



# ATHLETICS CANADA TECHNICAL RULES

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## ATHLETICS CANADA TECHNICAL RULES

**001** Unless otherwise specifically amended by any rule addressed in the Athletics Canada (AC) Rule Book, all rules published, or currently amended, by World Athletics, or World Para Athletics, or (where relevant) World Masters Athletics (WMA) shall be the rules which govern the conduct of athletes, coaches, officials and administrators, as well as athletics competitions, in Canada.

**002** Procedure for Athletics Canada Technical Rule Changes

i) Changes to the Athletics Canada Rules or World Athletics rules governing the technical operation of the sport proposed by the Rules Committee or a Member, shall be considered at a Meeting (AGM, SAGM, or Special Meeting) of the Members, normally according to the following procedures:

a) The proposed changes shall be sent to the Athletics Canada National Office at the earliest possible date prior to the applicable Meeting;

b) The proposed changes shall be made available to the Rules Committee and relevant Athletics Canada Committees at least sixty (60) days prior to the Meeting;

c) If so provided, the Rules Committee shall consider the recommendation of the Board of Directors in its assessment of the viability or desirability of the proposed rule changes.

d) The Rules Committee shall report to the Members thirty (30) days prior to the Meeting, at which the changes may be accepted, amended, and / or rejected.

e) In exceptional circumstances, a simple majority of Members' votes present may waive the period of the notice stated above.

ii) Where a matter arises after the normal deadline for submission of proposed changes to the Athletics Canada or World Athletics rules, and it is considered urgent to examine a proposed rule change at the next Meeting, the proposer may request that the change be considered exceptionally as an Urgent Matter. In such a case, the procedure shall be the following:

a) The proposed changes shall be sent to Athletics Canada's National Office at the earliest possible date prior to the applicable Meeting, provided that such proposed changes shall be made available to the

Board of Directors at the opening of the Board of Directors meeting held immediately prior to the applicable Meeting.

b) If possible, the proposals shall be distributed to Members, and Directors, the Chairs of relevant Committees with the other materials for the applicable Meeting.

c) At or prior to the applicable Meeting, the Rules Committee shall meet to consider the request for treatment as an Urgent Matter. By a majority, the Rules Committee can accept the change as an Urgent Matter. Proposals not receiving a majority shall be treated in the normal manner, as outlined elsewhere in Athletics Canada Rules. Proposals accepted as urgent shall be discussed by the Rules Committee whose recommendations shall be included in a report to the applicable Meeting, where they will be accepted, amended and/or rejected.

iii) Changes to the Athletics Canada Rules shall take effect at the close of the applicable Meeting at which they received approval, unless otherwise stipulated by the meeting.

iv) If, during the period between Annual General Meetings or Semi-Annual General Meetings, it is brought to the attention of the Rules Committee that:

a) there are minor grammatical or other errors in a rule which do not impact upon the intent of the rule; or

b) there is an inadvertent or overlooked discrepancy between one rule and another, then

The Rules Committee shall have the authority to bring such matter to the attention of the Board following notification to Branches and, upon approval, rectify such error or discrepancy and see that it is properly communicated to Branches and all members, and published on the Athletics Canada website.

**003** Where necessary, the conduct of competitions and any other matters not directly governed by rules as defined in Rule 1 shall be addressed in the technical package of the relevant competition.

## **ELIGIBILITY FOR CANADIAN AND INTERNATIONAL COMPETITIONS**

- 004** Only the following persons are eligible to participate in Competitions sanctioned by World Athletics, World Para Athletics, Athletics Canada or by a Member Branch of Athletics Canada:
- a. Canadians, including Permanent Residents, who are Associates of Athletics Canada, or residents who are Associates of Athletics Canada.
  - b. For international competition, only Canadians holding Canadian Citizenship are eligible for selection to Canadian teams.
  - c. Any other foreign athlete who is a member in good standing of his National Federation is otherwise eligible to compete under World Athletics / World Para Athletics rules.
  - d. Athletes who, regardless of membership status, have agreed to be bound by all anti-doping rules and protocols of World Athletics, World Para Athletics and the Canadian Anti-Doping Program (CADP), or equivalent international programs

recognized by WADA, for the six (6) consecutive months immediately prior to the Competition that the athlete wishes to participate in.

- 005** Associates of Athletics Canada must be persons who are eligible under World Athletics or World Para Athletics rules.
- 006** In Canada, an eligible athlete is one who abides by the rules of Athletics Canada.
- 007** A person shall be deemed to be ineligible to be a competitor in Competitions under Athletics Canada, World Athletics or World Para Athletics rules if he:
- a. Has taken part in any Athletics Competition (including road races, cross-country races or race walk Competitions) in which any of the competitors in any Events were, to his knowledge, ineligible to compete under Athletics Canada, World Athletics or World Para Athletics rules, or which takes place in the Country or Territory of a suspended Member. This does not apply to any athletics competition which is restricted to the Masters age group (35 years and over)
  - b. Has taken part in any Competition which is not sanctioned, recognized or certified by Athletics Canada or the National Governing Body of the country in which the Competition is held.
  - c. Is, and for so long as he remains, under suspension from Competition by Athletics Canada, World Athletics or World Para Athletics.
  - d. Contravenes the Anti-Doping Rules.
  - e. Associates who are been banned from competition. This could be member conduct, payment violations or other.

**NOTE:** In non-World Athletics, World Para Athletics competitions held within Canada, Athletics Canada permits limited advertising material (e.g. on competition attire, other clothing and bags). Details of permitted parameters will be established by Athletics Canada and communicated to member Branches by December 15 of each year. Notwithstanding the above, all events held under World Athletics or World Para Athletics auspices must adhere to current World Athletics or World Para Athletics rules regarding advertising.

**NOTE:** The restrictions in **Rule 007** do not apply to joggers or entrants in 'mass' road races.

- 008** If any objection is taken to the status of any athlete competing under Athletics Canada rules, such objection shall be referred to the jury, or if no jury has been appointed, to the appropriate referee. If the matter cannot be settled satisfactorily

prior to the Competition, the athlete shall be allowed to compete 'under protest' and the matter referred to the executive of the body sanctioning the Competition.

## COMPETITIONS

- 009** An International Athletics Competition is defined in World Athletics Rule 1.
- 010** All International Competitions, or any Competition in which any Athletics Canada Associate takes part, must be sanctioned by World Athletics, World Para Athletics or by its Area Associations, or by a member federation of World Athletics or World Para Athletics (including, but not limited to, Athletics Canada and/or its Member Branches).
- 011** In order to participate in competition in Canada, an athlete must be a registered member of a World Athletics or World Para Athletics member federation.
- 012** Spare
- 013** Any athlete participating in any foreign country (other than in an International Competition as defined in **Rule 009**) shall, in respect to that Competition, be subject to the Athletics rules of that country.
- 014** Spare
- 015** Spare

## CITIZENSHIP, RESIDENCE, AND OTHER REQUIREMENTS FOR INTERNATIONAL MEETS

- 016** In Olympic Games and World Championships and in Continental, Regional or Area Championships or Games (except as specified in **Rule 017**), Canada shall be represented only by Citizens as specified in the World Athletics and World Para Athletics rules currently in effect.
- 017** In the Commonwealth Games: Athlete eligibility is defined under Article 25 of the Commonwealth Games Federation's constitution.
- 018** For other International Competitions in which teams represent Canada, the eligibility of athletes shall be by mutual agreement between competing countries.
- 019** To be eligible for Athletics Canada National Teams selection, an athlete must:
- Be a current Athletics Canada Associate and hold a Branch competitive membership at the time the team selection criteria standard is achieved and at the time of the International Competition

- b. Be a Canadian Citizen and satisfy Athletics Canada Rule 016 where applicable.

**020** When representing Canada in international competition(s), athletes must wear the official team uniform.

## **EXPENSES AND ASSISTANCE**

**021**

- a. The Athlete Reserve Fund (ARF) was originally established in accordance with the Canadian *Income Tax Act*, Section 143.1, relating to athlete trusts and to comply with the appropriate **World Athletics Rule** in effect at the time.
- b. **World Athletics Rule 6** no longer requires athletes' prize monies, etc., to be controlled and administered by Athletics Canada, but residual funds will continue to be held in an account separate and distinct from its general funds under the existing trust agreement, and no further contributions will be accepted to that Fund.
- c. Payment of the residue of the Athlete Reserve Fund (ARF) to its members, or their personal representative, is permitted only upon written notice of voluntary retirement, retirement resulting from illness or injury, or death prior to retirement.

**022-025**Spares

## **ASSOCIATE / ATHLETIC MEMBERS**

**026** All persons elected or appointed to Member Branch or Athletics Canada Executives, Boards of Directors, or Committees, all coaches, trainers, managers, and members of the Executive of Athletics Clubs, and all officials at Competitions sanctioned by Athletics Canada or by a Member Branch of Athletics Canada, shall be Associates of Athletics Canada as defined in Article 3 of the Bylaws.

**027** Applications to become Associates of Athletics Canada shall be made to the Member Branch to which the person's club is affiliated. Individuals not attached to a club shall apply to the Member Branch in whose territory they reside.

**028** The term of affiliation for Associates of Athletics Canada shall run from 01 January to 31 December, except that for members joining after 31 August in a year (some branches don't offer early renewal until December), the term of membership may

extend to 31 December of the following year for those individuals who are: (Some branches offer seasonal memberships – Alberta and Ontario)

- a. New Associates of Athletics Canada by virtue of their being members of a Branch
- b. Renewing Associates who were not Associates by virtue of being members of the same Athletics Canada Member Branch in the preceding membership year.

**029** Associate fees shall be established by the Member Branches.

**030** Athletic members of Athletics Canada may not participate in open Competitions or take part in exhibitions in Canada, which are not sanctioned or recognized by Athletics Canada or by a Member Branch of Athletics Canada.

**031** The following Competitions are not considered open Competitions:

- a. Competitions confined to members of one club
- b. Competitions promoted by and confined to members of the Canadian Armed Forces, or law enforcement agencies, or firefighters
- c. Scholastic and interscholastic Competitions authorized by school, college, or university athletic associations
- d. Masters Competitions (where athletes have reached their 35<sup>th</sup> birthdays for stadia events and their 35<sup>th</sup> birthdays for non-stadia events) as of the first day of competition
- e. Mass participation events not involving Athletics Canada registered or invited foreign athletes.

**032** Associates of Athletics Canada may not compete in open Competitions or take part in exhibitions outside Canada unless these are sanctioned by a Governing Body of Athletics of that country.

**033** Spare

**034**

- a. Associates of Athletics Canada are expected to conduct themselves in a manner that will not bring the good name of the Association or other Associates into disrepute.
- b. Any arrangement or agreement between two or more Associates of the Association, or between Associates of the Association and third parties, which can have the effect of lessening the competitive effort put forward by any competitor(s) shall be deemed to bring the good name of the Association into disrepute.

**035** Consent will not be granted to any athlete to use an athlete's representative, and no athlete's representative shall be authorized, unless a written contract exists



between the athlete and his representative, which contains the minimum terms set out in the World Athletics Regulations concerning Federation/Athletes Representatives.

## CLUB MEMBERS

- 036** Athletics clubs shall affiliate with the Member Branch of Athletics Canada within whose territory the headquarters of the club lies. Subject to the Rules and By-Laws of Athletics Canada, the Member Branches have the responsibility for and jurisdiction over, Athletics clubs within their territory.
- 037** Transfer of athletes between two clubs affiliated to the same Member Branch of Athletics Canada shall be governed by the rules of that Member Branch.
- 038** An athlete who wishes, due to a change of residence, to transfer to a club affiliated to a different Member Branch shall be free to do so immediately.
- 039** The term of membership for club affiliation to a Member Branch of Athletics Canada shall run from 01 January to 31 December, except that for clubs joining after 31 August in a year, the term of membership may extend to 31 December of the following year.

**040-045** Spares

## BRANCH MEMBERS

- 046** Member Branches shall make rules and regulations governing the conduct of Athletics within their territories, but such rules and regulations shall not be in conflict with, or contravene, the sense and spirit of Athletics Canada rules.

Without prejudice to the generality of the preceding paragraph, each Member Branch shall:

- a. Set and collect membership registration fees for Associate memberships (see Athletics Canada **Rules 026, 029**)
- b. Make rules governing clubs affiliated with the Member Branch; in particular, each Member Branch shall set Club affiliation fees, and establish rules regarding the transfer of athletes between two Clubs affiliated with the Member Branch (see Athletics Canada **Rule 037**)
- c. Set sanction fees for all Competitions, other than National or International Competitions, held within its territory.

- 047** Each Member Branch shall use the Athletics Canada registration system to:
- Receive applications for Club, athletic or associate membership of the Member Branch and ensure that candidates for Athletics Canada Associate membership are qualified in accordance with Athletics Canada **Rules 004-007** to compete under Athletics Canada rules.
  - Coordinate with Athletics Canada to assign Branch membership numbers to all Associates.
- 048** Organizing committees of events held within Member Branch territories shall be responsible for ensuring that all athletes competing in Competitions under their sanction are qualified in accordance with Athletics Canada **Rule 004**, and that all Member Branch and Club officers and officials and coaches are Associates of Athletics Canada in accordance with Athletics Canada **Rule 026**.
- 049** Member Branches shall be responsible for the conduct of all Competitions held under their sanction. All Competitions held under the sanction of a Member Branch shall be conducted under the rules of Athletics Canada.
- 050** Organizing committees of National or International competitions taking place within a Member Branch geographic area must submit their sanction application to that Branch for review prior to forwarding it to Athletics Canada.
- 051** Member Branches may be represented by relay teams in National Championships (see **Rule 081**).
- 052** Each Member Branch shall inform the Athletics Canada National Office by the deadline indicated:
- Within two (2) weeks following its Annual Meeting, a list of the names and contact details of the Executive and the Directors of the Member Branch elected at the Annual Meeting, and a copy of the Annual Report of the Member Branch, which shall include a financial statement.
  - Forty-five (45) days prior to the Annual General Meeting, any nominations for the Director(s)-at-Large positions due for election to the Board of Directors of Athletics Canada.
  - The names and contact details of delegates who will be attending the Annual General Meeting 7 days prior to the event.
- 053** Member Branches shall pay to Athletics Canada an annual fee, as set by the Board of Directors and approved by a General Meeting of Athletics Canada, to be paid in equal quarterly installments. Where a General Meeting approves the raising of

additional monies from the Member Branches, the total amount of such additional payments, the formula for dividing the amount between Member Branches of Athletics Canada, and the dates on which the installments are due, shall be confirmed by a General Meeting of Athletics Canada.

**NOTE:** Population in this rule shall be based on Statistics Canada figures.

**054** Spare

**055** Member Branches are responsible for the initial investigation into alleged violations of the By-Laws, rules or regulations of Athletics Canada or of the Member Branch.

**056** Member Branches, and Athletics Canada, agree to reciprocal recognition of any disciplinary sanction imposed on a member or Associate, (as defined in Athletics Canada Bylaws 2 and 3) subject to any successful appeal of the sanction.

**057** The organizing committees of all National and International Competitions are responsible for the distribution of complete results within twenty four (24) hours of the Competition.

**058** The Member Branch shall ensure that record application forms are completed whenever a Canadian record is broken or tied in a competition for which it granted a Sanction, except for Competitions listed in Athletics Canada **Rule 184**, and shall forward such forms to Athletics Canada as soon as possible, and no later than thirty (30) days after the meet (see Athletics Canada **Rules 182-183**). (Record Application forms shall be placed on line by Athletics Canada for download by the branches.)

**059** Member Branches shall sign an agreement with Athletics Canada and the organizing committees of National or International Competitions held within their territory defining the responsibilities of each party.

**060** Spare

**061-065** Spares

**066** Spare

**067** The Jury of Appeal for National and International meets in Canada under Athletics Canada's control shall be nominated by Athletics Canada in consultation with the host organizing committee and the Officials' Coordinator of that event. Where possible, the Jury of Appeal shall include at least one current or former International Technical Official.

- 068** Spare
- 069** Spare
- 070** Spare
- 071** If within ninety (90) days prior to the date of a National or International Competition, the local organizing committee advises Athletics Canada of its inability to hold the Competition, that organizing committee, at the discretion of the Board of Directors of Athletics Canada, may not be awarded any further National or International Competition for a period of two (2) years.
- 072** The local organizing committee shall be responsible for any sanction fees for National or International Competitions as set by the branch member. Athletics Canada will not sanction any other National/International Competition, which would conflict with a previously scheduled nationally sanctioned Competition.
- 073** The local organizing committee shall ensure that authorized Athletics Canada Championship medals are awarded at all National Championships.
- 074-080** Spares

## **NATIONAL CHAMPIONSHIPS**

- 081** In National Championships, relay teams may represent a club, a Member Branch, or a region. An athlete may represent his club in one Relay Event and a combined team in another Relay Event, provided he does not compete twice in the same Relay Event.
- 082** All National Championships shall be conducted using metric distances for all track and off-track Events.
- 083** Spare
- 084** Fully Automatic Timing shall be used at all National Athletics Championships identified in Athletics Canada Rules 151-156 and 159-164 and at all International Athletics Competitions in Canada.

**085** Technical officials at National Championships are not permitted to act as team staff.

**086**

a. The following athletes are eligible to compete for National Championships and/or Trials:

- i) Canadian Citizens who are Athletics Canada Associates and in the case of athletes who have dual Citizenship with another country, have not competed for the National Championships of that country during the current competitive season.
- ii)
  - a) Canadian Permanent Residents who are Athletics Canada Associates and full-time residents of Canada;
  - b) Non-Canadian residents who are claiming refugee status, and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada Associates and have been resident in Canada for at least six months prior to the date of the Championships, and are in compliance with the relevant World Athletics or World Para Athletics rules;
  - c) Foreign athletes who have been invited and, at the discretion of Athletics Canada, have had their applications accepted, subject to the conditions outlined in Rule 086 iii):
- iii) Athletes listed under ii) above will be allowed to compete at the Athletics Canada Championships identified under Rules 151-164, subject to the following conditions:
  - a) In track events run in lanes (100m – 800m, sprint hurdles and 400m hurdles), said athletes may not advance to the final, however they may advance to the B final if one is contested. In situations whereby no athletes with Canadian Citizenship are being displaced from the final (i.e., in the case of a straight final), non-Canadian citizens may compete in the final, but shall not receive preferential lane selection;
  - b) In events not run in lanes in their entirety, it will be a race-by-race decision as to whether said athlete(s) will be able to compete in the final. Final decision will be at the discretion of the Athletics Canada Director, National Programs, or a designated individual;

- c) In the case of field events where there are fewer than twelve (12) competitors advancing to final, non-Canadian athletes may compete at the discretion of Athletics Canada in conjunction with the Meet Director. Up to two non-Canadian athletes may advance to the final three rounds (throws and horizontal jumps), making the field size no larger than 10 athletes. Final approval must be given by Athletics Canada.
  - d) Athletes who are not Canadian Citizens or not in possession of a valid Canadian Permanent Resident Card may not receive medals, awards, or financial recognition except in cases where the technical manual indicates that such awards may be made to athletes in an 'open' category, separate from the National Championships.
- b. Only Canadian Citizens or those with a valid Canadian Permanent Resident Card are eligible to be declared Canadian Champions and receive a medal, award, or financial recognition. For the avoidance of doubt, this includes members of teams (e.g., relays or cross country). Specifically: in cross country, scoring members of club and branch teams must be Canadian Citizens or hold a valid Canadian Permanent Residence Card; and in relay events, team members must all be Canadian Citizens or holders of a valid Canadian Permanent Residence Card.
- c. Only Canadian Citizens, Canadian Permanent Residents and non-Canadian Residents seeking refugee status, are eligible to appear in the Athletics Canada official rankings.
- d. Published results, both individual and team results, at all National Championships shall contain the names of all competing athletes, with suitable annotations to indicate those not eligible to receive individual Canadian Championship medals.
- e. Athletes may compete a maximum of one age category up at Athletics Canada National Championships, **with the following exceptions:**
- i) Athletes under the age of 14 in the year of competition may not compete in national U16 Championships, or any higher age category National Championships (i.e., U18, U20, or Open Age National Championships).
  - ii) U16 athletes may compete in:  
The U18 National Championships, and  
The U20 National Championships if, and only if, they meet all of the following criteria:  
The athlete is at the top year of the U16 age group (e.g., in 2023 an athlete who was born in 2008); and

They have achieved an AC World U20 Championships standard in U20 event competition conditions (i.e., distance, hurdle height, implement weight, etc.); and

The athlete's Branch provides a letter of support; and

The athlete's parent or legal guardian provides a letter of support.

iii.) U18 athletes may compete in:

The U20 National Championships, and

The Open Age National Championships if, and only if, they meet all of the following criteria:

The athlete is at the top year of the U18 age group (e.g., in 2023 an athlete who was born in 2006); and

They have achieved a CAPP Talent Confirmation standard in open (Senior) event competition conditions (i.e., distance, hurdle height, implement weight, etc.); and

The athlete's Branch provides a letter of support; and

The athlete's parent or legal guardian provides a letter of support

Requests and letters of support must be received before the published final entry date for the National Championship.

**087** The following Entry Procedures to National Championships will apply to athletes who meet the criteria set out in Athletics Canada **Rule 086**:

a. National Championships

i) Athletics Canada Associates

ii) Para events are open to all Associates provided they are classified at the time of entry. Wherever possible, classes will be combined to create the most competitive environment for athletes. Para-athletes in ambulatory events will be integrated into the qualifier sections of the event unless there are sufficient entries for a standalone section.

c. National Under-20 Championships:

i) Athletics Canada Associates, 19 years and younger in the year of competition

d. National Under-18 Championships:

i) Athletics Canada Associates, 17 years and younger in the year of competition, who have achieved the automatic qualifying standards;

ii) Athletics Canada Associates, 17 years and younger in the year of competition, who have advanced through the qualifier section

e. National Under-16 Championships:

i) Athletics Canada Associates, 15 years and younger in the year of competition, who have achieved the automatic qualifying standards;

ii) Athletics Canada Associates, 15 years and younger in the year of competition, who have advanced through the qualifier section.

**NOTE:** **Rule 087** shall apply to the acceptance of entries with the *proviso* that any athlete whose entry in National Championships or Trials are rejected for any reason may appeal to Athletics Canada whose decision shall be final.

**088** The affiliation (Club/Sponsor, Branch) of all athletes competing in National Championships shall also be identified.

**089** Spare

### General

**090** In some international competitions, competitions arranged between Member Branches or between Clubs, and “All Comers” competitions, the number of trials in jumping and throwing events may be reduced if mutually agreed to prior to the start of the competition.

**091** Track events “timed sections” should be based on the latest known performances of the competitors, with each section composed of athletes with approximately equal ability. The section containing the fastest competitors shall be run last. All heats and qualifying rounds must have at least three competitors.

**092** Where starting blocks are required in track events up to 400m, an athlete may only use his/her own personal equipment if they have been approved by the Technical Manager prior to the event.

**093** In races for wheelchair athletes, where the Starter requires the racers to reset their positions, the command shall be ‘Wheel back/Redressez-vous’ or ‘Sit Up/Reculez’ instead of ‘Stand Up’.

**094** Where a protest is filed in any Canadian competition it must be accompanied by an ‘appeal deposit’ of fifty dollars (\$50.00) in Canadian funds.



- 095** For throwing and horizontal jumps events at National Championships (Under-16, Under-18, Under-20, Open) an electronic device, e.g. laptop computer, will be mandatory for ranking of athletes.
- 096** All Race Walking events in Canada shall make use of the Penalty Zone, the time penalty to be served shall be that dictated by World Athletics Rules. This Rule applies to indoor, outdoor track, and road events (including National Championships as specified under Athletics Canada Rules 151-168).
- 097** Spitting (or similar) in warm up, call room, or field of play (including on throwing implements), or any other public area may be treated as a conduct offence and may be dealt with by a warning or disqualification (yellow card and / or red card offence).
- 098-110** Spares

## ATHLETICS CANADA CHAMPIONSHIP EVENTS RULES (151-170)

### OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

#### 151 Men's Athletics Championships

Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i>	100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m 110m Hurdles, 400m Hurdles, 3,000m Steeplechase, 4x100m, 4x400m
<i>Race Walking</i>	10,000m or 10km Race Walk; or 20,000m or 20km Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot, Discus, Javelin, Hammer
<i>Combined Events</i>	Decathlon
<i>Para Events</i>	To be determined annually by Athletics Canada

#### 151a Under-23 Men's Athletics Championships



Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i>	100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m 110m Hurdles, 400m Hurdles, 3,000m Steeplechase, 4x100m, 4x400m
<i>Race Walking</i> Walk	10,000m or 10km Race Walk; or 20,000m or 20km Race
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot, Discus, Javelin, Hammer
<i>Combined Events</i>	Decathlon
<i>Para Events</i>	To be determined annually by Athletics Canada

Note: East and West Regional Events, when held, will be recognized as Canadian Championships for the Under-23 age category.

## **152 Under-20 Men's Athletics Championships**

Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i>	100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 110m Hurdles 400m Hurdles 3,000m Steeplechase, , 4x100m, 4x400m
<i>Race Walking</i>	10,000m or 10km Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot, Discus, Javelin, Hammer
<i>Combined Events</i>	Decathlon

## **153 Under-18 Men's Athletics Championships**

Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i>	100m, 200m, 400m, 800m, 1500m, 3000m, 110m Hurdles 400m Hurdles, 2000m Steeplechase, 4x100m, 4x400m
<i>Race Walking</i>	3,000m, 5,000m or 10,000m Race Walk



<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot, Discus, Javelin, Hammer
<i>Combined Events</i>	Decathlon

### **153a** Under-16 Boys' Athletics Championships

Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i>	100m, 200m, 300m, 800m, 1200m, 2000m, 100m Hurdles (0.84m), 200m Hurdles (0.762m), 1500m Steeplechase (0.762mm), 4x100m, Medley Relay (400m-200m-200m-800m)
<i>Race Walking</i>	1500m Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot (4kg), Discus (1kg), Javelin (600g), Hammer (4kg)
<i>Combined Events</i>	Pentathlon: 100mH, Long Jump, Shot Put, High Jump, 1,000m

### **154** Women's Athletics Championships

Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i>	100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 100m Hurdles, 400m Hurdles, 3000m Steeplechase, 4x100m, 4x400m
<i>Race Walking</i>	10,000m or 10km Race Walk; or 20,000m or 20km Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot, Discus, Javelin, Hammer
<i>Combined Events</i>	Heptathlon
<i>Para Events</i>	To be determined annually by Athletics Canada

### **154a** Under-23 Women's Athletics Championships

Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i>	100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m
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	100m Hurdles, 400m Hurdles, 3,000m Steeplechase, 4x100m, 4x400m
<i>Race Walking</i>	10,000m or 10km Race Walk; or 20,000m or 20km Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot, Discus, Javelin, Hammer
<i>Combined Events</i>	Heptathlon
<i>Para Events</i>	To be determined annually by Athletics Canada

Note: East and West Regional Events, when held, will be recognized as Canadian Championship for the Under-23 age Category.

## **155 Under-20 Women's Athletics Championships**

Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i>	100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 100m Hurdles
	400m Hurdles, 3000m Steeplechase, 4x100m, 4x400m
<i>Race Walking</i>	10,000m or 10km Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot, Discus, Javelin, Hammer
<i>Combined Events</i>	Heptathlon

## **156 Under-18 Women's Athletics Championships**

Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i>	100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles, 400m Hurdles, 2000m Steeplechase, 4x100m, 4x400m
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<i>Race Walking</i>	3,000m or 5000m Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot, Discus, Javelin, Hammer
<i>Combined Events</i>	Heptathlon

### **156a Under-16 Girls' Athletics Championships**

Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year and agreed upon by a simple majority of Branches.

<i>Track</i> (0.762m),	100m, 200m, 300m, 800m, 1200m, 2000m, 80m Hurdles  200m Hurdles (0.762m), 1500m Steeplechase (0.762m), 4x100m, Medley Relay (400m-200m-200m-800m)
<i>Race Walking</i>	1500m Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot (3kg), Discus (1kg), Javelin (500g), Hammer (3kg)
<i>Combined Events</i>	Pentathlon: 80mH, High Jump, Shot Put, Long Jump, 800m

### **157 Exceptions and Amendments:**

- a. For all National Championships, event specifications will follow World Athletics / World Para Athletics Rules currently in effect unless an exception is made and is approved by the members.
  - i) By exception, the Under-16 girls & boys steeplechase barrier height shall be 0.762m & does not include a water-jump
- b. Championship events may be modified at the discretion of Athletics Canada provided that any proposals for such changes are circulated to the Branches by December 1 of the preceding year

## **CROSS-COUNTRY CHAMPIONSHIPS**

### **158**

Men	8000m to 12,000m
Under-20 Men	5000m to 8,000m
Under-18 Men	4000m to 6000m
Under-16 Men	3000m to 4000m
Women	6000m to 10,000m
Under-20 Women	4000m to 6000m



Under-18 Women	3000m to 4000m
Under-16 Women	3000m to 4000m

## INDOOR TRACK AND FIELD CHAMPIONSHIPS

**NOTE:** National Indoor Championships for any or all age classes will not necessarily be held on an annual basis.

### 159 Men's Indoor Championships

<i>Track</i>	60m, 200m, 400m, 800m, 1500m, 3000m 60m Hurdles (1.067m)
<i>Race Walking</i>	5000m Race Walk or 3000m Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot (7.26kg), Weight Throw (15.88kg)
<i>Combined Events</i>	Heptathlon

### 160 Women's Indoor Championships

<i>Track</i>	60m, 200m, 400m, 800m, 1500m, 3000m 60m Hurdles (0.84m)
<i>Race Walking</i>	3000m Race Walk or 5000m Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot (4kg), Weight Throw (9.08kg)
<i>Combined Events</i>	Pentathlon

### 161 Under-20 Men's Indoor Championships

<i>Track</i>	60m, 200m, 400m, 800m, 1500m, 3000m, 60m Hurdles (0.991m)
<i>Race Walking</i>	3000m Race Walk
<i>Jumps</i>	High Jump, Pole Vault, Long Jump, Triple Jump
<i>Throws</i>	Shot Put (6kg), Weight Throw (11.34kg)
<i>Combined Events</i>	Heptathlon



## **162 Under-20 Women's Indoor Championships**

<i>Track</i>	60m, 200m, 400m, 800m, 1500m, 3000m, 60m Hurdles (0.84m)
<i>Race Walking</i>	3000m Race Walk
<i>Jumps</i>	High Jump, Pole Vault, Long Jump, Triple Jump
<i>Throws</i>	Shot Put (4kg), Weight Throw (9.08kg)
<i>Combined Events</i>	Pentathlon

## **163 Under-18 Men's Indoor Championships**

<i>Track</i>	60m, 200m, 400m, 800m, 1500m, 3000m, 60m Hurdles (0.914m)
<i>Race Walking</i>	3000m Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot Put (5.0kg), Weight Throw (9.08kg)
<i>Combined Events</i>	Pentathlon

## **163a Under-16 Boys' Indoor Championships**

<i>Track</i>	60m, 200m, 300m, 800m, 1200m, 2000m, 60mH (0.84m)
<i>Track Relay</i>	4x200m, Medley Relay (400m-200m-200m-800m)
<i>Race Walking</i>	1500m Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot Put (4kg), Weight Throw (7.26 kg)
<i>Combined Events</i>	Pentathlon

## **164 Under-18 Women's Indoor Championships**

<i>Track</i>	60m, 200m, 400m, 800m, 1500m, 3000m, 60m Hurdles
<i>Race Walking</i>	3000m Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot Put (3kg), Weight Throw (7.26 kg)
<i>Combined Events</i>	Pentathlon

## **164a Under-16 Girls' Indoor Championships**

<i>Track</i>	60m, 200m, 300m, 800m, 1200m, 2000m, 60mH (0.762m)
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<i>Track Relay</i>	4x200m, Medley Relay (400m-200m-200m-800m)
<i>Race Walking</i>	1500m Race Walk
<i>Jumps</i>	High Jump, Long Jump, Triple Jump, Pole Vault
<i>Throws</i>	Shot Put (3kg), Weight Throw (5.44 kg)
<i>Combined Events</i>	Pentathlon

#### **165 Road Running Championships**

Men: 5km 10km, Half Marathon, Marathon  
Women: 5km, 10km, Half Marathon, Marathon

#### **166 Spare**

#### **167 Other Events**

Any other event approved from time to time by the membership at an Annual General Meeting on or before December 15<sup>th</sup>, of the year prior to the event, may be held separately from the National Championships.

**168** In the event of extenuating circumstances Athletics Canada, through its Technical Delegate, reserves the right to make appropriate modification to the composition of the National Championship event structure and/or schedule.

#### **169-170 Spares**



## **ATHLETICS CANADA RECORDS RULES (171-240)**

### **ELIGIBILITY FOR CANADIAN RECORDS**

- 171** Canadian records are maintained in two categories: National and all-comers; and in two divisions, Canadian records and Canadian indoor records. National records are maintained for Open, U23, U20, and U18 age classes. Canadian Para records shall be maintained for the Open age class.
- 172** Canadian records may be claimed by citizens of Canada, irrespective of the country within which the performance was made. Athletes must be eligible (and, where multiple citizenships are held, have declared) to compete for Canada in international competition at the time of the performance in order to claim a Canadian record.
- 173** Canadian all-comers records may be claimed by citizens of any country, competing in Canada.
- 174** Canadian records are maintained in the following age groups, as per World Athletics and World Para Athletics Rules:
- a. Men (Open to all ages)
  - b. Under-23 Men (Under 23 in the year of competition)
  - c. Under-20 Men (Under 20 in the year of competition)
  - d. Under-18 Men (Under 18 in the year of completion)
  - e. Women (Open to all ages)
  - f. Under-23 Women (Under 23 in the year of competition)
  - g. Under-20 Women (Under 20 in the year of competition)
  - h. Under-18 Women (Under 18 in the year of completion)
  - i. Mixed
  - j. Under-23 Mixed
  - k. Under-20 Mixed
  - l. Under-18 Mixed

- 175** Record applications shall only be accepted for Events listed in Rules 217, 223 and 231.
- 176** An athlete may claim a record in their own age class and in all higher age classes irrespective of the age class of the event in which the performance was made as per World Athletics or World Para Athletics Rules.
- 177** Except for mixed gender relays, performances set in mixed gender track event competitions (held entirely in the stadium) shall not be eligible for Canadian records. Nevertheless, at the sole discretion of the National Team Committee or equivalent, such performances may be considered for national team selections or for funding decisions.
- 178** Canadian records for relay events shall be kept in two distinct sections, one for club teams, the other for teams whose members do not all belong to one club (e.g. teams representing Member Branches, regions of Canada, Canada, etc.).
- 179** All athletes who establish pending Canadian Records in a bona fide competition must be available for doping control for testing, if selected. In the event there is no provision for doping control, or if the athlete was not selected for testing, the athlete must inform Athletics Canada within 24 hours of their notification that a pending record has been established via electronic message that a pending record has been set. It is then the responsibility of Athletics Canada to determine if target testing will occur.
- 180** In Field Events, a record-breaking performance will be accepted upon re-certification of the equipment/implements used during the competition. Re-certification must be done at the end of the competition by a qualified Technical Manager.

### **APPLICATION FOR A CANADIAN RECORD**

- 181** a. Except as provided for in Athletics Canada Rule 184, whenever a Canadian record is to be claimed, the meet director and/or the athlete or their representative shall be responsible for ensuring that the official Athletics Canada Record Form is completed and forwarded to Athletics Canada as well as the relevant Member Branch.
- b. A record-breaking performance shall be considered pending until such time as all necessary information has been received by the Athletics Canada National Office and has been ratified by the Athletics Canada National Team Committee. This ratification will normally take place at the next meeting of the Athletics Canada National Team Committee after the Athletics Canada National Office has verified and approved the performance.

- c. An athlete claiming a Canadian record must, at the time the performance is achieved, be an Associate of Athletics Canada. This stipulation does not apply for non-Canadians claiming all-comers records.
  - d. An athlete claiming a Canadian all-comers record must, at the time the performance is achieved, be an Associate of Athletics Canada, or hold a current membership of World Athletics or World Para Athletics member federation.
- 182** Record forms shall be forwarded Athletics Canada as soon as possible and normally within thirty (30) days.
- 183** Record forms received by the National Office more than thirty (30) days after the performance was made shall not be considered unless accompanied by a fee of \$50.00 for each such late record form.
- 184** By exception, record forms shall *not* be required for Canadian records made in the following circumstances:
- a. At National Championships or International Athletics Competitions held in Canada (as defined in Athletics Canada Rule 010);
  - b. At the following international competitions:
    - Olympic Games;
    - Paralympic Games;
    - World Athletics World Championships;
    - World Para Athletics (WPA) Championships;
    - World Athletics World U20 Championships;
    - World Para Athletics U20 Championships;
    - U18 Olympic Games;
    - Pan American Games;
    - Parapan American Games;
    - Pan American U20 Championships;
    - NACAC Championships;
    - NACAC U23 Championships;
    - NACAC U18 Championships;
    - WPA Area Championships;
    - FISU Games;
    - Commonwealth Games;
    - Commonwealth U18 Games;
    - Francophone Games;
    - Other World, Continental, Regional, Area or Group Championships or Games;
    - World Athletics Diamond League Events;
    - World Athletics World Challenge Meetings and Competitions (including Hammer Throw, Combined Events, and Race Walking);

World Para Athletics Grand Prix Events;  
World Athletics Gold, Silver, and Bronze Label Road Races;  
World Athletics World Indoor Tour Events;  
U Sports Championships (see notes iv and v below);  
NCAA Championships (see notes iv and v below); and  
All other Athletics Canada National Team Competitions

The National Team Committee may use its discretion to determine competitions of similar stature to those identified for which record forms shall not be required.

Provided always that:

- i) If the record claimed is an Under-23, Under-20, or Under-18 record, evidence of the athlete's date of birth must be supplied according to Athletics Canada Rule 201.
- ii) In track events, record forms shall be required in all cases when the record was achieved by a competitor placing fourth or lower in a race, unless fully automatic timing was in operation.
- iii) A copy of the official results of the competition is sent by the athlete, his coach, or the team manager, to (and received by) Athletics Canada.
- iv) In collegiate or school competitions, the event must have been held in adherence to Athletics Canada Rules. In such competitions held in countries other than Canada or the United States, a certificate must be supplied signed by the relevant World Athletics or World Para Athletics Member.

- 185** Canadian record forms shall always be completed when World or Commonwealth records are also to be claimed and, in the case of World records, World Athletics or World Para Athletics Application of a World Record (Appendix D) must also be completed.
- 186** Athletics Canada shall provide a report of verified claims for National Records to the National Team Committee for ratification at its next regular scheduled meeting.
- 187** Notwithstanding Rules 181-186, Athletics Canada reserves the right to retroactively reassign and ratify records with information available at the time of such reassignment in exceptional circumstances in the event that an existing record performance is found to be invalid.

**188-190** Spares

## GENERAL CONDITIONS - CANADIAN RECORDS

- 191** The record must be made in a bona fide competition which has been duly sanctioned, arranged, advertised and authorized before the day of the event and which has been conducted under Athletics Canada Rules.
- 192** All record-breaking performances must be verified by a qualified Referee or three qualified Event Officials.
- 193** No record-breaking performance will be accepted if it is determined that the claimant has received illegal assistance as outlined in World Athletics or World Para Athletics Rules.
- 194** A race must be stated and conducted over one distance only, and all competitors shall compete at that distance. Claims may be submitted for any number of records accomplished by the same athlete in that race, (*i.e.* distance covered over a given time, race over fixed distance).
- It is not permissible for an athlete to be credited with a record at a shorter distance if he did not finish the race over the full distance for which the race had been fixed.
- 195** In Field Events, an athlete with a disability may be considered as a *bona fide* competitor.
- 196** Track records must either be timed by three official timekeepers, or by an approved fully automatic timing device, or by a Transponder System as defined in World Athletics Rules. For races up to and including 800m, only performances timed by an approved fully automatic timing device shall be accepted. Times shall be recorded as outlined in World Athletics Rules. Road records must be timed in accordance with World Athletics Rules and must be held on courses eligible for records in accordance with World Athletics Rules.
- 197** Unless specified elsewhere in the Athletics Canada Rules, all conditions identified under World Athletics and World Para Athletics Rules for ratification of a World Record must be met for ratification of a Canadian Record.
- 198** Provided all other conditions for records are met, claims for Canadian records, Canadian indoor records and Canadian all-comers records may be accepted if:
- Fewer than three athletes (or in the case of relay events, fewer than two teams) contest the event.
  - Starting blocks need NOT be linked to a World Athletics certified Start Information System so that reaction times need not necessarily be obtained and shown on the results of the event.

- c. Field event performances need NOT be measured either by three Field Judges using a calibrated and verified steel tape or bar or by a scientific measuring apparatus, the accuracy of which has been confirmed in accordance with Rule 10 of the Technical Rules.
  - d. In Throwing Events, the implement used needs to be checked prior to the competition. If the Referee becomes aware during an event that a record has been equaled or bettered, they need NOT (but may) immediately mark the implement used and undertake a check to ascertain whether it still complies with the Rules or if there has been any change in characteristics. The implement make and model shall be recorded.
  - e. In track Race Walking events, at least four (4) Judges (including the Chief Judge, who may act in a judging capacity throughout the competition), who are minimally Athletics Canada Level 1 officials, shall be officiating during the competition and shall sign the record application form. \*or equivalent in the country in which the competition was held. Six (6) judges (including the Chief Judge) are *recommended* for track races.
- 199** Provided that such an event complies with Athletics Canada Rules, Canadian records may be set in mixed sex track events of at least 5,000m provided an athlete of one sex does not pace an athlete of the other sex.
- 200** Records made in heats or qualifying competitions, in deciding ties, and in individual events in Combined Events competitions, will be accepted.
- 201** Application for records in Under 23, U20 (Under 20) or U18 (Under 18) events must carry the day, month, and year of birth of the applicant, which at the time of a first application for a record must be supported by a copy of a birth certificate, passport or similar official document, which confirms their date of birth unless such documentation has previously been submitted to Athletics Canada and meets its satisfaction.
- 202** Every athlete who equals or betters an existing record, even if such record is broken before it is officially accepted, shall be credited with such a record, and the mark recorded in the official report by Athletics Canada to the National Team Committee.
- 203-210** Spares
- 211** Canadian records may be established in any facility that conforms with World Athletics rules. Indoor records must be established in facilities that are wholly indoors and (for events of 200m or longer) on tracks not exceeding 200m in length on the inside lane.

**212** Marks made on indoor oval tracks not greater than 400m in length, shall be regarded as valid for outright Canadian records.

**213** Spare

**214** Spare

**215** Spare

## **ADDITIONAL CONDITIONS - INDOOR RECORDS**

**216** Weight Throw

- a. In making a throw, the competitor may choose to assume any starting position and shall use both hands, holding the weight exclusively by the handle and release from both hands
- b. In all other respects, the rules for the Hammer Throw shall govern.
- c. Construction – The weight shall consist of three parts: a head, a handle and a connection assembly which may contain a harness.
  - 1) Head – the head shall be a solid sphere or a spherical bladder. The solid sphere shall be made of a metal not softer than brass, or of a shell of such metal or plastic filled with lead or other material, which will not deform on impact. If a filling is used, it must be inserted in such a manner that it is immovable and that the center of gravity shall be not more than 9mm from the center of the sphere. The maximum diameter of a sphere with a shell of plastic shall be no more than 15mm larger in diameter than the corresponding all metal implement and may only be used for indoor competitions. Where indoor facilities dictate and for weights lighter than 56 lbs., a spherical bladder head may be used. The spherical bladder shall be made of a synthetic material which will return to its shape after impact. The bladder shall be filled with lead shot or other suitable material. The bladder shall be surrounded by a harness and have no maximum diameter requirement.
  - 2) Handle – the handle shall be made of round steel rod not to exceed 12.7mm in diameter, 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 shall have two sides of equal length and the third side of less than or equal length. When the overall length of the implement is measured, the equal and longest sides must

form the vertical sides of a triangle. The handle must be rigid and not show evidence of elasticity or malformation upon being thrown.

- 3) Connection – the handle shall be connected either directly to the head or to a harness. The direct connection shall be by means of no more than two steel links (loops), whose diameters shall not exceed 9.5mm. The handle shall be connected to the steel links by a loop; a swivel may not be used. The head may be connected to the links by means of a swivel that may be either plain or with ball bearings for the solid sphere implement. For the plastic filled implement, a swivel is allowed between the ball and the handle. The connection to a harness for the bladder type implement shall be by means of no more than two steel links (loops), whose diameter shall not exceed 9.5mm and a swivel may be placed between the two links. The harness shall have a minimum of four straps, sewn together to form a sling. Netting of any kind shall not be used to form the harness. The harness must not show evidence of elasticity or malformation upon being thrown.

- d. Length – the overall length of the complete implement, from the bottom surface of the head to the inside surface of the handle (grip), shall not exceed 40.64cm at any time.

- e. For record purposes, the following weights shall apply:

Men and Under-23 Men:	15.88kg
Under-20 Men:	11.34kg
Under-18 Men:	9.08kg
Women, Under-23, and Under-20 Women	9.08kg
Under-18 Women	7.26kg

- f. Weight specifications shall be as follows: (Weight, Minimum Diameter, Maximum Diameter)

25.400kg		
15.880kg	145mm	165mm
11.34kg	130mm	150mm
9.080kg	120mm	140mm
7.260kg	110mm	130mm
5.450kg	100mm	120mm

Note: Weights for other than those specified in clause e above are given for when Masters age classes are involved.



- g. 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.

## EVENTS FOR WHICH RECORDS ARE MAINTAINED

- 217** Events for which Canadian Records are kept as per World Athletics and World Para Athletics Rules.

**Note:** Fully automatic Timed performances (FAT) Hand Timed performances (HT)  
Timing for record performances for all relays of 1600m or less in total distance shall be FAT

### Men

#### a. *Track Events*

FAT only:

100m, 200m, 400m, 800m

110m Hurdles, 400m Hurdles

4 x 100m Relay, 4 x 200m Relay, 4 x 400m Relay

Para: 100m, 200m, 400m, 800m, 4 x 100m Relay, 4 x 400m Relay

FAT or HT:

1000m, 1500m, 1 mile, 2000m, 3000m, 5000m

10,000m, 20,000m, 25,000m, 30,000m, 1 hour

3000m Steeplechase

3000m Race Walk, 5000m Race Walk

10,000m Race Walk, 20,000m Race Walk

30,000m Race Walk, 35,000m Race Walk, 50,000m Race Walk

2 hours Race Walk

4x800m Relay

4x1500m Relay, Distance Medley Relay (1200m, 400m, 800m, 1600m)

Para: 1500m, 5000m, 10,000m

#### *Field Events*

High Jump, Long Jump, Triple Jump, Pole Vault

Shot Put, Discus Throw, Javelin Throw, Hammer Throw

Para: High Jump, Long Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw, Club Throw

#### *Combined Events*

Decathlon, Pentathlon

#### b. Under-23 Men:

Events as indicated for Men

c. Under-20 Men

*Track Events:*

FAT only:

100m, 200m, 400m, 800m

110m Hurdles, 400m Hurdles

4x100m Relay, 4x200m Relay, 4x400m Relay

FAT or HT:

1000m, 1500m, 1 mile, 2000m, 3000m, 5000m, 10,000m

2000m Steeplechase, 3000m Steeplechase

3000m Race Walk, 5000m Race Walk, 10,000m Race Walk

4x800m Relay

*Field Events:*

High Jump, Long Jump, Triple Jump, Pole Vault

Shot, Discus, Javelin, Hammer

*Combined Events:*

Decathlon, Pentathlon

d. Under-18 Men

*Track Events:*

FAT only:

100m, 200m, 400m, 800m

110m Hurdles, 300m Hurdles, 400m Hurdles

4x100m Relay, Medley Relay (200m, 100m, 100m, 400m)

4 x 200m Relay, 4 x 400m Relay,

FAT or HT:

1000m, 1500m, 1 mile, 2000m, 3000m

2000m Steeplechase

3000m Race Walk, 5000m Race Walk

10,000m Race Walk

*Field Events:*

High Jump, Long Jump, Triple Jump, Pole Vault

Shot(5kg), Discus (1.5kg), Javelin (700g), Hammer (5kg)

*Combined Events:*

Octathlon, Decathlon

4 x 800m Relay  
2000m Steeplechase (0.838m barriers)  
2000m Steeplechase (0.914m barriers)  
3000m Steeplechase (0.914m barriers)

e. Women

*Track Events:*

FAT only:

100m, 200m, 400m, 800m  
100m Hurdles, 400m Hurdles  
4x100 Relay, 4 x 200m Relay, 4 x 400m Relay  
Para: 100m, 200m, 400m, 800m, 4 x 100m Relay, 4 x 400m Relay

FAT or HT:

1000m, 1500m, 1 mile, 2000m, 3000m, 5000m  
10,000m, 20,000m, 25,000m, 30,000m, 1 hour  
3000m Steeplechase  
3000m Race Walk, 5000m Race Walk  
10,000m Race Walk, 20,000m Race Walk  
30,000m Race Walk, 35,000m Race Walk, 50,000m Race Walk  
2 hours Race Walk  
4x800m Relay, 4x1500m Relay, Distance Medley Relay (1200m, 400m, 800m, 1600m)  
Para: 1500m, 5000m, 10,000m

*Field Events:*

High Jump, Long Jump, Triple Jump, Pole Vault  
Shot Put, Discus Throw, Javelin Throw, Hammer Throw  
Para: High Jump, Long Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw, Club Throw

*Combined Events:*

Decathlon, Heptathlon

f. Under-23 Women  
Events as indicated for Women

g. Under-20 Women

*Track Events:*

FAT only:

100m, 200m, 400m, 800m  
100m Hurdles, 400m Hurdles  
4x100m Relay, 4x200m Relay, 4x400m Relay

FAT or HT:  
1000m, 1500m, 1 mile, 2000m, 3000m, 5000m  
10,000m, 2000m  
Steeplechase, 3000m Steeplechase  
3000m Race Walk, 5000m Race Walk  
10,000m Race Walk  
4x800m Relay

*Field Events:*  
High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Discus, Javelin, Hammer

*Combined Events:*  
Decathlon, Heptathlon

h. Under-18 Women

*Track Events:*  
FAT only:  
100m, 200m, 400m, 800m  
100m Hurdles, 300m Hurdles, 400m Hurdles  
4x100m Relay, Medley Relay

FT or HT:  
1000m, 1500m, 1 mile, 2000m, 3000m  
2000m Steeplechase  
3000m Steeplechase  
3000m Race Walk, 5000m Race Walk  
10,000m Race Walk

*Field Events:*  
High Jump, Long Jump, Triple Jump, Pole Vault  
Shot (3kg), Discus (1kg), Javelin (500g), Hammer (3kg)

*Combined Events:*  
Heptathlon, Octathlon, Decathlon

Medley Relay (200m, 100m, 100m, 400m)  
4 x 200m Relay, 4 x 400m Relay, 4 x 800m Relay

## i. Mixed Events

Open 4 x 400m (2 men, 2 women – any order)  
Under-23 4 x 400m (2 men, 2 women – any order)  
Under-20 4 x 400m (2 men, 2 women – any order)  
Under-18 4 x 400m (2 men, 2 women – any order)  
Para Universal Relay

## j. Para

100m (T11, T12, T13, T32, T33, T34, T35, T36, T37, T38, T42, T43, T44, T45, T46/47, T51, T52, T53, T54, T61, T62, T63, T64);  
200m (T11, T12, T13, T32, T33, T34, T35, T36, T37, T38, T42, T43, T44, T45, T46/47, T51, T52, T53, T54, T61, T62, T63, T64);  
400m (T11, T12, T13, T20, T32, T33, T34, T35, T36, T37, T38, T42, T43, T44, T45, T46/47, T51, T52, T53, T54, T61, T62, T63, T64);  
800m (T11, T12, T13, T20, T33, T34, T35, T36, T37, T38, T42, T43, T44, T45, T46/47, T51, T52, T53, T54, T61, T62, T63, T64);  
1500m (T11, T12, T13, T20, T33, T34, T35, T36, T37, T38, T44, T45, T46, T47, T51, T52, T53/54, T61, T62, T63, T64);  
3000m (T11, T12, T13);  
5000m (T11, T12, T13, T20, T34, T35, T36, T37, T38, T44, T45, T46, T51, T52, T53/54, T61, T62, T63, T64);  
10,000m (T11, T12, T13, T20, T37, T44, T46, T51, T52, T53/54, T61, T62, T63, T64);  
4x100m Relay (T11-13, T35-38, T53/54, T33-34/T51-54, T42-47/61-64);  
Universal 4x100m Relay,  
4x400m Relay (T11-13, T35-38, T53/54, T42-47/61-64);  
High Jump (T11, T12, T13, T20, T35, T36, T37, T38, T42, T43, T44, T45, T46/47, T61, T62, T63, T64);  
Long Jump (T11, T12, T13, T20, T35, T36, T37, T38, T42, T43, T44, T45, T46/47, T61, T62, T63, T64);  
Triple Jump (T11, T12, T13, T20, T45, T46/47);  
Shot Put (F11, F12, F13, F20, F32, F33, F34, F35, F36, F37, F38, F40, F41, F42, F43, F44, F45, F46, F52, F53, F54, F55, F56, F57, F58, F61, F62, F63, F64);  
Discus Throw (F11, F12, F13, F32, F33, F34, F35, F36, F37, F38, F40, F41, F42, F43, F44, F45, F46, F51, F52, F53, F54, F55, F56, F57, F61, F62, F63, F64);  
Javelin Throw (F11, F12, F13, F33, F34, F35, F36, F37, F38, F40, F41, F42, F43, F44, F45, F46, F52, F53, F54, F55, F56, F57, F61, F62, F63, F64);  
Club Throw (F31, F32, F51); Pentathlon (P11, P12, P13, P36, P37, P38, P42, P44, P51, P52/53, P54-58).

- 219** With the exception of the Weight Throw (see Rule 216), any event for which a record is claimed must have been conducted in accordance with World Athletics and / or World Para Athletics rules. In competitions that permit variances from World Athletics and / or World Para Athletics rules (e.g. school competitions), the Event regulations must have complied with World Athletics rules (e.g., false start).
- 220** Spare

## ADDITIONAL CONDITIONS - INDOOR RECORDS

- 221** In its review of claims for indoor track records, Athletics Canada may require that a surveyor's certificate of the track, and a statement of lap size of the surface be provided by the applicant.
- 222** Performances established on tracks whose lap size exceeds 220 yards (201.2 metres) shall not be recognized as indoor records. Marks made on indoor oval tracks longer than 201.2 metres, but not greater than 400m, shall be regarded as valid for Athletics Canada indoor rankings, but not for Canadian indoor records.
- 223** Indoor Events for which Canadian records are kept:  
**Note:** Fully automatic Timed performances (FAT) Hand Timed performances (HT)  
Timing for record performances for all relays of 1600m or less in total distance shall be FAT
- a. Men  
Under-23 Men  
Under-20 Men
- Track Events:*  
FAT only:  
50m, 60m, 200m, 300m, 400m, 600m, 800m  
50m Hurdles, 60m Hurdles  
4x200m Relay, 4x400m Relay
- FAT or HT:  
1000m, 1500m, 1 mile, 3000m, 5000m  
3000m Race Walk, 5000m Race Walk  
4x800m Relay

*Field Events:*

High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Weight Throw (15.88kg Men, Under-23 Men) / 11.34kg (Under-20 Men)

*Combined Events:*

Heptathlon, Pentathlon

b. Under-18 Men

*Track Events:*

FAT only:

50m, 60m, 200m, 300m, 400m, 600m, 800m

50m Hurdles, 60m Hurdles

4x200m Relay, 4x400m Relay

FAT or HT:

1000m, 1500m, 1 mile, 3000m

3000m Race Walk, 5000m Race Walk

4x800m Relay

*Field Events:*

High Jump, Long Jump, Triple Jump, Pole Vault

Shot, Weight Throws (9.08kg)

*Combined Events:*

Pentathlon

c. Women

Under-23 Women

Under-20 Women

*Track Events:*

FAT only:

50m, 60m, 200m, 300m, 400m, 600m, 800m

50m Hurdles, 60m Hurdles

4x200m Relay, 4x400m Relay

FAT or HT:

1000m, 1500m, 1 mile, 3000m, 5000m

3000m Race Walk, 5000m Race Walk

4x800m Relay

*Field Events:*

High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Weight Throw (9.08kg)

*Combined Events:*

Pentathlon

d. Under-18 Women

*Track Events:*

FAT only:

50m, 60m, 200m, 300m, 400m, 600m, 800m

50m Hurdles, 60m Hurdles

4x200m Relay, 4x400m Relay

FAT or HT:

1000m, 1500m 1 mile, 3000m

3000m Race Walk, 5000m Race Walk

4x800m Relay

*Field Events:*

High Jump, Long Jump, Triple Jump, Pole Vault  
Shot, Weight Throw (7.26kg)

*Combined Events:*

Pentathlon

**224** In the indoor 4x200m Relay, performances achieved in competitions which permit open exchange zones shall be eligible for Canadian records and rankings.

**225-230** Spares

## **ADDITIONAL CONDITIONS – ROAD RECORDS**

**231** Canadian Records will be kept for the following events on the road:

Running: Under-20 Men and Under-20 Women: 5km, 8km, 10km,  
Road Relay Ekiden Half Marathon (5km, 5km, 5km, 6.098km),

Men, Women, Under-23 Men, Under-23 Women, and All Comers:  
5km, 8km, 10km, 15km, 20km, Half Marathon, 25km, 30km,  
Marathon, 50km, 100km, Road Relay Ekiden (5km, 10km, 5km, 10km,



5km, 7.195km).

Men, Women, Under-23 Men, Under-23 Women, Under-20 Men, Under-20 Women, Under-18 Men, Under-18 Women 1 mile (Note: course must adhere to rules regarding distance between start and finish and elevation changes)

Running / Wheelchair: Para Men, Women:

10km (T11, T12, T13, T42, T43, T44, T45, T46, T51, T52, T53/54);  
Half Marathon (T11, T12, T13, T42, T43, T44, T45, T46, T51, T52, T53/54);  
Marathon (T11, T12, T13, T42, T43, T44, T45, T46, T51, T52, T53/54);

Race Walking:

Under-18 Men and Under-18 Women 5km, 10km  
Under-20 Men and Under-20 Women: 5km, 10km, 20km  
Men, Under-23 Men, Women, and Under-23 Women:  
5km, 10km, 20km, 30km, 35km, 50km

- 232** Claims for Canadian Records in road running, wheelchair, and road walking events will only be accepted if the general conditions in World Athletics Rules or World Para Athletics Rules (where relevant) are met except:
- Road records can be set in mixed competition.
  - Provided all other conditions for records are met, claims for Canadian records and Canadian all-comers records on the Road may be accepted if fewer than three athletes contest the event.
  - In Road Running and Race Walking events, re-measurement of courses shall not normally be required for ratification of records, but may be requested by Athletics Canada.
  - In Race Walking events held on the road, the minimum number and level of judges required shall be as follows: At least five (5) judges (including the Chief Judge, who may act in a judging capacity throughout the competition), who are minimally Athletics Canada Level 1\* officials, shall be officiating during the competition and shall sign the record application form. (\*or equivalent, if the competition is held outside Canada). At least six (6) judges (including the Chief Judge) are *recommended*.

- e. All other variances from World Athletics Rules noted elsewhere in these Athletics Canada Rules as they apply to Canadian and All Comers records shall also be permitted for road events, unless specifically stated otherwise.

**233-239**      Spares

## CANADIAN RANKINGS

**240**

A Canadian Ranking System will monitor all events in which Canadian records may be set, together with additional recognized events at the discretion of the Athletics Canada National Office.

- a. All meets sanctioned by Member Branches, Athletics Canada, World Athletics, its Areas, its Areas, or its Member Federations, will be eligible for inclusion in the Ranking System.
- b. Only performances achieved by current athletic members of an Athletics Canada Branch shall be included in rankings.
- c. For Race Walking events, notwithstanding the normal number of Judges indicated in World Athletics Rules (i.e., normally a minimum of six (6) and a maximum of nine (9) for road races, including the Chief Judge; normally six (6), including the Chief Judge for track races), the following minimum number and level of official shall be required for a performance to be included in the Athletics Canada rankings:
  - At least four (4) judges (including the Chief Judge, who may act in a judging capacity throughout the competition) for track races;
  - At least five (5) judges (including the Chief Judge, who may act in a judging capacity throughout the competition) for road races.
  - All judges to be Level 1\* of higher (\*or equivalent, if the competition is held outside Canada).
  - Six (6) judges (including the Chief Judge) are *recommended* for track races; at least six (6) judges (including the Chief Judge) are *recommended* for road races.

## ATHLETICS CANADA TROPHIES AND AWARDS RULES (241-270)

- 241** Trophies are awarded annually by Athletics Canada as listed under rules 251-270 and comprise the Jack W. Davies Trophy, the F.N.A. Rowell Trophy, the Dr. Fred Tees Memorial Trophy, the Cal D. Bricker Memorial Trophy, the Fred Begley Memorial Trophy, the Phil Edwards Memorial Trophy, the Lyle Sanderson Outstanding Combined Events Athlete Award, the Outstanding Para-Athlete – Wheelchair Award, the Outstanding Para-Athlete – Ambulatory Award, the Eric E. Coy Trophy, the Myrtle Cook Trophy, the Dr. Doug Clement Coach of the Year Award, the Jane and Gerry Swan Development Coach of the Year Award and the Official of the Year Award.

AWARD	DESCRIPTION
Jack W. Davies Trophy	Outstanding Athlete of the Year
Cal D. Bricker Memorial Trophy	Outstanding Performance of the Year
Phil A. Edwards Memorial Trophy	Athlete of the Year in Track events
F.N.A. Rowell Trophy	Athlete of the Year in Field events
Dr. Fred Tees Memorial Trophy	Top Canadian University Athlete of the Year
Fred Begley Memorial Trophy	Top off-track Athlete of the Year
Lyle Sanderson Award	Top athlete in combined events
Eric E. Coy Trophy	Under-20 Athlete of the Year
Myrtle Cook Trophy	Under-18 Athlete of the Year
Para-Athlete of the Year – Wheelchair Award	Outstanding Para-Athlete in Wheelchair events
Para-Athlete of the Year – Ambulatory Award	Outstanding Para-Athlete in Ambulatory events
Dr. Doug Clement Award	Coach of the Year
Jane and Gerry Swan Award	Development Coach of the Year
Official of the Year Award	Outstanding contribution to officiating

- 242** The period for consideration of performances in deciding the award of any Athletics Trophy shall be from November 1 until October 31 in the year of the award.

- 243** Nominations for National Athletics Trophies (other than for the Official of the Year Award) shall be made by any Member or Associate of the Association and submitted to the Athletics Canada National Office no later than October 31 (or on such date as published and circulated to Branches by Athletics Canada) of the year under consideration.

Nominees must have been Associates of Athletics Canada in good standing, and must have been Canadian citizens or Permanent Residents, during the period under consideration.

- 244** Nominations for the Official of the Year Award may be submitted by the National and Member Branch Officials Committees and submitted to the National Office, no later than October 31 (or on such date as published and circulated to Branches by Athletics Canada) of the year under consideration”

Add: “Any registered official in good standing can nominate any official for the Official of the Year Award either directly to AC, or through the Branch no later than October 31. Nominations must be accompanied by a citation setting out the qualifications of the nominee.

- 245** The decision on the award winners shall be made by the Awards Committee.

- 246** Rules governing the conditions applying to the award of Trophies shall be amended by the Awards Committee, and conditions applying to the award of any new athletics trophy shall be incorporated in the rules, after approval of the rule change at the Annual General Meeting of Athletics Canada.

- 247** The donor or trustees of any National Athletics Trophy may withdraw the trophy at any time if it becomes dormant.

- 248 - 250** Spares

## **NATIONALLY PRESENTED AWARDS**

### **THE JACK W. DAVIES TROPHY**

- 251** The following conditions shall apply to the award of the Jack W. Davies Trophy:
- a. The trophy shall be awarded annually to the outstanding Canadian eligible athlete in any discipline of Athletics;
  - b. Selection shall not depend upon athletic achievement solely, but character shall be taken into consideration.

### **THE F.N.A. ROWELL TROPHY**

- 252** The following conditions shall apply to the award of the F.N.A. Rowell Trophy:
- a. The trophy shall be awarded annually to the outstanding athlete of the year in field events (Pole Vaulting, Jumping, or Throwing Events).

### **THE DR. FRED TEES MEMORIAL TROPHY**

- 253** The following conditions shall apply to the award of the Dr. Fred Tees Memorial Trophy:
- a. The trophy shall be awarded annually to the most outstanding Canadian Athletics athlete enrolled in a Canadian post-secondary institution as a full-time student for the complete academic year which falls within the period of 01 September to 31 August;
  - b. Performances throughout the year period shall be taken into consideration. While not limited to those achieved in intercollegiate competition, the successful athlete must have taken part in official University competition(s) (including FISU competitions).

### **THE CAL D. BRICKER MEMORIAL TROPHY**

**254** The following conditions shall apply to the award of the Cal D. Bricker Memorial Trophy:

- a. The trophy shall be awarded annually to the Canadian athlete recording the single outstanding performance of the year in any event in the sport of Athletics.

#### **THE FRED BEGLEY MEMORIAL TROPHY**

**255** The following conditions shall apply to the award of the Fred Begley Memorial Trophy:

- a. The trophy shall be awarded annually to the outstanding Canadian athlete in road racing (running or wheelchair), cross country running and off-track race walking events.

#### **THE PHIL A. EDWARDS MEMORIAL TROPHY**

**256** The following conditions shall apply:

- a. The trophy shall be awarded annually to the outstanding Canadian athlete in track events.

#### **257 THE LYLE SANDERSON AWARD**

The following conditions shall apply:

- a. The award shall be awarded annually to the outstanding Canadian athlete in a Combined Events competition.

#### **258 THE OUTSTANDING PARA-ATHLETE OF THE YEAR – WHEELCHAIR AWARD**

The following conditions shall apply:

- a. The award shall be awarded annually to the outstanding Canadian athlete in any wheelchair para athletics competition.

#### **259 THE OUTSTANDING PARA-ATHLETE OF THE YEAR – AMBULATORY AWARD**

The following conditions shall apply:

- a. The award shall be awarded annually to the outstanding Canadian athlete in any ambulatory para athletics competition.

## **260 THE ERIC E. COY TROPHY**

The following conditions shall apply:

- a. The trophy shall be awarded annually to the outstanding Canadian Under-20 athlete in any discipline of Athletics.

## **THE MYRTLE COOK TROPHY**

**261** The following conditions shall apply to the award of the Myrtle Cook Trophy:

- a. The trophy shall be awarded annually to the outstanding Under-18 athlete in any discipline of Athletics.

## **262 THE DR. DOUG CLEMENT AWARD**

The following conditions shall apply:

- a. The award shall be awarded annually to the coach who has demonstrated outstanding contributions to the high-performance achievements of international level athletes.

## **263 THE JANE AND GERRY SWAN AWARD**

The following conditions shall apply:

- a. The award shall be awarded annually to the coach at any level of domestic competition who has demonstrated outstanding contributions to the development of his/her athletes.

## **OTHER AWARDS**

### **THE OFFICIAL OF THE YEAR AWARD**

**264** The following conditions shall apply:

- a. The Official of the Year may be selected from any level;

- b. Any person who has made an outstanding contribution to Athletics in the previous calendar year shall be eligible to be nominated (**Note** - the contribution does not have to be at the national level).
- c. All nominations for the Official of the Year Award must be submitted by the Branch Officials Chairs to the Awards Committee who will consult the National Officials Committee in determining the winner.

**265** Athletics Canada has the right to submit nominations from within the Association membership for any other sports awards.

**266-270** Spares