



Technical Regulations Indoor Athletics

Torun, Poland
17 to 19 March 2016

Updated: 03 March 2016

1. EVENTS

Athletics competitions will comprise the following events:

The 5th European Indoor Athletics Championships comprises the following 21 events (11 for men and 10 for women):

Men:

60m, 400m, 800m, 1500m, 3000m, 60m hurdles, 4 x 400m relay, high jump, long jump, triple jump, shot put

Women:

60m, 400m, 800m, 1500m, 3000m, 60m hurdles, 4 x 400m relay high jump, long jump, shot put

Triple jump

Take-off line for men 11m

2. PARTICIPANTS

2.1. Age Eligibility to 2000 (16 year old)

2.2. Individual Events:

Each national federation may enter four (4) athletes for each event.

2.3. Relays:

Each national federation may enter one (1) team for each relay race. Relay teams may be composed of up to six (6) athletes. Once the team has started in a competition, only two (2) substitutes may take part in subsequent heats or finals. Substitutes only may be taken from the list of athletes entered for the athletics competition, whether for the relays or for any other athletics event.

An athlete who has taken part in one round and subsequently has been substituted by another cannot form part of that team again.

Team running order must be officially declared at the tournament centre, 2 hours prior to the start of the first round. Then the running order can't be changed. Athlete substitutions maximum two (2) may be made after this time, up to Call Room time.

2.4. A fine of EURO €20 is levied on each non-starting athlete with the exception of those presenting a doctor's declaration that he/she should not be allowed to start.

3. REGISTRATION

3.1. Preliminary Registration

The preliminary registrations with an indication of the probable number of athletes in each event must be submitted to the EDSO Technical Director no later than **17 Mar 2015**. [Not less than one (1) year before the competition.]

3.2. Final Entry

The final entries with the names of each athlete indicating event entered must be submitted to the EDSO Technical Director no later than **15 Dec 2015**. [Not less than three (3) months before the competition] Such submissions will be made via official online registration form or telefax followed by the official registration form.

3.3. Name Registration

The name Registration with the names of each athlete indicating event entered must be submitted to the EDSO Technical Director no later than **15 Feb 2016**. [Not less than one (1) month before the competitions.] Such submissions will be made via official online registration form or telefax followed by the official registration form.

3.3.1. No changes or additional entries will be accepted after **15 Feb 2016**.

4. COMPETITION RULES AND REGULATIONS

4.1. Technical Organisation

EDSO is responsible for the technical organisation of the Athletics competitions.

4.2. Committees

4.2.1. Technical Committee:

The technical committee will be composed of the EDSO Technical Director and members appointed by the Organising Committee:

Dietmar MARSCHNER	EDSO Athletics Technical Director
Bjorn ROINE	EDSO Representative
Czeslaw LUBARSKI	IAAF Chief Referee for track and field
Jaroslav JANIEC	Poland Deaf Sports Federation
Stanislaw JANIEC	Poland Deaf Sports Federation

4.2.2. Protest Committee:

The Championship Protest Committee shall consist of:

Bjorn ROINE	EDSO Representative (Chair - NO VOTING RIGHTS)
Dietmar MARSCHNER	EDSO Athletics Technical Director
Czeslaw LUBARSKI	IAAF Chief Referee for track and field
Name	IAAF Representative

4.3. Competition Rules

The Athletics competitions will be conducted in accordance with the Rules and Regulations of the IAAF statues 2014/2015. In case of disagreement in the interpretation of the Rules and Regulations, the English text shall prevail. Unforeseen incidents not covered by the Rules and Regulations shall be dealt with as follows:

- 4.3.1.** Cases of a general nature will be resolved in accordance with EDSO Regulations, EDSO General Technical Rules and this Athletics Technical Regulations.
- 4.3.2.** Technical questions related to competition rules shall be resolved according to the IAAF Rules and Regulations.
- 4.3.3.** Only athletes who comply with the EDSO Regulations are entitled to take part in the EDSO Athletics competitions.

4.4. Competition Equipment

- 4.4.1.** The Organising Committee will provide equipment and implements for the competition as well as for warm-up and training. All equipment and implements used during competitions will comply with the IAAF Rules and Regulations.
- 4.4.2.** The use of own equipment is not permitted, except in the case of vaulting poles, which must be handed to the technical room on the day preceding the competition.
- 4.4.3.** Implements and other equipment provided were chosen by the Organising Committee from types generally available:

Men:

Shots 7.26 kg

1. Nordic Olympic Super d128 mm, Yellow	I-99-0021	2 pcs
2. UCS d129 mm, Red	I-99-0119	1 pc
3. Pacer Turned Shots d128 mm, Black	I-99-0054	1 pc
4. Nordic Brass d110 mm, Gold	I-99-0023	1 pc
5. Nordic Stainless Steel d115 mm, Silver	I-99-0024	1 pc

Women:

Shots 4.00 kg

1. Polanic Turned Steel d100 mm, Blue matt	I-99-0150	1 pc
2. Nordic Sport Turned Stainless Steel d95 mm, Silver	I-99-0028	1 pc
3. Nordic Sport Steel d104 mm, Black	I-99-0026	1 pc
4. UCS Turned Steel d96 mm, Yellow	I-99-0113	1 pc
5. Polanic Stainless Steel d105 mm, Metal	I-00-0232	1 pc
6. Nordic Sport Turned Steel d108 mm, Red	I-99-0025	1 pc

4.5. Competition Uniforms

4.5.1. Sports Clothing

Each registered athlete shall wear the sportswear of the National Federation they are designated to represent for the competitions. No impermissible advertising may be worn.

4.5.2. Spikes

Spikes on shoes for track events should be 9mm maximum and should be equipped with spikes of needle or pyramid type. For field events the heel spike length shall not exceed 9mm except in the high jump, where it shall not exceed 12mm.

4.5.3. Competition Numbers

Three competition bib numbers will be issued to competitors. These must be worn on the front and back of your sportswear firmly attached (with not less than four pins) thus the entire number and sponsorship information can be easily read. Competitors in the high jump may wear only one competition number during the event. No part of the number shall be hidden under the uniform. One bib number has to worn on the training suite.

The competition management may put IAAF rule 143.8 into force, which renders an athlete liable to disqualification if he/she tampers with the competition number in any way.

4.6. Draw

The draw for heats and lane assignments for all events will be conducted in accordance with IAAF Competition Rules.

4.7. Competition Plan

4.7.1. Confirmation of Entries

- 4.7.1.1.** One day prior to the beginning of the competitions the athlete's intention to compete must be confirmed by himself or by the team manager. This system is to avoid unnecessary heats and qualifying rounds. The tournament centre is located at hall.

The athlete's registration office is located in the tournament centre. Athletes or team officials must ensure that the officials at the tournament centre confirm or delete each of their entries correctly.

The competition centre will open on Wednesday, 16 March 2016 for the team managers to confirm the athletes for the first day of competition.

- 4.7.1.2.** The names of the competitors who will be competing must be reported to the technical committee at the technical meeting.
- 4.7.1.3.** Only competitors entered by name as in the list of 16 February 2016, and only in the events listed (with the exception of relays as noted in 2.3.), may be included on this form.

4.7.2. Cancellation

In case an athlete fails to sign off from an event after confirmation or does not compete in all rounds of an event for which he/she has qualified, s/he may not be permitted to compete in any other event on that day of the competitions, including relays (please carefully note the wording of IAAF Rule 142.4).

4.7.3. Call Room Procedures

In the call room athletes are supposed to demonstrate that their unitary sports clothing and that numbers, shoes and other equipment comply with the competition rules.

Athletes will proceed to the start of their event from the call room accompanied by a **CALL ROOM MARSHAL**. Athletes who proceed to an event not accompanied by a marshal may not be allowed to start.

*The closing call entry times at the **CALL ROOM** are:*

High jump	50 minutes
Long and triple jump, shot put	40 minutes
Hurdles and relays	35 minutes
Other track events	25 minutes

If an athlete is already or likely to be competing in another event at the designated marshalling time, the athlete or team manager must inform the call room of this prior to the designated marshalling time. (See IAAF Rule 144.2d).

4.7.4. Qualification for Finals - Track Events

Rules for progression and qualifying rounds will be based on the IAAF from 2014-2015 regulations. However, based on final numbers of entered athletes, the rules of conduct may remain subject to alteration directed by technical official.

4.7.5. Rules 214: Seedings, Draws and Qualification in Track Events

Event	Provided entries	Number of the heats Semi Final	Qualified place after time
60m	M - 12 W - 7	2 Final	3 2
60m hurdles	M - 5 W - 5	Final Final	
400m	M - 9 W - 8	2 2	2 2 2 2
800m	M - 7 W - 5	Final Final	
4 x 400m	M - 3 W - 3	Final Final	
1500m	M - 6 W - 4	Final Final	
3000m	M - 4 W - 4	Final Final	

4.7.6. Qualification for Finals - Field Events

Qualifying rounds may be held in some field events, depending on the final number of competitors. This is subject to the discretion of the organizing committee.

If qualifying rounds are required in field events, a benchmark shall be set and all outperforming athletes shall proceed to the final. Benchmarks are to be set at the technical meeting.

If no athletes or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to twelve (12) by adding athletes according to their performances in the qualifying competition. If there is a tie for last place it is subject to the technical official's discretion to allow for more than twelve (12) competitors for the final. In the final all competitors will have three (3) trials to qualify. The eight (8) competitors with the best qualification results will have three (3) more trials. All six (6) performances will be considered as a part of the competition.

4.7.7. Starting Height

The technical official establishes the starting height and heightening for both the qualifying round and the final. Details will be supplied at the technical meeting. The starting height and heightening for high jump and high jump at pentathlon will be announced at the technical meeting.

4.8. Officials

4.8.1. Judges

The athletics competitions will be officiated by certified officials of the Polish Athletic Association.

4.8.2. Appointment

The Organising Committee shall appoint an appropriate number of judges and other required personnel.

5. VENUES

5.1. Competition Venue

5.1.1. The Athletics competitions will take place at Hala-Sportowo-Widowiskowa, in To-run. The arena provides eight (8) synthetic lanes (straight) and 6 synthetic lanes (curve), each set up with photo finish equipment.

5.1.2. There will be a warm-up facility in the hall Arena. No warm-up will be allowed on the main track.

5.2. Training Venue

The training venue is the same as the competition venue.

Date	Track / Field	
15 March 2016	10.00 – 12.00	15.00 – 17.00
16 March 2016	10.00 – 12.00	15.00 – 17.00

During the training we kindly ask you to apply for your equipment at the technical staff providing your official accreditation card. You will get back the official accreditation card when returning the equipment.

Training at the hall may take place if there aren't any events, occasionally from 13 to 14 during neither the competitions nor training neither warm-up will be permitted on the tracks. There will be a warm-up room in the hall.

6. SCHEDULE

6.1 Competition Schedule

Refer to the competition schedule on the hosting competitions website.
www.edac2016.pl

6.2. Training Schedule

Refer to the training schedule on the hosting competitions website.
<http://arenatorun.pl/>

6.3. Technical Meeting

6.3.1. Date and Location

The first Technical Meeting will be held at 16 March 2016 18.00 hrs. Hotel Filmar
The second Technical Meeting will be held at 18 March 2016 20.00 hrs Hotel Filmar

6.3.2. Attendance

Each participating National Federation may be represented by two (2) officials, of whom at least one (1) must be deaf and, if necessary, an interpreter.

7. CONTROL AND SANCTIONS

7.1. Hearing Devices

The use of any hearing devices(s)/amplification or external cochlear implant parts is strictly forbidden from the restricted zone area.

7.1.1. Restricted Zone Area

The restricted zone area is in effect from the time athletes enter on the whole Track and Field area during the warm-up and competition period.

7.1.2. Violation and Penalty

When this rule is violated, the match shall immediately be stopped and the offending player/s will be disqualified from the event. Refer to ICSD [Audiogram Regulations](#), 8: Violations and Penalties

8. PROTESTS

8.1. Procedure for lodging a protest

All sport related protests will be resolved in accordance to the IAAF Rules and Regulations and will be managed by the Athletics Protest Committee. Any official protest must be submitted in writing in English on the Official EDSO Protest Form. The form must be given to the EDSO Technical Director with EURO €50 within thirty (30) minutes after official posted results.

8.1.1. The EDSO Technical Director will decide whether the protest is sporting related eligibility related. The Athletics Protest Committee will review all sport related protests, and the EDSO Executive Committee will review all eligibility protests. The deposit of EURO €50 will be returned to the appellant only if the protest is considered valid.

8.2. Procedures for reviewing a protest

The Athletics Protest Committee will meet in the Technical Director's office in **(location details)** at a time decided upon by the chairperson of the committee.

- The EDSO Representative will be the chairperson of the committee.
- The Sports Liaison Director (SLO) will be responsible to book the meeting room and interpreters.
- The Sports Liaison Director (SLO) will contact all committee members to inform them of the meeting time and location.
- The EDSO Technical Director will be responsible for liaising with the State Sports Association's Competition Manager.
- The Sports Liaison Director (SLO) will be responsible for informing the hosting Deaf Sport Federation and the EDSO Technical Director will be responsible for informing EDSO Executive Committee about the protest and also the outcome of the protest.