

Competition Rules and Regulations

1. Competition rules

Implemented in accordance with 2019 IAAF Rules, Japan Athletics Rules, WMA Rules, Japan Masters Athletics Association bylaw and Rules of the 40th Anniversary International and All Japan Masters Athletics Championships.

2. Contestant convocation

Everybody who intends to participate in the competition (hereinafter referred to as the "Athlete") must proceed to the competition officials at the call room and complete a call.

(1) The call room will be set up in the booth(tent) between Shoda Shoyu Stadium Gunma and the auxiliary stadium.

(2) The convening time shall be the following time before the competition start time indicated in the competition schedule.

Event	Convocation start time	Convocation completion time
Track – each event each class	30 minutes before	20 minutes before
Field events and various classes	40 minutes before	30 minutes before
Pole vault	60 minutes before	50 minutes before

Strict adherence Athletes who are late for the above times cannot participate.

- (3) Prepare to be able to present your number card (chest / waist) and spike pins, wait at the meeting place, and check the trademark. Confirm that you have not brought in a mobile phone.
- (4) If you are not able to complete a call due to participation of other events, submit a notification of the second event at the same time and apply to the contestants in advance.
- (5) In case not until call completion time a predetermined procedure, it deemed to have abstained the event to.
- (6) The athlete who has finished the call will wait at the designated location and move to the competition location according to the guidance of the athlete.

3. Number card

- (1) Two number cards per person will be issued at the reception.
- (2) The athlete is, the issue has been the number card in the chest and the back as it is put, in the safety pin fastening the four corners.
However, athletes who participate in jumping competitions should be attached to either the chest or back. It is preferable for operation to be applied to the chest during long jump or triple jump.
- (3) For athletes participating in track events, two waist number cards for photo determination will be distributed at the call room.
- (4) Number cards do NOT need to be returned.

4. Practice venue

- (1) Practice at designated locations and times, and make every effort to prevent accidents. The organizer will take emergency measures for illnesses and

injuries that occur during practice, but will not be held responsible for any subsequent actions.

(2) Use schedule is as follows.

Arena	September 12 (Thursday)	September 13 (Friday)	September 14 (Sat)	September 15 (Sun)	September 16 (Mon)
Auxiliary stadium	13:00 ~16:00	7:00 ~ 8:00	7:00 ~ 8:00	7:00 ~8:00	7:00 ~ 8:00
Auxiliary stadium	N/A	11:30 ~15:00	10:00 ~16:00	14:00~16: 00	12:30~16: 00
Soccer field	N/A	7:00 ~16:00	7:00 ~16:00	7:00~16:00	7:00 ~16:00

* Throwing practice using throwing equipment is not possible at all stadiums.

* The auxiliary stadium is used for throwing events for 4 days, so follow the instructions of the officer in use. In the track, the middle/long distance events uses the inner lane, the hurdle events uses the outer lane, and the short distance uses the center lane.

The hurdles will be prepared and cleaned up by each participants.

5. Entry / exit to the stadium

(1) Enter the stadium with competition official's instruction or guidance .

(2) Exit will be in accordance with the instructions of the competition officials.

① Track competition

As soon as the results are known (confirmed by the results of announcements and bulletin boards) The 1st to 3rd place winners will move to the awardee' s waiting area.

② Field competition

The 1st to 3rd place winners will move to the awardee' s waiting area after the competition ends.

6. Lane order / Trial order

(1) The lane order for track competition and the trial order for field competition shall be in order of the numbers described in the program.

(2) When multiple classes are performed simultaneously in a field competition, they must be in number card order.

7. accident prevention

(1) All athletes during the event will be judged by the competition officials (safety judges and non-safety judge officials) as "It is dangerous to enter or continue to compete" Participation in the competition and competition cannot be continued.

(2) The athlete must comply with the judgment of safety officials.

(3) Records and rankings will not be accepted if you do not follow the judgment and enter or continue the competition.

8. About competition

(1) No changes or additions to the events in which the athletes participate.

(2) If there is a fraud in age, it will be disqualified.

- (3) Competition equipment and competition shoes
- ① Equipment used for the competition shall be the ones prepared by the organizer except for pole vault.
 - ② Up to two markers can be used for field competitions, one for high jump, pole vault, long jump, triple jump, and Javelin. One marker for other events. High jumps are on the runway, other jumping events and throws are on the outside of the runway, and in competitions from the circle, they are placed immediately after the circle.
 - ③ The stadium is all-weather surface. The spikes for competition shoes shall be no more than 11 pins and 9 mm or less. However, the high jump / Javelin is 12 mm or less.
- (4) Athletes, cannot bring devices such as mobile phones, smart phones, music players, camera equipment into the competition area.
- (5) If you bring a product or bag with a product name into the stadium, check and instruct the competition officials at the convocation hall.
- (6) The competition start time may vary slightly as the competition progresses.
- (7) Track events
- ① All track competitions use a photo finish device.
 - ② If there are multiple groups of the same class, They will be time finals.
 - ③ In the case of the same time, if there is no difference in the same group, or if the group is different, the one with the earlier date of birth will be ranked higher.
 - ④ For short distance events, the athletes run along the assigned lane (curved track) after the finish line for safety.
 - ⑤ The start command will be given in English (on your marks, set).
 - ⑥ False start will be disqualified once.
 - ⑦ The representative of the relay team will fill out the necessary information on the relay order form and submit it to the call room one hour before the convocation completion time. The relay order form will be available at the call room. Any changes after submission of the order form are not allowed.
If athletes other than registrants are runners, the change shall be no more than two from the participants. Elderly people can participate as runners in lower-class classes. However, athletes who have not entered the individual event cannot participate.
 - ⑧ You must jump over the hurdles. If you do not jumped, it will be disqualified. You may defeat the hurdle when you jump, but you will be disqualified if you defeat it deliberately. If you touch your hand on the hurdle before jumping, you may be considered deliberately trying to defeat it.
 - ⑨ 3000mSC and 2000mSC obstacles may be touched when jumping over.
If you cross an obstacle in front of water jump, you will be disqualified if you land outside the water jump area.
 - ⑩ For the following events, there will be a time limit for each class, and if this time has passed, new laps will not be entered.
When multiple classes are grouped together, the longer time limit should be applied.

3000m	M60-M90 18 minutes W50-W80 18 minutes
5000m	M-24 to M55 20 minutes W-24 to W45 21 minutes
2000mSC	M60-M75 11 minutes W-24-W75 11 minutes
3000mSC	M-24 to M55 13 minutes
3000mW	M60 ~ M90 25 minutes W-24 ~ W80 25 minutes
5000mW	M-24 to M55 35 minutes

* In the course of the competition, the competition of athletes exceeding 800 meters for 6 minutes and 1500 meters for more than 10 minutes may be canceled. In other events, if there is an obstacle to the progress of the competition, the athlete's competition may be terminated.

(8) Jumping events

- ① The order of trials shall be in the order of the numbers listed in the program for all competitions. Anyone who participates in other event during the competition shall apply to the Chief Judge. In that case, track competition will be given priority and field competition will be at the request of the person. The order of trials is changed as appropriate, but attempts lost during the trial cannot be requested.
- ② The number of long jump, triple jump, and vertical five jump attempts will be three until the top 8 of each class (all if there are multiple players with the same record) is determined. The number of trials in the top 8 after the fourth will be one. The order of the 4th trial will be the order of the numbers listed in the program.
- ③ In the case of the same record other than running high jump and pole vault, the order is determined by the second record. If it still cannot be determined, compare with the third record, and then determine in the same way. If you are still unable to decide, the one with the earliest date of birth will be ranked higher.
- ④ The standard for how to raise bars for high jump and pole high jump is as shown in Tables 4 and 5 of the Implementation Guidelines. However, depending on the ground conditions and the circumstances of the participants, it may be changed depending on the judgment of the Jumping Judge.
- ⑤ If the highest record is the same in both high jump and pole high jump, no jump-off is performed. In that case, the ranking is determined by the number of invalid trials, but if it is still not decided, the person with the earlier date of birth is ranked higher.
- ⑥ As for the High Jump, Pole Vault and standing five-steps Jump, the position of the takeoff board is as Tables 6 of the Implementation Guidelines.
- ⑦ In the standing five-steps jump, Standing align the feet not to touch the level crossing line, Stepping with both feet seen outright, jumping one step, two steps, three steps, four steps to the left and right alternately on one foot, 5 steps land with both feet.
After the referee shows the start of the competition, if the foot moves, such as touching the crossing line at the moment of repartitioning or stepping off, or jumping before stepping off, the trial will be invalid.

(9) Throwing events

- ① The order of trials shall be in the order of the numbers listed in the program for all competitions. Anyone who participates in other competitions during the competition shall apply to the Referee Chief. In that case, track competition will be given priority and field competition will be at the request of the person. The order of trials is changed as appropriate, but attempts lost during the trial cannot be requested.
- ② It will be 3 times until the top 8 of each class (all if there are multiple people with the same record) is decided. The number of trials in the top 8 after the fourth will be one. The order of the 4th trial will be the order of the numbers listed in the program.
- ③ In the case of the same record, the ranking shall be based on the person with the earliest date of birth. In the case of shot shots and the same record, the order is determined by the second and third records. If it is not determined in the same manner below, the one with the earlier date of birth will be ranked higher.

9. Others

- (1) Store your belongings on your own. The organizer will not be responsible for any accidents.
- (2) Store lost items at the Technical Information Center (TIC). The storage period is until the end of the competition on September 16th.
- (3) All garbage should be taken home at your own responsibility without leaving it at the venue.

10. Changes to the competition rules

Article 180 General Rules – Field Competition ⇒ Change of Trial Time

17. Single event

Number of remaining athletes	High jump	Pole vault	Other
4 or more	1 minute	1 minute	1 minute

11. Documents to be submitted

Documents to be submitted shall be as follows, and each document shall be submitted to the designated place by the submission time.

	Document type	Submit to	Submission time
1	Default notice	Call Room (competitor officer)	Until the convening start time
2	Notification of simultaneous participation of the second event	Call Room (competitor officer)	Until the first event convocation start time
3	Relay order form	Call Room (competitor officer)	Up to 1 hour before the call completion time of the group

4	Pole vault upright report	Call Room (competitor officer)	At the start time
5	Protest (oral)	TIC	See Championship guidelines
6	Appeal declaration	TIC	See Championship guidelines
7	Program correction notification	TIC	Until September 12, 14:00. From September 13th to September 16th, Morning event; Until 7:00 Afternoon event: Until 10:00

* The above documents will be received by the contestant officer or TIC (Athlete Information Center).