



Competition Committee Consultation

Recommended Changes to Competition and Technical Rules

Effective 1/1/25

Introduction

Following the adoption of the new Constitution at the General Assembly in Gothenburg (2024) the Competition Committee considered changes to the Competition and Technical Rules that were deemed to be necessary as Masters Athletics evolves.

The Committee made recommendations to Council and agreement was reached on the changes to be made. In line with the new Constitution, Members will be consulted on the recommended changes before adoption and implementation.

The rule changes are detailed below with the rationale for change as determined by the Committee:

1. Amend CR 2.1.1.1.1 to allow a team award in the 10k road race when no half marathon is staged
Rationale – when no half marathon is organised it is preferable to have a team award for athletes who are competing in the alternative road event – the 10k
2. Remove CR 2.1.1.1.2 so that LOC can have flexibility in staging the non-stadia programme
Rationale – an LOC may have reasons of organisation and logistics that determine the order of the non-stadia events. This change allows flexibility.
3. Amend CR 2.1.1.1.2 and CR 2.1.1.1.3 to allow the marathon organisers (LOC) to introduce a team award
Rationale – as the WMA Marathon Championships will be part of independent stand alone events in future it is sensible to allow any LOC to introduce the element of a team award if they so wish
4. Amend CR 2.1.2 to add 4x200m mixed relay to the list of events contested at WMA World Indoor Championships
Rationale – We have already added the event in Poland (2023) and Gainesville (2025) and we have the capacity to keep the event on the schedule for future WMA World Indoor Championships.
5. Amend CR 31.3.1 (c) and CR 31.4.1.2(c) to add after a birth certificate “or an official government document issued at birth”

6. Amend rule TR 8.4.1 to remove the option for athletes to run under protest when contesting the validity of a start.
Rationale – Masters athletes are able to have two personal false starts before disqualification. Running under protest gives a significant extra allowance that should not be available
7. Amend Rule TR 24.11 Regime for 4x400 mixed relay to be MFMF with a list of reserves to be 4 with equal representation of male and female. Teams can be composed of athletes moving down an age group but only one male and one female can make that change of age group
Rationale – the composition of a mixed team may need to be changed from the reserves named therefore an equal number of male and female reserves can be named. However, when composing a team it could be imbalanced if the genders of athletes changing age groups is unequal
8. Apply TR 24.11 Regime for 2x200 mixed relay to be the same as 4x400 EXCEPT the running order to be FFMM
Rationale - on the grounds of safety whereby it would be unnecessarily dangerous for males to hand the baton to females at speed
9. Amend TR 54.7.3 to introduce the penalty zone in all non-stadia race walks to fall in line with WA rules
Rationale – changing this rule not only falls in line with global practices it gives our athletes the opportunity to complete a race and not face disqualification merely on the award of red cards
10. Delete TR 54.14
Rationale- redundant see TR 57.8.2
11. Delete TR 55.12 and then renumber TR 55.13 and TR 55.14
Rationale- redundant see TR 57.8.2
12. Delete TR 56.10
Rationale- redundant see TR 57.8.2
13. Amend Appendix A for Hurdles modifications as agreed at the General Assembly to be deferred until 1/1/26.
 - Change the M80+ and W70+ indoor 60m hurdles to 5 hurdles with 11.00m run in, 6.00m between hurdles and 25.00m to finish line. Effective 1 January 2026.
 - Change the M80+ and W70+ outdoor hurdles to 8 hurdles with 11.00m run in, 6.00m between hurdles and 27.00m to the finish line. Effective 1 January 2026.**Rationale** -To allow Members to amend specifications and athletes to amend their practice

Additionally, certain changes were deemed necessary by the working group tasked with aligning all WMA documents with this new Constitution. These changes are as follows:

1. Delete Definitions and add language to state that all terms will have the same meaning as in WA Competition and Technical Rules and the new WMA Constitution
2. Delete CR 1.1.3 – CR1.1.5 to be deleted as inconsistent with the language of the new WMA Constitution
3. Amend CR 31 to reflect elimination of Records Committee in the new WMA Constitution by changing the term “Records Manager” to “Records Subcommittee Chair”

4. Delete CR 31.18 as redundant with CR 31.1
5. Renumber CR 36 and CR 37 to CR 33 and CR 34 to align with current numbering system
6. Rewrite Article 14 regarding modifications for WMA Competition and Technical Rules to comply with new Constitution

The following rule changes follow the votes at the General Assembly in Gothenburg on 16 August 2024. These changes are not subject to this Consultation, but are provided for information purposes only:

1. CR 32.2.1 add to Outdoor Stadia Combined Events list - Decathlon (Women) and add TR 39.1.4 The order of events for the Women's Decathlon shall be:
First Day: 100m, Long Jump, Shot Put, High Jump, 400m.
Second Day: Short Hurdles, Discus, Pole Vault, Javelin, 1500m.
2. TR 39.13 Tie breaker in combined events If two athletes are tied for first place in combined events competition, the procedure to break the tie is the following:
(a) the athlete who, in the greater number of events, has received more points than the other athlete shall be awarded the higher place.
(b) if the two athletes are still tied after the application of Rule 39.13(a) or if there are 3 or more athletes tied for first place, then the athlete who has the highest number of points in any one event shall be awarded the higher place.
(c) if the athletes are still tied following the application of Rule 39.13(b), the athlete who has the highest number of points in a second event, etc. shall be awarded the higher place.
(d) if the athletes are still tied following the application of Rule 39.13(c), it shall be determined to be a tie.
Reasoning: All other field events have a rule to break ties for first place.
3. TR 26.3 rule to be replaced with the following.
The time allowed for trials in vertical jumps apply to all of the competitors in a mixed age or sex groups flight.
The progressions apply to all competitors in a mixed age/sex group, except if a competitor has won their age group and is attempting to break a WMA Record or other record relevant to the competition.

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