85-89
W90-94	3.2696			4.3782	.3052	W90-94
W95-99	4.4235			6.3171	.2554	W95-99
W100+	7.5200			11.3370	.2007	W100+

APPENDIX E / ANEXO E / ANNEXE E / ANHANG E

MEN-HOMBRES-MASCULIN-MANNER

THROWS PENTATHLON-PENTATLO'N de LANZAMIENTOS-PENTATHLON des LANCERS-GEWICHTS FÜNFKAMPF

2010 WMA Age Factors

AGE	Hammer-Martillo-Marteau-Hammer					Shot Put-Bala-Poids-Kugel					Discus-Disco-Disque-Diskus		
GRP.	7.26k	6k	5k	4k	3k	7.26k	6k	5k	4k	3k	2k	1.5k	1k
M35-39	1.0300					1.0372					1.0143		
M40-44	1.1252					1.1137					1.1014		
M45-49	1.2397					1.2023					1.2049		
M50-54		1.1864					1.1721					1.0218	
M55-59		1.3145					1.2706					1.1103	
M60-64			1.3082					1.2482					1.0628
M65-69			1.4656					1.3607					1.1637
M70-74				1.4524					1.2806				1.2781
M75-79				1.6490					1.3993				1.4332
M80-84					1.8654					1.5053			1.6441
M85-89					2.2212					1.6866			1.9508
M90-94					2.7616					1.9535			2.4402
M95-99					3.6895					2.4044			3.3478
M100+					5.6369					3.3512			5.6116

	Javelin-Javalina-Javelot-Speer					Weight Pesa-Marteau a poignee courte-Gewicht					
AGE	800G	700G	600G	500G	400G	15.88	11.34	9.08K	7.26K	5.45K	AGE
GRP.						35#	25#	20#	16#	12#	GRP.
M35-39	1.0126					1.0203					M35-39
M40-44	1.0862					1.0898					M40-44
M45-49	1.1716					1.1697					M45-49
M50-54		1.2278					1.0488				M50-54
M55-59		1.3380					1.1225				M55-59
M60-64			1.4140					1.0424			M60-64
M65-69			1.5620					1.1153			M65-69
M70-74				1.6801					1.1408		M70-74
M75-79				1.8932					1.2286		M75-79
M80-84					2.0952					1.3043	M80-84
M85-89					2.4378					1.4452	M85-89
M90-94					2.9137					1.6714	M90-94
M95-99					3.6206					2.1057	M95-99
M100+					8.7034					3.2456	M100+

APPENDIX E Continued:

MEN-HOMBRES-MASCULIN-MANNER
THROWS PENTATHLON-PENTATLO'N de LANZAMIENTOS-
PENTATHLON des LANCERS-GEWICHTS FÜNFKAMPF

AGE	Hammer-Martillo--Marteau-Hammer			Shot Put-Bala-Poids-Kugel			Discus-Disco-Disque-Diskus	
GRP.	4k	3k	2k	4k	3k	2k	1k	.75k
W35-39	1.0942			1.0368			1.0368	
W40-44	1.1763			1.1100			1.1150	
W45-49	1.2717			1.1943			1.2058	
W50-54		1.2838			1.2607		1.3128	
W55-59		1.3984			1.3706		1.4407	
W60-64		1.5353			1.5015		1.5961	
W65-69		1.7038			1.6600		1.7927	
W70-74		1.9160			1.8559		2.0542	
W75-79			1.8918			1.8324		2.1546
W80-84			2.1630			2.0742		2.5220
W85-89			2.5284			2.3894		3.0404
W90-94			3.0478			2.8176		3.8270
W95-99			3.8446			3.4328		5.1626
W100+			5.2219			4.3917		7.9302

	Javelin-Javalina-Javelot-Speer			Weight-Pesa-Marteau a poignee courte-Gewicht				
AGE	600G	500G	400G	9.08K	7.26K	5.45K	4.00K	AGE
GRP.				20#	16#	12#	8.9#	GRP.
W35-39	1.0621			1.0922				W35-39
W40-44	1.1475			1.1852				W40-44
W45-49	1.2479			1.2955				W45-49
W50-54		1.3147			1.1822			W50-54
W55-59		1.4482			1.2918			W55-59
W60-64		1.6118				1.2108		W60-64
W65-69		1.8171				1.3260		W65-69
W70-74		2.0992				1.4667		W70-74
W75-79			2.2794				1.3955	W75-79
W80-84			2.7129				1.5424	W80-84
W85-89			3.3500				1.7304	W85-89
W90-94			4.3782				1.9798	W90-94
W95-99			6.3171				2.3272	W95-99
W100+			11.3370				2.8449	W100+

APPENDIX F / ANEXO F / ANNEXE F / ANHANG F

MEN-HOMBRES-MASCULIN-MANNER

FEMALE-MUJERES-FEMMES-FRAUEN

OUTDOOR PENTATHLON-PENTATLƠN- PENTATHLON - FUNFKAMPF

2010 WMA Age Factors

	Long Jump	Javelin-Javalina-Javelot-Speer					200 Meters	Discus-Disco-Disque-Diskus			1500 Meters
AGE	Longitud						200 Metros				1500 Metros
GRP.	Longueur	800g	700g	600g	500g	400g	200 Meters	2k	1.5k	1k	1500 Meters
	Weitsprung						200 Mètres				1500 Mètres
M35-39	1.0317	1.0126					.9837	1.0143			.9913
M40-44	1.0899	1.0862					.9536	1.1014			.9519
M45-49	1.1551	1.1716					.9235	1.2049			.9125
M50-54	1.2286		1.2278				.8934		1.0218		.8731
M55-59	1.3121		1.3380				.8633		1.1103		.8337
M60-64	1.4078			1.4140			.8332			1.0628	.7939
M65-69	1.5186			1.5620			.8007			11637	.7529
M70-74	1.6482				1.6801		.7642			1.2781	.7079
M75-79	1.8021				1.8932		.7215			1.4332	.6556
M80-84	1.9876					2.0952	.6697			1.6441	.5920
M85-89	2.2158					2.4378	.6051			1.9508	.5121
M90-94	2.5031					2.9137	.5231			2.4402	.4095
M95-99	2.8760					3.6206	.4181			3.3478	.2759
M100+	6.4392					8.7034	.2668			5.6116	.1908

(length/	Hurdles----Vallas----Haies----Hurden				High Jump	Shot Put-Bala-Poids-Kugel			Long Jump	800 Meters	
space)	100/ 8.50	80 / 8m	80 / 7m	80 / 7m	Altura				Longitud	800 Metros	
(first)	13m	12m	12m	12m	Hauteur				Longueur	800 Meters	
(height)	.840/ 33	.762/30	.762/ 30	.686/ 27"	Hochsprung	4k	3k	2k	Weitsprung	800 Metres	
W35-39	.9852				1.0512	1.0368			1.0500	.9951	W35-39
W40-44		1.1834			1.1036	1.1100			1.1101	.9537	W40-44
W45-49		1.0914			1.1614	1.1943			1.1776	.9123	W45-49
W50-54			1.0964		1.2256		1.2607		1.2538	.8709	W50-54
W55-59			1.0044		1.2973		1.3706		1.3405	.8295	W55-59
W60-64				.9924	1.3779		1.5015		1.4400	.7848	W60-64
W65-69				.9004	1.4708		1.6600		1.5557	.7342	W65-69
W70-74				.8084	1.5795		1.8559		1.6943	.6752	W70-74
W75-79				.7114	1.7094			1.8324	1.8695	.6053	W75-79
W80-84				.5946	1.8681			2.0742	2.1645	.5220	W80-84
W85-89				.4391	2.0673			2.3894	2.9154	.4228	W85-89
W90-94				.2209	2.3261			2.8176	3.2696	.3052	W90-94
W95-99				.1803	2.6766			3.4328	4.4235	.2554	W95-99
W100+				.1312	3.2000			4.3917	7.5200	.2007	W100+

APPENDIX G / ANEXO G / ANNEXE G / ANHANG G

MEN-HOMBRES-MASCULIN-MANNER
INDOOR PENTATHLON-PENTATLƠN- PENTATHLON - FUNFKAMPF

2010 MA Age Factors

(length/	--Hurdles----------	Vallas----------	Haies----------	Hurden---		Long Jump	
space)	60/9.14m	60/8.5m	60/8.0m	60/7m	60/7m	Longitud	AGE
(first)	13.72m	13m	16m	12m	12m	Longueur	GROUP
(height)	.991 / 39"	.914 / 36"	.840 / 33"	.762 / 30"	.686 / 27"	Weitsprung	
M35-39	.9838					1.0317	M35-39
M40-44	.9466					1.0899	M40-44
M45-49	.9094					1.1551	M45-49
M50-54		.8922				1.2286	M50-54
M55-59		.8550				1.3121	M55-59
M60-64			.8312			1.4078	M60-64
M65-69			.7940			1.5186	M65-69
M70-74				.7714		1.6482	M70-74
M75-79				.7328		1.8021	M75-79
M80-84					.6826	1.9876	M80-84
M85-89					.6178	2.2158	M85-89
M90-94					.5001	2.5031	M90-94
M95-99					.4119	2.8760	M95-99
M100+					.3137	6.4392	M100+

AGE	--Shot Put-----Bala-----Poids-----Kugel--					High Jump	1000 Meter	
GROUP						ltura	1000 Metros	AGE
						auteur	1000 Metres	GROUP
	7.26k	6k	5k	4k	3k	Hochsprung	1000 Meters	
M35-39	1.0372					1.0260	.9928	M35-39
M40-44	1.1137					1.0486	.9537	M40-44
M45-49	1.2023					1.1022	.9146	M45-49
M50-54		1.1721				1.1617	.8755	M50-54
M55-59		1.2706				1.2280	.8364	M55-59
M60-64			1.2482			1.3025	.7968	M60-64
M65-69			1.3607			1.3869	.7561	M65-69
M70-74				1.2806		1.4832	.7111	M70-74
M75-79				1.3993		1.5943	.6588	M75-79
M80-84					1.5053	1.7241	.5952	M80-84
M85-89					1.6866	1.8779	.5153	M85-89
M90-94					1.9535	2.0635	.4127	M90-94
M95-99					2.4044	2.2925	.2791	M95-99
M100+					3.3512	3.5000	.1908	M100+

APPENDIX G Continued :

FEMALE-MUJERES-FEMMES-FRAUEN
INDOOR PENTATHLON-PENTATLO'N-PENTATHLON – FUNFKAMPF

2010 WMA Age Factors

(length/ space) (first) (height)	Hurdles----Vallas----Haies----Hurden 60 / 8.50 13m .840 33"	60 / 8m 12m .762 30"	60 / 7m 12m .762 30"	60 / 7m 12m .686 27"	High Jump Altura Hauteur Hochsprung	Shot Put-Bala-Poids-Kugel 4k	3k	2k	Long Jump Longitud Longueur Weitsprung	800 Meters 800 Metros 800 Meters 800 Metres	
W35-39	.9644				1.0512	1.0368			1.0500	.9951	W35-39
W40-44		.9060			1.1036	1.1100			1.1101	.9537	W40-44
W45-49		.8965			1.1614	1.1943			1.1776	.9123	W45-49
W50-54			.8621		1.2256		1.2607		1.2538	.8709	W50-54
W55-59			.8277		1.2973		1.3706		1.3405	.8295	W55-59
W60-64				.7923	1.3779		1.5015		1.4400	.7848	W60-64
W65-69				.7560	1.4708		1.6600		1.5557	.7342	W65-69
W70-74				.7184	1.5795		1.8559		1.6943	.6752	W70-74
W75-79				.6739	1.7094			1.832	1.8695	.6053	W75-79
W80-84				.6209	1.8681			2.074	2.1645	.5220	W80-84
W85-89				.5549	2.0673			2.389	2.9154	.4228	W85-89
W90-94				.4697	2.3261			2.817	3.2696	.3052	W90-94
W95-99				.3572	2.6766			3.432	4.4235	.2554	W95-99
W100+				.2417	3.2000			4.391	7.5200	.2007	W100+

APPENDIX H / ANEXO H / ANNEXE H / ANHANG H

MEN-HOMBRES-MASCULIN-MANNER
INDOOR HEPTATHLON-HEPTATLÓN-
HEPTATHLON - SIEBENFKAMPF

2010 WMA Age Factors

DAY 1

AGE GROUP	60 Meter / 60 Metros / 60 Metres / 60 Meters	Long Jump / Longitud / Longueur / Weitsprung	--Shot Put-----Bala-----Poids-----Kugel-- 7.26k	6k	5k	4k	3k	High Jump / Altura / Hauteur / Hochsprung	AGE GROUP
M35-39	.9859	1.0317	1.0372					1.0260	M35-39
M40-44	.9568	1.0899	1.1137					1.0486	M40-44
M45-49	.9227	1.1551	1.2023					1.1022	M45-49
M50-54	.8986	1.2286		1.1721				1.1617	M50-54
M55-59	.8695	1.3121		1.2706				1.2280	M55-59
M60-64	.8404	1.4078			1.2482			1.3025	M60-64
M65-69	.8101	1.5186			1.3607			1.3869	M65-69
M70-74	.7772	1.6482				1.2806		1.4832	M70-74
M75-79	.7399	1.8021				1.3993		1.5943	M75-79
M80-84	.6957	1.9876					1.5053	1.7241	M80-84
M85-89	.6413	2.2158					1.6866	1.8779	M85-89
M90-94	.5725	2.5031					1.9535	2.0635	M90-94
M95-99	.4840	2.8760					2.4044	2.2925	M95-99
M100+	.2783	6.4392					3.3512	3.5000	M100+

DAY 2

(length/ space) (first) (height)	--Hurdles----------Vallas----------Haies----------Hurden--- 60/9.14m 13.72m .991 / 39"	60/8.5m 13m .914 / 36"	60/8.0m 16m .840 / 33"	60/7m 12m .762 / 30"	60/7m 12m .686 / 27"	Pole Vault Garrocha Saut a la Perche Stabhochsprung	1000 Meter 1000 Metros 1000 Metres 1000 Meters
M35-39	.9838					1.0168	.9928
M40-44	.9466					1.0773	.9537
M45-49	.9094					1.1481	.9146
M50-54		.8922				1.2272	.8755
M55-59		.8550				1.3182	.8364
M60-64			.8312			1.4236	.7968
M65-69			.7940			1.5475	.7561
M70-74				.7714		1.6949	.7111
M75-79				.7328		1.8733	.6588
M80-84					.6826	2.0938	.5952
M85-89					.6178	2.3730	.5153
M90-94					.5001	2.7382	.4127
M95-99					.4119	3.2362	.2791
M100+					.3137	4.8547	.1908

APPENDIX I / ANEXO I / ANNEXE I / ANHANG I
FEMALE-MUJERES-FEMMES-FRAUEN
INDOOR HEPTATHLON-HEPTATLO'N-HEPTATHLON - SIEBENFKAMPF

2010 WMA Age Factors

DAY 1

AGE GROUP	60 Meter 60 Metros 60 Metres 60 Meters	--Shot Put-----Bala-----Poids-----Kugel-- 4K	3K	2K	Long Jump Longitud Longueur Weitsprung	Pole Vault Garrocha Saut a la Perche Stabhochsprung	AGE GROUP
W35-39	.9890	1.0368			1.0500	1.0820	W35-39
W40-44	.9538	1.1100			1.1101	1.1451	W40-44
W45-49	.9186	1.1943			1.1776	1.2159	W45-49
W50-54	.8834		1.2607		1.2538	1.2961	W50-54
W55-59	.8482		1.3706		1.3405	1.3877	W55-59
W60-64	.8130		1.5015		1.4400	1.4932	W60-64
W65-69	.7778		1.6600		1.5557	1.6160	W65-69
W70-74	.7386		1.8559		1.6943	1.7854	W70-74
W75-79	.6940			1.8324	1.8695	2.0333	W75-79
W80-84	.6410			2.0742	2.1645	2.4342	W80-84
W85-89	.5750			2.3894	2.9154	3.2020	W85-89
W90-94	.4898			2.8176	3.2696	4.8402	W90-94
W95-99	.3776			3.4328	4.4235	5.4547	W95-99
W100+	.2417			4.3917	7.5200	6.0588	W100+

DAY 2

(length/ space) (first) (height)	--Hurdles-----Vallas-----Haies----Hurden--- 60/8.50m 13m .840 / 33"	60/8.0m 12m .762 / 30"	60/7.0m 12m .762 / 30"	60/7.0m 12m .686 / 27"	High Jump Altura Hauteur Hochsprung	800 Meters 800 Metros 800 Metres 800 Meters	AGE GROUP
W35-39	.9644				1.0512	.9951	W35-39
W40-44		.9060			1.1036	.9537	W40-44
W45-49		.8965			1.1614	.9123	W45-49
W50-54			.8621		1.2256	.8709	W50-54
W55-59			.8277		1.2973	.8295	W55-59
W60-64				.7923	1.3779	.7848	W60-64
W65-69				.7560	1.4708	.7342	W65-69
W70-74				.7184	1.5795	.6752	W70-74
W75-79				.6739	1.7094	.6053	W75-79
W80-84				.6209	1.8681	.5220	W80-84
W85-89				.5549	2.0673	.4228	W85-89
W90-94				.4697	2.3261	.3052	W90-94
W95-99				.3572	2.6766	.2554	W95-99
W100+				.2417	3.2000	.2007	W100+

APPENDIX J / ANEXO J / ANNEXE J / ANHANG J

FEMALE-MUJERES-FEMMES-FRAUEN
DECATHLON-DECATLÓN-DÉCATHLON-ZEHNKAMPF

Day 1 **2010 A Age Factors**

AGE GROUP	100 Meters / 100 Metros / 100 Mètres / 100 Meters	Discus-Disque-Diskus-Disco 1.0k	Discus-Disque-Diskus-Disco .75k	Pole Vault Garrocha Saut a la Perche Stabhochsprung	Javelin-Javalina-Javelot-Speer 600g	Javelin-Javalina-Javelot-Speer 500g	Javelin-Javalina-Javelot-Speer 400g	400 Meters / 400 Metros / 400 Mètres / 400 Meters
W35-39	1.0000	1.0288		1.0981	1.0000			.9580
W40-44	.9545	1.1071		1.1866	1.0946			.9065
W45-49	.9020	1.1983		1.2907	1.2435			.8602
W50-54	.8551	1.3059		1.4148		1.3645		.8184
W55-59	.8127	1.4348		1.5606		1.5450		.7805
W60-64	.7744	1.5918		1.7458			1.7460	.7460
W65-69	.7395	1.7874		1.9808			1.9559	.7143
W70-74	.7076	2.0379		2.2889			2.2231	.6611
W75-79	.6612	2.3700		2.7105			2.5749	.5877
W80-84	.6244		2.4063	3.3226			3.0590	.5289
W85-89	.5379		2.9886	4.2917			3.7672	.4621
W90-94	.4561		3.9416	6.0588			4.9021	.3967
W95-99	.3497		5.7868				7.0157	.3173
W100+	.2417		10.8800				12.3333	.2417

Day 2

(length/ space) (first) (height)	Hurdles-Vallas-Haies-Hurden 100/ 8.50 13m .840 / 33	80 / 8m 12m 762/30	80 / 7m 12m .762 / 30	80 / 7m 12m .686 / 27"	Long Jump Longitud Longueur Weitsprung	Shot Put-Bala-Poids-Kugel 3k	Shot Put-Bala-Poids-Kugel 4k	High Jump Altura Hauteur Hochsprung	1500mm Meters Metros Mètres
W35-39	.9791				1.0387	1.0560		1.0408	.9822
W40-44		1.0941			1.1023	1.1722		1.1008	.9459
W45-49		1.0383			1.1742	1.3173		1.1681	.8937
W50-54			1.0517		1.2561		1.3876	1.2442	.8403
W55-59			.9919		1.3502		1.5191	1.3310	.7869
W60-64				.9502	1.4596		1.6782	1.4307	.7335
W65-69				.8568	1.5883		1.8744	1.5466	.6801
W70-74				.7400	1.7420		2.1227	1.6829	.6267
W75-79				.6512	1.9285		2.4468	1.8456	.5733
W80-84				.5309	2.2118		2.8876	2.0431	.5199
W85-89				.4522	2.5931		3.5222	2.2879	.4515
W90-94				.3700	3.2696		4.5143	2.6795	.3531
W95-99				.2978	4.4235		6.2845	3.2656	.2247
W100+				.2417	7.5200		10.3385	4.1800	.0663

APPENDIX K / ANEXO K / ANNEXE K / ANHANG K

WMA OUTDOOR ADVANCEMENT PROCEDURE

8 Lane Tracks (100, 200, 400, Short & Long Hurdles)

Number	Preliminary					Quarterfinal					Semifinal					Final
Competitors	Heats	Qualifying				Heats	Qualifying				Heats	Qualifying				
1																1
9											2	3	P	2	T	1
17											3	2	P	2	T	1
25						4	2	P	8	T	2	3	P	2	T	1
33						5	2	P	6	T	2	3	P	2	T	1
41						6	2	P	4	T	2	3	P	2	T	1
49						7	2	P	10	T	3	2	P	2	T	1
57						8	2	P	8	T	3	2	P	2	T	1
65						9	2	P	6	T	3	2	P	2	T	1
73	10	2	P	12	T	4	2	P	8	T	2	3	P	2	T	1
81	11	2	P	10	T	4	2	P	8	T	2	3	P	2	T	1
89	12	2	P	8	T	4	2	P	8	T	2	3	P	2	T	1
97	13	2	P	14	T	5	2	P	6	T	2	3	P	2	T	1
105	14	2	P	12	T	5	2	P	6	T	2	3	P	2	T	1
113	15	2	P	10	T	5	2	P	6	T	2	3	P	2	T	1
121	16	2	P	16	T	6	2	P	4	T	2	3	P	2	T	1
129	17	2	P	14	T	6	2	P	4	T	2	3	P	2	T	1
137	18	2	P	12	T	6	2	P	4	T	2	3	P	2	T	1
145	19	2	P	18	T	7	2	P	10	T	3	2	P	2	T	1
153	20	2	P	16	T	7	2	P	10	T	3	2	P	2	T	1
161	21	2	P	14	T	7	2	P	10	T	3	2	P	2	T	1
169	22	2	P	20	T	8	2	P	8	T	3	2	P	2	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 8 individuals in 100, 200, 400, Short Hurdles, & Long Hurdles, with lane assignments as below. :Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows : 1st: lane 4, 2nd: lane 5, 3rd : 3, 4th : lane 6, 5th : lane 2, 6th : lane 7, 7th : lane 1, 8th : lane 8. If any group goes to a direct final, lane assignments shall be per seed marks.

APPENDIX K Continued :

WMA OUTDOOR ADVANCEMENT PROCEDURE

9 Lane Tracks (100, 200, 400, Short & Long Hurdles)

Number	Preliminary					Quarterfinal					Semifinal					Final
Competitors	Heats	Qualifying				Heats	Qualifying				Heats	Qualifying				
1																1
10											2	3	P	3	T	1
19											3	2	P	3	T	1
28						4	2	P	10	T	2	3	P	3	T	1
37						5	2	P	8	T	2	3	P	3	T	1
46						6	2	P	6	T	2	3	P	3	T	1
55						7	2	P	13	T	3	2	P	3	T	1
64						8	2	P	11	T	3	2	P	3	T	1
73						9	2	P	9	T	3	2	P	3	T	1
82	10	2	P	16	T	4	2	P	10	T	2	3	P	3	T	1
91	11	2	P	14	T	4	2	P	10	T	2	3	P	3	T	1
100	12	2	P	12	T	4	2	P	10	T	2	3	P	3	T	1
109	13	2	P	19	T	5	2	P	8	T	2	3	P	3	T	1
118	14	2	P	17	T	5	2	P	8	T	2	3	P	3	T	1
127	15	2	P	15	T	5	2	P	8	T	2	3	P	3	T	1
136	16	2	P	22	T	6	2	P	6	T	2	3	P	3	T	1
145	17	2	P	20	T	6	2	P	6	T	2	3	P	3	T	1
154	18	2	P	18	T	6	2	P	6	T	2	3	P	3	T	1
163	19	2	P	25	T	7	2	P	13	T	3	2	P	3	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 9 individuals in 100, 200, 400, Short Hurdles, Long Hurdles, with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows: 1st. lane 4, 2nd : lane 5, 3rd : 3, 4th : lane 6, 5th : lane 2, 6th: lane 7, 7th : lane 1, 8th : lane 8, 9th : lane 9. If any group goes to a direct final, lane assignments shall be per seed marks.

APPENDIX K Continued :

WMA OUTDOOR ADVANCEMENT PROCEDURE

All Tracks (800 Meter)

Number Competitors	Quarterfinals Heats	Qualifying				Semifinals Heats	Qualifying				Finals
1											1
13						2	2	P	8	T	1
25						3	2	P	6	T	1
37	4	3	P	12	T	2	2	P	8	T	1
49	5	3	P	9	T	2	2	P	8	T	1
61	6	3	P	6	T	2	2	P	8	T	1
73	7	3	P	15	T	3	3	P	3	T	1
85	8	3	P	12	T	3	3	P	3	T	1
97	9	3	P	9	T	3	3	P	3	T	1
109	10	3	P	18	T	4	2	P	4	T	1
121	11	3	P	15	T	4	2	P	4	T	1
133	12	3	P	12	T	4	2	P	4	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 12 individuals in the 800 with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows: fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 8.9,10,11, and 12th fastest qualifiers in lanes 8, 6, 4, and 2. When two competitors are in one lane, the faster seed shall be on the inside. If any group goes to a direct final, lane assignments shall be per seed marks.

APPENDIX K Continued :
WMA OUTDOOR ADVANCEMENT PROCEDURE

All Tracks (1500 Meter)

Number Competitors	Semifinals Heats	Qualifying				Finals
1						1
17	2	3	P	10	T	1
33	3	2	P	10	T	1
49	4	2	P	8	T	1
65	5	2	P	6	T	1
81	6	2	P	4	T	1
97	7	2	P	2	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 16 individuals in the 1500 with lane assignments as below. Semifinal round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran inrandom lanes & order. Lane assignments shall be based on competitor's performance times in the first round of the event and shall be as follows: Fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 8. Ninth through 16th place will be placed in lane 8, 7, 5, 4, 3, 2, and 1. When two competitors are in one lane, the faster seed shall be on the inside. If any group goes to a direct final, lane assignments shall be per seed marks.

APPENDIX K Continued :

WMA INDOOR ADVANCEMENT PROCEDURE

Lane Tracks (Events: 60 Meters & 60 M. Short Hurdles)

Number	Preliminary		Quarterfinal		Semifinal				Final
Competit	He	Qualifying	He	Qualifying	Heats	Qualifying			
1									1
9					2	P	2	T	1
17					3	P	2	T	1
25			4	8	2	P	2	T	1
33			5	6	2	P	2	T	1
41			6	4	2	P	2	T	1
49			7	10	3	P	2	T	1
57			8	8	3	P	2	T	1
65			9	6	3	P	2	T	1
73	10	12	4	8	2	P	2	T	1
81	11	10	4	8	2	P	2	T	1
89	12	8	4	8	2	P	2	T	1
97	13	14	5	6	2	P	2	T	1
105	14	12	5	6	2	P	2	T	1
113	15	10	5	6	2	P	2	T	1
121	16	16	6	4	2	P	2	T	1
129	17	14	6	4	2	P	2	T	1
137	18	12	6	4	2	P	2	T	1
145	19	18	7	10	3	P	2	T	1
153	20	16	7	10	3	P	2	T	1
161	21	14	7	10	3	P	2	T	1
169	22	20	8	8	3	P	2	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 8 individuals in 60m & 60m Short Hurdles with lane assignments as below. Initialround heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran in randomlanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows : 1st: lane 4, 2nd : lane 5, 3rd : 3, 4th : lane 6, 5th : lane 2, 6th : lane 7, 7th : lane 1, 8th: lane 8. If any group goes to a direct final, lane assignments shall be per seed marks. If 9 lanes are available, advancement shall be as per outdoor 9 lane advancement.

APPENDIX K Continued :

WMA INDOOR ADVANCEMENT PROCEDURE

6 Lane Tracks (Events: 200 Meters & 400 Meters)

Number	Preliminary					Quarterfinal					Semifinal					Final
Competitors	Heats	Qualifying				Heats	Qualifying				Heats	Qualifying				
1																1
7											2	1	P	4	T	1
13											3	1	P	3	T	1
19						4	2	P	4	T	2	2	P	2	T	1
25						5	2	P	8	T	3	1	P	3	T	1
31						6	2	P	6	T	3	1	P	3	T	1
37	7	2	P	10	T	4	2	P	4	T	2	2	P	2	T	1
43	8	2	P	8	T	4	2	P	4	T	2	2	P	2	T	1
49	9	2	P	6	T	4	2	P	4	T	2	2	P	2	T	1
55	10	2	P	10	T	5	2	P	8	T	3	1	P	3	T	1
61	11	2	P	8	T	5	2	P	8	T	3	1	P	3	T	1
67	12	2	P	6	T	5	2	P	8	T	3	1	P	3	T	1
73	13	2	P	10	T	6	2	P	6	T	3	1	P	3	T	1
79	14	2	P	8	T	6	2	P	6	T	3	1	P	3	T	1
85	15	2	P	12	T	7	2	P	4	T	3	1	P	3	T	1
91	16	2	P	10	T	7	2	P	4	T	3	1	P	3	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 6 individuals in 200 and 400 with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows: 1st.lane 5, 2nd lane 6, 3rd lane 4, 4th lane 3, 5th lane 2, 6th lane 1. If any group goes to a direct final, lane assignments shall be per seed marks.

APPENDIX K Continued :

WMA INDOOR ADVANCEMENT PROCEDURE

6 Lane Tracks (800 Meter)

Number Competitors	Quarterfinals Heats	Qualifying				Semifinals Heats	Qualifying				Finals
1											1
10						2	2	P	5	T	1
19						3	2	P	3	T	1
28	4	2	P	10	T	2	2	P	5	T	1
37	5	2	P	8	T	2	2	P	5	T	1
46	6	2	P	6	T	2	2	P	5	T	1
55	7	2	P	13	T	3	2	P	3	T	1
64	8	2	P	11	T	3	2	P	3	T	1
73	9	2	P	9	T	3	2	P	3	T	1
82	10	2	P	16	T	4	2	P	1	T	1
91	11	2	P	14	T	4	2	P	1	T	1
100	12	2	P	12	T	4	2	P	1	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 9 individuals in the 800 with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows:
Fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 6. 7th, 8th, and 9th fastest qualifiers in lanes 6, 4, and 2. When two competitors are in one lane, the faster seed shall be on the inside. If any group goes to a direct final, lane assignments shall be per seed marks.

6 Lane Tracks (1500 Meter)

Number Competitors	**Semifinals Heats**	**Qualifying**				**Finals**
1						1
13	2	2	P	8	T	1
25	3	2	P	6	T	1
37	4	2	P	4	T	1
49	5	2	P	2	T	1
61	6	1	P	6	T	1
73	7	1	P	5	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 12 individuals in the 1500 with lane assignments as below. :Semifinal round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran in random lanes & order. Lane assignments shall be based on competitor's performance times in the semifinals of the event and shall be as follows:
Fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 6. 7th through 12th place will be placed in lane 6, 5, 4, 3, 2, and 1. When two competitors are in one lane, the faster seed hall be on the inside. If any heat goes to a direct final, lane assignments shall be per seed marks.

APPENDIX K Continued :

WMA INDOOR ADVANCEMENT PROCEDURES

4 Lane Track 200M AND 400M

Declared		Qualifying R1			Qual R2			Qual R3		Final
Entries	Heat	Winner	Time	Heat	Winner	Time	Heat	Winner	Time	
4										1
8	2	1	2							1
12	3	2	2	2	1	2				1
16	4	1	4	2	1	2				1
20	5	1	3	2	1	2				1
24	6	2	4	4	1	4	2	2		1
28	7	2	2	4	1	4	2	2		1
32	8	2	4	5	1	3	2	2		1
36	9	2	2	5	1	3	2	2		1
40	10	2	4	6	1	2	2	2		1
44	11	2	2	6	1	2	2	2		1
48	12	2	4	7	1	1	2	2		1

should equal times be recorded for the available places a run-off may be required subject to the referees decision.

Should insufficient athletes declare for heats the final will be run at the finals time and that heat be suspended.

For races run entirely in lanes, 1st rounds will be randomly drawn. Lane assignment in rounds after the 1st round will be based on competitors performances at the most recent stage of the event and shall be as followed:-

4 Lanes with lanes 3-2 preferred lanes :

1st lane 3. 2nd lane 2. 3rd lane 4. 4th lane1.

It is advisable that where several athletes from one nation are drawn in the same heat, where practical seeding shall be adjusted to avoid having them all running together.

APPENDIX K Continued :

WMA INDOOR ADVANCEMENT PROCEDURE

4 Lane Tracks (800 Meter)

Number Competitors	Quarterfinals Heats	Qualifying				Semifinals Heats	Qualifying				Finals
1											1
9						2	2	P	4	T	1
17						3	2	P	2	T	1
25	4	2	P	8	T	2	2	P	4	T	1
33	5	2	P	6	T	2	2	P	4	T	1
41	6	2	P	4	T	2	2	P	4	T	1
49	7	2	P	10	T	3	2	P	2	T	1
57	8	2	P	8	T	3	2	P	2	T	1
65	9	2	P	6	T	3	2	P	2	T	1
73	10	2	P	12	T	4	1	P	4	T	1
81	11	2	P	10	T	4	1	P	4	T	1
89	12	2	P	8	T	4	1	P	4	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 8 individuals in the 800 with lane assignments as below. :Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows: Fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 4. 5th, 6th, 7th and 8th fastest qualifiers in lanes 4, 3, 2, and 1. When two competitors are in one lane, the faster seed shall be on the inside. If any heat goes to a direct final, lane assignments shall be per seed marks.

4 Lane Tracks (1500 Meter)

Number Competitors	Semifinals Heats	Qualifying				Finals
1						1
13	2	2	P	8	T	1
25	3	2	P	6	T	1
37	4	2	P	4	T	1
49	5	2	P	2	T	1
61	6	1	P	6	T	1
73	7	1	P	5	T	1

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 12 individuals in the 1500 with lane assignments as below. Semifinal heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random start position & order. Start positions for the finals shall be based on competitor's performance times in the semifinals and shall be as follows :
The fastest approximately 65% of the qualifiers shall be placed, in performance time order, on an arced starting line on the full track. The remainder of the qualifiers shall be placed, in qualifying time order, on an arced starting line on the outer half of the track. This second group shall run as far as the end of the first bend on the outer half of the track. If any group goes to a direct final, lane assignments shall be per seed marks.

New updates from 1st January 2014