

# ***1<sup>st</sup> AFRICA YOUTH ATHLETICS CHAMPIONSHIPS***

***WARRI (NIGERIA)  
28<sup>th</sup> – 31<sup>st</sup> MARCH 2013***

## **TECHNICAL RULES**

### **I- DATE AND VENUE**

The CAA will hold the Africa Youth Championships every other year, in odd years. The first edition is planned to take place from **28th to 31st March 2013 in WARRI, NIGERIA.**

### **II- PROGRAM OF EVENTS**

**2-1- The Africa Youth Championships will take place in four consecutive days.**

**2-2- The program will include the following forty (40): - 20 for Men and 20 for women:**

#### **\*MEN:**

100 m	110 m Hurdles	High Jump
200 m	400 m hurdles	Pole Vault
400 m	2000 m steeple chase	Long Jump
800 m	10.000 m Race walking	Triple Jump
1500 m	Medley Relays (100-200-300-400)	Shot Put (5kg)
3000 m		Discus Throw (1.500kg)
Octathlon		Hammer Throw (5kg)
		Javelin Throw (700 g)

#### **\*Women:**

100 m	110 m Hurdles	High Jump
200 m	400 m Hurdles	Pole Vault
400 m	2000 m steeple chase	Long Jump
800 m	5.000 m Race walking	Triple Jump
1500 m	Medley Relays (100-200-300-400)	Shot Put (3 kg)
3000 m		Discus Throw (1kg)
Heptathlon		Hammer Throw (3kg)
		Javelin Throw (500 g)

## **III- PARTICIPATION**

### **3-1- Age Category**

Only, the athletes aged **16 or 17 years** as at December 31 of the competition year are allowed to participate, **this means, the athletes born in 1996 or 1997).**

The passport or the National identity card shall be the reference document to control the athlete's age, a photocopy shall be made for the CAA.

### **3-2- Entry criteria**

For this first edition, no qualification minima are required by the CAA.

### **3-3- Entry Rules**

- Each member federation is allowed to enter in each event **two (02) athletes** maximum and a relay team.
- **The maximum events in which a youth athlete may participate are two individual events plus a relay.**
- **However, if the two individual events are races, only one of these two individual races may be Superior to 200m.**
- **Relay Team:** Every member Federation may enter a relay team for each of the relay races. Each team shall be composed by six (06) persons maximum. Among athletes who are entered for the relay or for any other event, four (04) athletes may be chosen to form the team competing in the first round. However, when a relay team has started a competition, only two (02) additional athletes may be used as substitutes in the team's composition. Not respecting this rule may cause disqualification to a team.
- Each delegation shall be framed according to the team ratio in appendix.

### **3-4- Preliminary Entries**

The preliminary entry forms in the enclosed standard format shall be duly filled by the member country to confirm its agreement of principle to participate in these championships.

They will indicate the following items:

- The number of participants by event
- The number of accompanying officials

The deadline is fixed three months prior the start of the competitions, meaning on **Friday 28 December 2012**

### **3-5- Final Nominative Entries**

The final nominative entries shall be made on the forms in appendix reserved for this purpose. They will indicate:

- The event, name, surname, date of birth and performance of the athlete.
- The name, surname of accompanying officials
- The List of national records (youth girls and boys) if existing

The deadline to submit final nominative entries is fixed on **Monday 4th March 2013 at midnight (Nigeria local Time)**

**All entry forms (preliminary: quantitative and final: nominative) shall be submitted to the local organizing committee with a copy to the CAA**

- **This form shall also indicate the date and travel formalities so as to enable the organizers to make all necessary arrangements for the transport of delegations to WARRI**
- **For delegations travelling by air, the local organizing committee will arrange their transfer to WARRI from ABUJA and LAGOS airports**

### **3-6- Final confirmation of entries**

The heads of delegation or their representatives shall confirm the names of athletes being already entered and who will actually compete. This final confirmation of participation will take place during the technical meeting and will take in account the daily confirmation of the first competition day.

The daily participation confirmation of the second, third and fourth days shall be communicated on the eve of each event before twelve o'clock (midday). The forms will be distributed to delegations on arrival or will be available at the TIC (Technical Information Centre)

## **IV- TECHNICAL INFORMATIONS**

### **4-1- The Technical Information Centre (TIC)**

A Technical information center will be placed in the stadium; its main role is to assure a better link between each delegation, the technical secretariat, the organizing committee and technical Delegate.

**Besides, the TIC shall be in charge of the following:**

- Notification of start lists
- Registration of confirmations
- Protest by the jury of appeal
- Publishment of results
- Urgent notifications.

## **4-2- Technical meeting**

A technical meeting will be held on Wednesday 27 March 2013. Two representatives maximum per delegation will be allowed to attend this meeting. The exact place and the time of this meeting will be announced to the delegations as soon as their arrival in Rwanda.

### **The following people will take part to the technical meeting:**

- The representative of the national host federation
- The CAA president or his representative.
- Two Representatives by Delegation.
- The technical delegate.
- The organizational delegate(s)
- The local organizing committee representative.
- The main local technical officials
- The Members of the Jury of appeal.
- The anti doping delegate.
- The medical delegate
- The Area Technical Officials (ATOs)

### **The Agenda of the Technical meeting shall be the following one:**

- Welcome address by the president of Athletics Nigeria or his representative.
- Welcome address by the CAA President or his representative
- Presentation of the various CAA Delegates and the Local authorities.
- Status of final entries
- Final time table.
- Qualification Mode in races and movements of the bars for vertical jumps
- Competition tools
- Combined Events
- Call room
- Protests and appeals
- Anti-doping control
- Answer to questions

The technical meeting will end by an orientation visit to the different sites by the chiefs of delegations (main stadium, cloakrooms, warming-up area, call room, TIC, rest area for combined events, etc.). Two (02) Representatives maximum by Delegation will be allowed to take part in this visit.

## **V- COMPETITION RULES**

### **5.1- Tools**

- **List of Tools**

Technical Delegates will establish together with the Local organizing Committee, an official list of the tools which will be provided to the athletes in sufficient number, in order to meet the needs of the competitions sites, warming-up and training areas.

- **Personal Tools**

Personal tools will be authorized provided that they have a ratification certificate, that they are not on the official list and that they have been verified according to the Technical delegates' instructions.

These tools should be able to be used by the other competitors until the end of the final of the concerning event.

## 5.2- Call Room

- Athletes will present themselves at the Call room following the time table below indicated:

<b>Events</b>	<b>1<sup>st</sup> appeal</b>	<b>last appeal</b>	<b>Entry in Call room</b>	<b>Exit from Call room</b>	<b>Entry in Stadium</b>
Races	45 mn before	35 mn before	30 mn before	15 mn before	10 mn before
Relays/Hurdles	50 mn before	40 mn before	35 mn before	20 mn before	15 mn before
Field events	65 mn before	55 mn before	50 mn before	35 mn before	30 mn before
High Jump	75 mn before	65 mn before	60 mn before	45 mn before	40 mn before
Pole Vault	95 mn before	85 mn before	80 mn before	65 mn before	60 mn before

- Once in the call room, athletes will be identified with the accreditation card and their bib numbers

After identification, the following verifications shall be made:

- Competition bibs
  - Competition uniform
  - Advertisement on the uniform, the bag, etc (according to IAAF rules on advertisement).
- Also, it will be verified whether the other items such as bags, bottles of sweet drink etc are not displaying some forbidden advertisement.
  - It is also forbidden to bring any technical electronic device (radio mobile phone, walkman, etc.) on the competition sites.

These ones shall be identified and kept at the call room and taken back after the event.

- After verification by the officials, the athletes will head to the waiting area where they will be given last instructions before they are accompanied to the place of the event.
- Officials : VIP, coaches, heads of delegation, medias etc, are not allowed to access to the call room

### **5.3- Combined Events**

Athletes shall come alone to the call room and at the planned hour, a delay in presentation may bring about the exclusion of the athlete for this event as well as all next events.

A rest zone will be available for athletes while waiting for the start of the next event.

Although the athletes are not obliged to remain in the rest zone between the events, this area will be used as call room for all the following events. So, athletes must return to the rest zone before the beginning of the following event in order to be controlled again.

The rest zone is reserved for athletes; however, the team officials may come there and meet their athletes.

### **5.4- BIBS**

Two bibs minimum will be distributed to each athlete by the organizing committee. These bibs shall be put on in conformity with IAAF rules, one on the back and one on the chest.

For high jumps and Pole Vault, athletes are allowed to put only one bib either on the back or on the chest.

For races, all competitors will receive two additional small bibs (to identify the lane or the athlete's position) which they shall put on either side of the thigh.

In relays, Bibs with country code will be distributed to athletes who will fix them on the chest and the bib with the number will be fixed on the back.

No athlete will be allowed to compete in an event without his/her bibs. It is also forbidden to cut, to punch or to fold the bibs which shall be put on as they were received.

### **5-6- Protest and appeal**

Protests shall be made according to rule 146 of IAAF.

Protests concerning results or the progression of an event shall be made within the thirty minutes (30 mn) that follow the official proclamation of this event's results.

Any protest shall be made first orally by the referee judge either by the athlete or someone else on his behalf. The referee judge may make a decision or report the matter to the jury of appeal. If the referee judge makes a decision, there will be the right to appeal to the jury of appeal.

Appeals to the jury of appeal shall be written on the appeal form which is available at the TIC; it must be signed on the behalf of the athlete by the official in charge, and must be submitted with a deposit of 100USD or its equivalent in local currency.

Appeals by the jury of appeal shall be made within the thirty minutes after the decision of the referee judge.

### **5-6- Non-participation in an event: (see rule 142.4)**

## **VI- QUESTIONS AND TECHNICAL SPECIFITIES**

**6-1- The height of the hurdles** shall be in conformity with the rule 168.3 of the IAAF competitions:

- 100 m hurdles: 0.762 m
- 110 m hurdles: 0.914 m
- 400 m hurdles women: 0.762 m
- 400 m Hurdles men : 0. 838 m

### **6-2- Tools specifications**

The specifications of tools will be in conformity with the rules: 187- 188- 189- 191 and 193 of IAAF

- Shot Put: Youth boys: 5 kg / Girls: 3kg
- Discus: Youth boys: 1.5 kg / Girls: 1 kg
- Hammer: Youth boys: 5 kg / Girls: 3 kg
- Javelin: Youth boys: 700 g / Girls: 500 g

### **5.3- Combined Events**

- **The Octathlon Boys** will be comprised by the eight (08) following events:
  - **Day 1:** 100 m- long jump- shot put- 400 m
  - **Day 2:** 110 m hurdles- high Jump- javelin- 1000 m
  
- **The heptathlon Girls** will be comprised by the following events:

- \* **Day 1:** 100 m hurdles- high jump- shot put- 200 m
- \* **Day 2:** long jump- Javelin- 800 m.

*The IAAF quotation table of the combined events (indoors for the 1000m) will be used to mark these events though the tools are lighter and the hurdles lower.*

### **5.4- Medley Relays**

The order shall be the following:

- 1<sup>st</sup> course: 100 m
- 2<sup>nd</sup> course: 200 m

- 3<sup>rd</sup> course : 300 m
- 4<sup>th</sup> course: 400 m

The two first courses will be run inside the lane and the third one will be run inside the lane up to the across line at the beginning of the opposite straight line.

From this point, runners are allowed to leave their respective lanes.

Under the directions of the appointed official, runners of the last course shall place themselves in their waiting position, in the same order (from inside to out) as the one of their respective team members as they enter the last bend.

Once the arriving athletes have passed this point, the waiting athletes must remain in this order and not change position at the beginning of the transmission zone. An athlete who does not respect this rule shall have his/her team disqualified.



***1<sup>er</sup> CHAMPIONNATS D'AFRIQUE CADETS D'ATHLETISME***  
***1st AFRICAN YOUTH ATHLETICS CHAMPIONSHIPS***

**Warri (NIGERIA) 2013**

**Ratio d'Encadrement des Equipes**  
**Ratio for Team Officials**

<b>Nombre d'Athlètes N° of Athletes</b>	<b>Nombre d'Officiels N° of Officials</b>
De/From : 01 à/to : 03	01
De/From : 04 à/to : 06	02
De/From : 07 à/to : 10	03
De/From : 11 à/to : 15	04
De/From : 16 à/to : 20	05
De/From : 21 à/to : 25	06
De/From : 26 à/to : 30	07
De/From : 31 à/to : 35	08
De/From : 36 à/to : 40	09
De/From : 41 à/et/and (au) plus/ more	10