



**ASA RULES and REGULATIONS**  
***2005 2010***



CROSS COUNTRY



TRACK AND FIELD



ROAD RUNNING

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## FOREWORD

As a disciplined member of the IAAF, all IAAF Rules will be implemented in ASA National Championships and National Events where international athletes participate.

The following shall be stated in all announcements, advertisements, programs and printed matter: "This meeting takes place under the rules of the IAAF and ASA".

Where there is a conflict between an ASA rule and an IAAF rule, the IAAF rule will take precedence.

For development purposes only, the exceptions as listed in this addendum will be allowed in ASA domestic events where no international athletes participate. ~~The following shall be stated in all announcements, advertisements, programs and printed matter: "This meeting takes place under the rules of IAAF and ASA".~~

Detailed regulations are added to the IAAF Competition Rules for implementation in South Africa only. The following regulations will apply and must be read in conjunction with each other: -

1. IAAF Competition Rules ~~2004—2005~~ 2009
2. Regulations governing advertising and promotional displays at competitions held under IAAF Rules
3. The ASA Constitution
- ~~4. ASA Regulations on Competition Rules 2005~~
4. ASA Rules and Regulations 2010

## INTRODUCTION

The ASA Competition Rules are only applicable in South Africa for athletics meetings held under ASA ~~Regulations~~ Rule 1.(a) – 1.(c)

Any infringement of these Rules ~~and Regulations~~ may be subject to the sanctions set out in these ~~Regulations~~ Rules or other action as determined from a disciplinary hearing.

# CHAPTER 1: COMPETITIONS

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## Rule 1: Competitions at which the Rules shall apply

[Refer IAAF Rule 1]

1. At the following ASA Events the ASA Athletics Rules and Regulations shall apply, provided that no foreign athletes take part: -
  - (a) Provincial and inter-provincial competitions
  - (b) District, zone and regional competitions
  - (c) Competitions between two or more clubs, schools, tertiary institutions, and /or forces.
2. The Athletics South Africa athlete licensing system will apply at all athletics events held in South Africa.

## Rule 2: Payments / Prizes at Events

[Refer IAAF Rule 6]

1. At Provincial Championships and other events organised by the Provincial Athletics bodies, the host Provincial Athletics Body will legislate the prize money awarded at the events.
2. In an event organised by a club, that club will legislate as long as there is no conflict to what is stipulated in clauses 3 and 4 below.
3. Equal prize money will be awarded to men and women
4. Only South African citizens and people with permanent residence permits are eligible for ~~club~~ team prizes.

*{There is a proposal from Western Province Athletics for this clause to be repealed to be in line with the ASA Constitution, where a similar clause was repealed in 2008.}*
5. Organisers of Road and Cross Country events must provide awards for all 10-year age categories before introducing awards in 5-year age categories. All Provincial Athletics Championships may provide recognition in 5-year age categories.

## Rule 3: Advertising and Displays During Competition

[Refer IAAF Rule 8]

1. In events as stipulated in rule 1.(b) to 1.(c), the advertising and display rule will not apply, provided that no event sponsors are involved.
2. In events as stipulated in rule 1.(a) to 1.(c), where the event is sponsored, the personal sponsors of athletes and clubs participating in the events must adhere to the IAAF Rule 8 and the clothing regulations listed herein.
3. The design of the club kit must adhere to the relevant requirements of the IAAF Regulations and ASA rule ~~12~~ 13.

#### **Rule 4: Entry Forms**

1. Entry forms for all events must have a section for ID number, or birth certificate number, or permanent residence permit number. Only South African citizens or athletes who hold a South African Permanent Residence permit should fill in this section. An act by foreign athletes filling in this section will constitute fraud.
2. If the section for the information required in 1 above is left blank, then the athlete will be deemed to be a foreign athlete, and he/she will not be eligible for any team prize.
3. In a case where a foreign athlete violates ASA Rule 4 and accepts a team prize, and he/she is entered through a South African athletics club, then the athletics club concerned will be held jointly responsible for the violation of this rule, and will also face disciplinary action by ASA.
4. Entry forms for all events must indicate that foreign athletes should strictly observe IAAF Rule 4 paragraph 2. Foreign athletes, particularly those who hope to win any prize, should be informed that in order for them to take part in the event, they require written approval (a permit) from their own federations.
5. All foreign athletes, particularly those who hope to win any prize, should hand over their permits (as per IAAF Rule 4 paragraph 2) to the event organisers any time before the event takes place.
6. All foreign athletes who violate IAAF Rule 4 or who do not produce permits on demand will not be eligible to win any prize. ~~*This applies to both team and individual prizes.*~~
7. In a case where a foreign athlete is entered through a South African athletics club, it is the responsibility of the club to secure the permit from the athlete, and to hand it over to the race organisers before the event takes place.
8. Event organisers reserve the right to stop any foreign athlete who does not hold a permit required under IAAF Rule 4, from taking part in their events.
9. If a foreign athlete violates IAAF Rule 4 or ASA Rule 4 and accepts a prize without producing a permit, and the athlete has entered the event through a

South African athletics club, then the club in question will also face disciplinary action by ASA.

## CHAPTER 2: ELIGIBILITY

[IAAF Chapter 2]

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### Rule 5: Restriction of Competition to Eligible Athletes

[Refer IAAF Rule 21]

#### PARTICIPATION

1. Athletes' representatives negotiating on behalf of athletes must, on request, produce written evidence that they are registered with ASA and have the athlete's permission to negotiate on his/her behalf.
2. Event organisers may not refuse entry to members of a club duly affiliated to the relevant province without prior consent of the province.
3. Wheelchair competitors may only participate if the organisers make special provision for them and in the case of events on the road; the relevant traffic authority has granted permission.
4. The following documents will be accepted as proof of age: -
  - (a) A South African ID Document
  - (b) Passport
  - (c) Birth Certificate (since 1994)
5. Unless *otherwise* stipulated in the competition manual / competition rules, ~~there is no limit to the number of teams that~~ a club/province may enter *only one team per gender and age group* for an event. *There will be no restriction on the number of athletes in the team and the first number of athletes as specified will count towards the team prize.*
6. Clubs are responsible for ensuring that only eligible athletes are licensed and allowed to participate in their club colours. Clubs are required to keep copies of documentation proving the eligibility of their licensed members.
7. *Clubs registering foreign athletes as licensed athletes in their clubs must provide ASA, through the Provincial office, of a list of these athletes.*
8. *Foreign athletes must adhere to IAAF Rule 4.2 before joining a club in South Africa. Copies of the written approvals from their country of origin must form part of the registration documents at the club and province.*

## CHAPTER 3: TECHNICAL RULES

[Refer IAAF Chapter 5]

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### **Rule 6: General**

[Refer IAAF Rule 100]

All Competitions, as defined in ASA Rule 1.1, shall be held under the Rules of ASA and this shall be stated in all announcements, advertisements, programs and printed material.

*If any foreign athletes take part in a competition, the competition shall be held under the Rules of IAAF and ASA and this shall be stated in all announcements, advertisements, programs and printed material.*

## **SECTION I: OFFICIALS**

[Refer IAAF Chapter 5 Section 1]

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### **Rule 7: Technical Delegates**

[Refer IAAF Rule 112]

1. ASA will appoint the Technical Delegate to all National Championships, National and Permit events, including all such events held by associate members.
2. Provincial Athletics Bodies shall appoint a Technical Delegate to all Provincial Championships, and all events held by all clubs and associate members.
3. In Road Races the Referee assumes authority over the running of the race as the starter's pistol is fired and for the duration of the event.

### **Rule 8: Medical Delegates**

[Refer IAAF Rule 113]

1. A Medical Delegate must be appointed for all athletics events held in South Africa. The organisers of the event must appoint the medical delegate. At national event, ASA will appoint the medical delegate.
2. The Medical Delegate will ensure that appropriate medical facilities and personnel are provided at the event.
3. The Medical Delegate must be a qualified medical doctor.

### **Rule 9: Officials of the Competition**

[Refer IAAF Rule 120]

1. The basic clothing for Technical Officials in South Africa is **dark blue pants or skirt**, with either;
  - (a) the sponsors golf shirt, or
  - (b) the National Technical Official Golf Shirt, or
  - (c) the Provincial Technical Official Golf Shirt, or
  - (d) a plain white golf shirt.
2. All officials must display their current ASA or Provincial Technical Officials Card.
3. Road and Cross Country Referees may wear a bib marked 'Referee' over the standard clothing. Other Officials may wear similar bibs marked "Official"
4. Additional clothing may be worn over the standard clothing where the weather dictates.

## SECTION II: GENERAL COMPETITION RULES

[Refer IAAF Chapter 5 – Section II]

### Rule 10: New Events

- All new events (i.e. events not in the provincial calendars approved by ASA), in the Provinces must be submitted to ASA for formal sanctioning. This applies to all road running, track and field and cross country events. ASA reserves the right not to sanction any event where the details of the event are not submitted to ASA for approval at least three (3) months before the preferred date of the event.

### Rule 11: Age Groups

[Refer IAAF Rule 141]

#### Age Groups competitions in South Africa

- The following age restrictions will apply to Road Races in South Africa.

#### ROAD RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

<b>THE EVENTS ON THE EVENTS LIST AT THE IAAF WORLD CHAMPIONSHIPS AND THE ASA NATIONAL CHAMPIONSHIPS ARE SHOWN IN BOLD</b>	5 km ROAD RACE	<b>10 km ROAD RACE</b>	15 km ROAD RACE	<b>21,1 km ROAD RACE</b>	32 km ROAD RACE	<b>MARATHON ROAD RACE</b>	ULTRA – MARATHON ROAD RACE
<b>MINIMUM AGE OF PARTICIPATION FOR MEN AND WOMEN</b>	9 years and older	<b>15 years and older</b>	15 years and older	<b>16 years and older</b>	19 years and older	<b>20 years and older</b>	20 years and older

*For any race distance other than those listed above the minimum age for participation will be the same as that listed for the next longer race distance.*

CATEGORY	AGE GROUP	ACTUAL AGE
Senior		<i>16 years and older on 31<sup>st</sup> December in the year of competition (T&amp;F, XC)</i> <i>20 years and older on 31<sup>st</sup> December in the year of competition</i>
Junior	<b>U/20</b>	18 to 19 years on 31 <sup>st</sup> December in the year of competition
Youth	<b>U/18</b>	16 to 17 years on 31 <sup>st</sup> December in the year of competition
<b>Masters</b>		<i>Any athlete who has reached his/her 35<sup>th</sup> birthday. All matters concerning Masters' competitions will be regulated by The South African Masters Association (SAMA)</i>

*Any other age group category competition may be allowed by ASA on approval by the Council.*

2. In Track and Field, and Cross Country the senior age group is open to all athletes who are 16 years and older in the year of competition. Junior athletes are defined as being 18 to 19 years of age in the year of competition and Youth athletes are 16 to 17 years of age in the year of competition.
3. In road races the open category is open to all athletes of the same gender irrespective of age. The senior category in Road *Racing Running* is considered a closed category for athletes entered in the age group 20 to 39 years. A junior athlete is defined as being under the age of 20 *on 31 December* in the year of competition. *The Open category shall not be considered as an age category for team competitions.*

*{There is a proposal from Western Province Athletics for the following sentence to be added to this rule "The Open category shall not be considered as an age category".}*

4. Athletes may not compete in more than one age group during the same meeting unless there is no corresponding event within the age group they initially select to compete.
5. In events where the competition takes place according to age categories, the athlete will participate, and only be eligible for the prizes in the category they entered, and must display the relevant *official* numerical age category tags front and back on their vest. *Any athlete may qualify for a maximum of two individual prizes (one in the open category and a second in the age category entered for).*
6. Age category athletes may enter either their chronological age category or any age category younger than their chronological age *up* to senior level.
7. Age category athletes may not compete simultaneously in more than one team category in the same event, and must declare at time of entry which team category they are competing in. *If not specified the age category shall correspond to the age of the athlete, if the relevant age category tag is correctly displayed. In these cases the athlete will only qualify for individual prizes in the age category entered for.*
8. All athletes that are participating in age group competitions must have a *n official* numerical age category tag on the front and back of their running top. If an athlete does not have a numerical age group tag on his front and back he will count as a senior athlete for results and points.
9. *The size of the lettering on all age category tags must be a minimum of 6cm and a maximum of 8cm in height and must be worn visibly above the Licence/Race number bib on the upper body clothing, back and front.*

## **Rule 12: Entries**

[Refer to IAAF Rule 142]

1. All athletes competing at South African Championships must be authorised and entered by their Provincial Athletics bodies. No athlete will be allowed to participate as an individual athlete.
2. *Any athlete selected for a Provincial or National team, who is not available, for whatever reason, to compete for that team, will not be allowed to participate in any competition for five days prior or five days after the competition.*
- ~~2-3.~~ Any registered athlete consciously participating against non licensed competitors in an athletics event of any nature, or competing in any illegal meeting, and is aware of these facts, will forfeit their license.
- ~~3.~~ 4. *Organisers of Eevents held according to the Rules of IAAF and ASA involving foreign-athletes must provide each foreign non-registered athlete with temporary licence numbers, and a similar level of insurance to that provided through the ASA license system. Provision of the temporary licences is subject to the athlete adhering to all other requirements and rules for participation in South Africa.*

## Rule 13: Clothing, Shoes and Number Bibs

[Refer to IAAF Rule 143]

### Definition:

**Number bibs** are the competition numbers that may be issued by a race organiser for a particular event, by special permission from ASA, only.

**Licenses** are the ASA registration licenses issued through the Provincial Athletics Bodies to club members

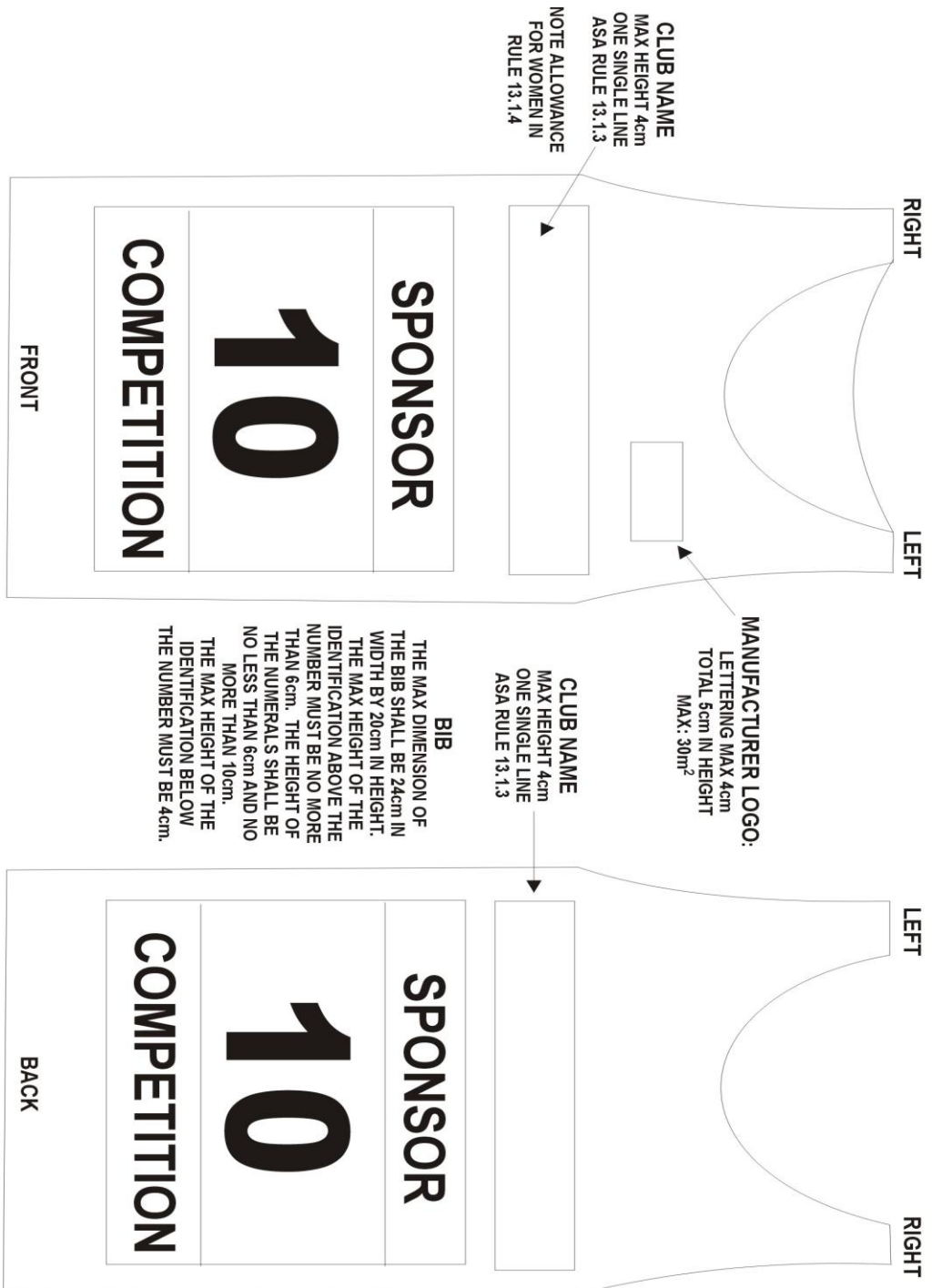
### 13.1. Clothing

1. Club colours are optional and not compulsory for athletes participating in competitions as specified in rule 1.(b) to 1.(c). Athletes are required to display licence numbers and *must* adhere to the *IAAF* clothing regulations. Any athlete wishing to count towards a team prize must wear club colours.
2. Athletes/*Clubs* with personal sponsorships and sponsored teams to National, Provincial and permit events and events where international athletes take part, must adhere to IAAF *Advertising Regulations – 2009, Rule 18 Clause 4.1* and the relevant amendments *thereof by of* the ASA rules.
3. Clubs affiliated to ~~an the~~ ASA provincial athletics body may include a title sponsor in the name of the club. ~~The club name, including the club badge or logo and sponsor's name, may be displayed once only on both the front and back of the vest, and may be the full width of the vest from side seam to side seam, but may only be a maximum of 4cm in height in one single line. Either the Club Name or the Club Sponsor or the Club Logo, may be displayed on~~

*the front of the vest/leotard on the right chest. Such display shall be rectangular in shape, with a maximum size of 40cm<sup>2</sup> and with the lettering a maximum height of 4cm.*

*The Club Name may appear on the back of the vest/leotard with the lettering a maximum height of 4cm, and no restriction in width.*

4. In the case of women wearing a top where the licence number prevents the club name being displayed on the upper body garment, the club name may be displayed once only on the waist band of the lower body garment. The club name may only be 4cm high, but the full width of the body. The club name may not be displayed on the rear of the lower body garment.
5. Clubs must register their kit with their Provincial Athletics body. Where a manufacturer's logo is displayed it must be in accordance with the rules. No change of manufacturer's logo displayed on any garment in the club kit will be acceptable unless the kit is re-registered with the Provincial Athletics body.



### 13.2 ASA Number Bibs (Licences)

1. Licenses expire on 31 December each year.
2. Licenses ~~s forms~~ are issued by ASA through the Provincial Athletics Bodies.
3. Where an athlete changes the province of domicile during a calendar year, they may retain their license until it expires. They may *however* only count for the club issuing the licence in any team competition. Alternatively the athlete must be registered and licensed by a club in the province of their new domicile.
4. *In all events (except for pole vault and high jump, where only one may be displayed) it is compulsory to wear both license numbers, one on the front and one on the back of the upper body clothing.*
5. *Where a Photo Finish System is in operation, athletes may be required to wear additional number identification of an adhesive type on the side of their shorts. These number stickers must be matt with black letters on a white background. The sticker must be a minimum of 10cm high with the lettering a minimum of 8cm high.*

### 13.3 Licences and Special Number Bibs

1. Event organisers wishing to provide one or two special number bibs must request permission from ASA through their Provincial Athletics body.
2. Where event organisers require a special number bib to be worn, the athlete must comply.
3. Neither the special number bib nor an athlete's licence numbers are under any circumstances transferable.
4. Where ~~one~~ special number bibs (*race numbers*) ~~are is~~ provided by the event organiser it must be worn *and it may cover the ASA license numbers. When only one special number bib is provided it must be worn* on the *front chest* and the ASA licence number must be displayed on the back of the upper body clothing.

### 13.4 Temporary Licences

To enable unlicensed athletes to compete in sanctioned events, to cater for licensed athletes who left their licence numbers at home, and / or to cater for international athletes, temporary licences may be issued subject to the following conditions: -

1. Temporary licenses are only valid for the event for which they were issued.

2. If two special number bibs are issued, unlicensed athletes must still pay for the temporary licence numbers, but need not to display them.
3. *If two temporary license numbers are issued, one must be worn on the front and one on the back of the upper body clothing. If only one temporary license number is issued it must be worn on the front of the upper body clothing, except for pole vault and high jump, where only one may be displayed, either on the front or on the back of the upper body clothing.*
4. *Provinces Organisers* must provide the necessary administration and facilities to enter temporary licensed athletes separately.
5. The host province in whose area the event takes place may levy an additional fee over and above the entry fee when issuing temporary licenses.
6. Athletes taking out temporary licenses must sign an indemnity accepting the conditions of the event organisers and the rules of ASA.
7. Athletes with temporary licenses must adhere to the advertising rules of the IAAF and ASA.
8. A temporary license may not be issued to a suspended athlete without the approval of ASA.
9. Holders of temporary licenses will be eligible for prizes but may only claim age group prizes if they;
  - (a) have entered the relevant age category, and
  - (b) are wearing the necessary age category tags; and
  - (c) can prove their age by one of the official means, on the day of the race.
10. Holders of temporary licenses may compete in the team competition provided they are wearing club colours.

## **Rule 14: Protests**

[Refer to IAAF Rule 146]

1. An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the Referee, in writing, signed by a responsible official on behalf of the athlete, and shall be accompanied by a deposit of R~~200~~ ~~100~~, which will be forfeited if the protest is not upheld.

## SECTION III: TRACK EVENTS

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### Rule 15: Starting Blocks

[Refer to IAAF Rule 161]

1. In competitions as stipulated in Rule 1(b) to (c) the use of starting blocks are not compulsory. If starting blocks are made compulsory in these events, the organiser of the event must supply the starting blocks.

### Rule 16: Steeplechase Races

[Refer to IAAF rule 169]

1. Lay-out for the 1500m Steeplechase event:
  - (a) There will be no hurdles between the start and the beginning of the first lap. The hurdles being removed until the competitors have entered the first lap.
  - (b) The start should be moved to another part of the track depending on the placing of the water jump.
  - (c) There shall be 12 hurdles jumps and 3 water jumps.
  - (d) The water jump shall be the fourth jump in each lap.
  - (e) The hurdles shall be 76,2cm high

#### **EXAMPLE:**

~~In this example it is assumed that a 400m lap has been shortened with 10m by constructing the water jump inside the track. Explanation of the layout for the 1500 Steeplechase:-~~

- ~~(a) 330m from start to the beginning of the first lap + 390m (Lap 1) + 390m (Lap 2) + 390m (Lap 3) = 1500mm.~~
- ~~(b) The three laps totalling 1170m each divided as follows:~~
- ~~• Distance from beginning of first lap to first hurdle: 10m~~
  - ~~• From 1st to 2nd hurdle: 78m~~
  - ~~• From 2nd to 3rd hurdle: 78m~~
  - ~~• From 3rd hurdle to water jump: 78m~~
  - ~~• From water jump to 4th hurdle: 78m~~
  - ~~• From 4th hurdle to finish line: 68m~~

~~**Note 1:** It is recommended that in the 2 000m, the water jump is the second jump of the first lap, and thereafter the fourth jump.~~

~~**Note 2:** Since the water jump must be positioned either inside outside the track, thereby lessening 68 meters or lengthening the normal distance of the laps, it is not possible to stipulate the exact length of each lap nor to state precisely the position of the water jump. It should be borne in mind that there must be enough distance from the starting line to the first hurdle, to prevent the competitors from overcrowding.~~

~~**Note 3:** The distance from the last hurdle to the finish line should be at least 68m.~~

## Rule 17: Relay Races

[Refer IAAF Rule 170]

**Standard Medley Relay Races:** (In order to use this layout, additional markings will be required to be made to the IAAF standard track markings):

1. The standard Medley Relay (1000m) consists of and is run in the following sequence, 100m, 200m, 300m, and 400m.
2. The location of the start for the Standard Medley Relay (1000m) is the same as for the 200m.
3. The Standard Medley Relay uses the same staggered zones as for the 4x100m Relay for the third exchanges, (at the 100m) and is completed in lanes (3<sup>rd</sup> exchange markers for the 4x100m relay).
4. Between the 1<sup>st</sup> and 2<sup>nd</sup> exchange the athletes will cut in to the inside lane on the 50m line. The 50m-start line is located in the home straight. The 50m-start line denotes the point at which the second leg of the Medley Relay (200m runners) may leave their lanes.
5. The 2<sup>nd</sup> exchange of the Medley (end of the 200m leg) is the same as for the first take-over for the 4x100m Relay (at the 300m), only the inside lane markers is used.
6. The 2<sup>nd</sup> runners are permitted to begin running outside their take-over zones.
7. The third zone of the medley relay (End of 300m leg) is the same as the second and third take-over zone of the 4x400.
8. Waiting runners can take an inner position on the track as incoming team members arrive provided they do not jostle or obstruct another competitor so as to impede his/her progress

## **SECTION IV: FIELD EVENTS**

[Refer IAAF Chapter 5: SECTION IV]

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### **Rule 18: General Conditions**

[Refer to IAAF Rule 180]

1. In competitions as specified in ASA Rule 1. (a) to (c) the organisers can provide the implements. Where implements are provided then the competitors may use either the organiser's implements or their own, provided these are checked and marked as approved prior to the commencement of the competition.
2. In competitions as specified in ASA Rule 1.(a) to (c) where the organisers do not provide the implements, athletes may use their own implements, provided these are checked and marked as approved by the organisers before the start of the event. The owner of the implement is under no obligation to make the implement available to other competitors.

## **SECTION V: COMBINED EVENTS COMPETITIONS**

[Refer IAAF Chapter 5, SECTION V]

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### **Rule 19: Combined Events Competitions**

[Refer to IAAF Rule 200]

1. The IAAF Combined Event Scoring Table will be used to score Combined events for the Senior, Junior and Youth age categories
2. For the 1000m Youth Boys, the IAAF Indoor Events Scoring Table must be used.
3. For Combined events in all other age groups, the ASA Scoring Tables must be used.

## SECTION VII: RACE WALKING EVENTS

[Refer IAAF Chapter 5, SECTION VII]

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### Rule 20: Race Walking

[Refer to IAAF Rule 230]

#### 20.1 General

1. During Road Races, which accept walkers, *and where walkers and runners compete simultaneously*, all Walkers must wear an *official "W" identification "WALKER"* tag to indicate that they are Walkers to be eligible for awards.
2. *The size of the lettering on the tags must be a minimum of 6cm and a maximum of 8cm in height and must be worn visibly above the Licence/Race number bib on the upper body clothing, back and front.*

#### 20.2 The Course

1. All Race walking races held on the road in South Africa must be measured using the Calibrated Bicycle method of measurement, and the course measurement report and certificate must be lodged with the Provincial Athletics Body prior to the date of the race.
2. The course measurement reports and certificates for all National Race Walking Championships, Provincial Race Walking championships, Inter-provincial and ASA Permit road race walking events, must be lodged with ASA at least 7 days prior to the event.
3. The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".
4. ASA reserves the right to order an independent measurement of any course by a recognised course measurer

## SECTION VIII: ROAD RACES

[Refer IAAF Chapter 5, SECTION VIII]

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### Rule 21: Road Races

[Refer to IAAF Rule 240]

#### 21.1 The Course

1. All road races held in South Africa must be measured using the Calibrated Bicycle method of measurement, and the course measurement report and certificate must be lodged with the Provincial Athletics Body prior to the date of the race.
2. The course measurement reports and certificates for all National Road Championships, Provincial Road Race championships, Inter-provincial and ASA Permit races, must be lodged with ASA at least 7 days prior to the event.
3. The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".
4. ASA reserves the right to order an independent measurement of any course by a recognised course measurer.
5. Any course starting and finishing above 1000m *above sea level* will be considered an altitude course.

#### 21.2 Refreshment stations and Seconding

1. Event organisers and / or the Technical delegate will determine the restrictions on seconding to apply in a road race. This ruling will be advertised in race rules and information.
2. Where permitted in race rules seconds or team officials may run 100m along side an athlete either side of designated refreshment stations in order to hand and receive refreshment bottles or goods. Seconding is not allowed outside the designated refreshment stations.
3. Seconding may not be conducted directly from a vehicle (including two-wheeled) whether stationary or moving.
4. Where race organisers impose a restriction on personal seconding, they must provide refreshment stations at least at 3km kilometre intervals throughout the race.

### **21.3 Physical assistance**

1. Pacing (non-competitive running) is defined as someone running alongside another competitor and is not allowed. To avoid pacing in Road Running Events the event organiser may employ separate or staggered starts. The timing of the starts will be determined by course logistics and will be set by the Technical Delegate in consultation with the course measurer.
2. The following is also considered as pacing and is not permitted: -
  - (a) A pace setter that is not a bona fide entrant in the race
  - (b) An athlete that is about to be lapped, running with athletes in leading laps
  - (c) Athletes that rejoin the race after having temporarily retired
  - (d) Athletes that do not start with the other athletes
  - (e) Where staggered starts are not implemented pacing is not allowed between age or gender categories when either runner wants to be eligible for any prize award.

### **21.4 Safety**

1. Runners are not permitted to run with animals.
2. Any road race held on local authority roads must have the approval of the relevant local authorities. Organisers of an event must recognise their responsibilities in ensuring the safety of participants, spectators, officials and other road users and are encouraged to undertake formal risk management appraisal of all aspects of their event to minimise the risk of any incident.
3. Where event organisers allow and have permission from the traffic authority for runners or walkers to participate with prams or baby joggers, they must start at the back of the race, and may be required to have a delayed starting time.
4. Where the organiser and the traffic authority allow a competitive wheelchair event they must commence in a staggered start prior to the start of the able-bodied race.
5. Disabled or blind runners who require to be accompanied may only make use of guides who have officially entered the event.

### **21.5 Calculation of Team positions**

1. In team competitions the following rules will be applied to calculating the team positions: -
  - (a) The team size will be stated in the competition manual or event flyer. Team sizes will be equal for men and women.

- (b) The team time will be calculated by adding all the times of the first runners from the one club or province that complete the team size.
2. In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

### **21.6 Fun-Runs**

1. The distance of Fun Runs may not exceed 5 km.
2. Licensed and unlicensed athletes may participate in these events, no licence number need be worn in these events, and temporary licences need not be purchased.
3. Fun Runs will only be sanctioned by ASA or the Provincial Body provided they are held under the aegis of an affiliated club.
4. The only prizes that may be awarded in fun runs are lucky draw awards that involve a process that provides an equal opportunity of winning to all participants. This may be based on entry or completion of the fun run.

### **21.7 Road Relays**

1. Road relays must be organised under the direct auspices of provinces. The province has the sole right to appoint an LOC, and through this LOC take complete responsibility of the event.

## **SECTION IX: CROSS COUNTRY**

[Refer IAAF Chapter 5, SECTION IX]

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### **Rule 22: Cross-Country**

[Refer to IAAF Rule 250]

#### **22.1 Course**

1. Wherever practical, and for all National, Provincial, Inter-provincial and prestige cross country events, it is recommended that the prime method of measurement is the Calibrated Bicycle method of measurement using an off-road bike (MTB). Any sections that are un-ride-able may be measured by steel tape. The measurement report and map should be lodged with the Provincial Athletics Body.
2. The course measurement reports and certificates for all National Cross Country Championships, Provincial Cross Country championships, Inter-provincial and ASA Permit races, must be lodged with ASA at least 7 days prior to the event.
3. The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".

#### **22.2 Calculation of Team positions**

1. In team competitions the following rules will be applied to calculating the team positions:
  - a) The team size will be stated in the competition manual or event flyer. Team sizes will be equal for men and women.
  - b) Competitors competing as individuals may be removed from the finishing list when calculating the team prize.
  - c) The team position will be calculated by adding all the finishing positions of the first runners from the one club or province that complete the team size and meet the entry requirements. Athletes in other categories may be removed so as not to impact in finishing positions.
2. In the event of a tie between two or more teams, the order will be determined by the finishing position of the last scoring team member. The team whose last placed scoring member finishes closest to first place will win the tie.

## **SECTION X: RECORDS**

[Refer IAAF Chapter 5, SECTION X]

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### **Rule 23: South African Records**

[Refer to IAAF Rule 260]

The process for ratifying a South African record must follow the principles and procedures stated in IAAF rule 260 – World records, but using the relevant ASA forms and abiding by all doping requirements.

1. Only the President or CEO of ASA are authorised to recognise National Records.
2. Only the President of a Provincial Athletics Body is authorised to recognise a Provincial record.
3. ASA will supply the official South African record certificates for presentation to the National Record Holders.

THIS DOCUMENT HAS BEEN PREPARED  
BY THE ATHLETICS SOUTH AFRICA  
NATIONAL TECHNICAL OFFICIALS COORDINATING COMMITTEE