

INSTRUCTIONS & RULES FOR ATHLETES

1. The competition will be organized under 2022 World Athletics Rules and Regulations.

2. Practice

① Before the date of the competition schedules as follows:

Date	Place	Time
May 1 (Sun)	Main Stadium (track & Jump)	13 : 00~16 : 00
May 2 (Mon)	Main Stadium · Throwing Stadium	12 : 00~17 : 00

② The day of competition Use of the Sub Field

Lane No.	Sprint	Distance	Hurdle
HS,BS: 1		○	
HS: 2 .3.4.5.6 BS:2	○		
BS:3.4			
BS:5.6			○
HS:7.8	○		

HS: Home Stretch BS: Back Stretch

3. Roll Call

① The Roll Call Area is the 2nd Floor of the Back Stand E-6 Gate. (see the map Page 19)

② From the Roll Call Area to enter the Stadium: follow the path of the arrows and the staff.

③ Please gather the Roll Call Area 5 minutes before the closing time of final call. You will be checked for your bib number, spike shoes, brand names printed on clothing and your belongings.

④ The Roll Call time must be strictly kept to. In case of delay or absence the Roll Call time, you will be disqualified by the event.

⑤ The Roll Call Time (see the Events Schedule on page 2, before the event start

Event	Start roll call	Finish roll call
All Track Events (Heat, Final)	30 min. before	20 min. before
Field: H.J., T.J., D.T.	1 hour before	50 min. before
Pole Vault	80 min. before	70 min. before

4. Events

① Track events are judged by photo finish and will have Start Information System in use for events up to 400m. Athletes responsible for one false start shall be disqualified.

② In all field events, the allowed time is indicated on the time clock display, and you will be informed by a yellow flag when the remaining time is 15 seconds.

③ The order of the field events are printed in the program. The track events will be decided one day before the competition day.

④ After the finish of sprinters must remain in their own lanes for safety.

⑤ The language of start command in English (On your marks, Set)

⑥ Brand names on your clothing and belongings will be checked and if necessary removed or covered according to the WA C7.4 Marketing and Advertising Regulation

⑦ Assistance during the events will be restricted according to the TR6. You must follow the recommendations and warnings from the officials.

⑧ In the 200m, athletes' clothing and belongings must be left in the basket before start, will be collected and carried by the officials to the finish point. Please receive belongings there and follow the instructions

of the officials.

- ⑨ Throwers must use implements prepared by the organizer. Instructions on personal implements to be indicated separately.
- ⑩ After an event has concluded each athlete selected for doping control will be notified by a Doping Control Officer and a chaperone will escort the athlete to the Doping Control Station.
- ⑪ After finish, athletes may be requested for an interview by the media in the Mixed Zone.
- ⑫ In track races, lane(s) will be left open if an athlete withdraws from the race.
- ⑬ All lanes 1 through 9 may be used if organisers deem necessary.
- ⑭ The shoe thickness must be 20mm or less for 400m, and 25mm or less for 800m and Triple Jump.
- ⑮ Men High Jump & Pole Vault: The bar will be raised as follow:

Men High Jump

Practice	1	2	3	4	5	6	7	8		
2m00 & 2m15	2m05	2m10	2m15	2m20	2m24	2m27	2m30	2m33		After3cm

Men Pole Vault

Practice	1	2	3	4	5	6	7	8		
Ordered height	5m10	5m30	5m40	5m50	5m60	5m70	5m80	5m85		After5cm

5. Awards

Winners will receive a bouquet of flowers and trophy, and may be requested for an interview in the Mixed Zone.

6. Others

- ① Do not leave your valuables unattended. Organizers are not responsible for lost or stolen items. Shower Room cannot be used.
- ② You wear your face mask always at all times except during competition or warming up.
- ③ Always wear your AD card at the stadium.

Regulation to bring in the stadium

Under WA Rules you can bring in or wear as follows.

Athletes' kit

(1) Wear for competition : tops, vest, pants; for warm up gear, ceremony kit, track suits, T shirts, sweat pants, rain jacket

Upper and Bottom: one place manufacturer name /logo 40 square cm (max. height 5cm)
up to two Athlete sponsors' name /logo 40 square cm (max. height 5cm)

(2) Put on the athlete kit or wear (socks, head gear, hat, hair band, glove, arm band, glass, sun glass, etc.)

One place manufacturer name /logo 6 square cm (max. height 3cm)

One place club name /logo 6 square cm (max. height 3cm)

1. Towel, bag

One place manufacturer name /logo 40cm square (max. height 5cm)

Two places sponsor name /logo 40cm square (max. height 5cm)

2. Drink bottle

up to two Athlete sponsors' name /logo two places 40cm square (max. height 5cm)

Must peel off the label of the pet bottle.