



# WMA COMPETITION AND TECHNICAL RULES

2025 Edition

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## *Introduction*

*WA Competition and Technical Rules shall apply to all WMA Competitions, unless otherwise reflected herein. These WMA Competition and Technical Rules are numbered and arranged to correspond to the WA Competition and Technical Rules numbering System. All terms in these WMA Competition and Technical Rules shall have the same meanings as set forth in the WA Competition and Technical Rules and the WMA Constitution.*

# WMA COMPETITION RULES

## Rule 1 Authorisation to Stage Competitions

### 1.1 Championships Sanctioning

1.1.1 WMA shall sanction such other World Masters Championships as may be approved by the General Assembly.

1.1.2 WMA shall sanction such other road, cross-country and mountain running races as may be approved by the General Assembly, including the holding of a WMA World Championship Marathon, a WMA World Championship 100K Road Race, a WMA World Championship 24 Hour Road Race, and a WMA World Championship Mountain Running Race.

## Rule 2 Regulations Governing the Conduct of International Competitions

### 2.1 Championship Events

#### 2.1.1 WMA World Outdoor Championships (Stadia)

2.1.1.1 Each WMA World Outdoor Championships (Stadia) shall include the following events.

Each event will be offered for both males and females except as noted.

Stadia:

100m	High Jump
200m	Pole Vault
400m	Long Jump
800m	Triple Jump
1500m	Hammer Throw
5000m	Shot Put
110/100/80m Short Hurdles	Discus Throw
400/300/200m Long Hurdles	Javelin Throw
4x100m Relay	Weight Throw
4x400m Relay	Decathlon (Male)
3000/2000m Steeplechase	Heptathlon (Female)
5000m Track Race Walk	Throws Pentathlon

Non-Stadia:

6km Cross Country (Male and Female age groups 70 and over)

8km Cross Country (Male and Female age groups 35- 65)

Half Marathon (optional)

10km Road Race

10km Road Race Walk

20km Road Race Walk

2.1.1.1.2 The WMA Championship Marathon shall be an event hosted as part of an established Marathon event and team scoring will be included.

2.1.1.1.3 The WMA Championship Half Marathon may be an event hosted as either part of an established Half Marathon event or part of the WMA World Outdoor Championships (Stadia) and team scoring will be included.

2.1.1.1.4 When there is no Half Marathon contested at the WMA World Outdoor Championships (Stadia), team scoring will be included for the 10km Road Race.

2.1.2 WMA World Indoor Championships (Stadia)

2.1.2.1 Each WMA World Indoor Championships shall include the following events. Each event will be offered for both males and females.

2.1.2.2 Stadia:

60m	High Jump
200m	Pole Vault
400m	Long Jump
800m	Triple Jump
1500m	Shot Put
3000m	Weight Throw
60m Hurdles	3000m Track Race Walk
4x200m Relay	Indoor Pentathlon
4x200m Mixed Relay	

2.1.2.3 The following Championships Events are optional. If offered, they will be hosted concurrently with the Indoor Championships:

2.1.2.3.1 WMA World Indoor Championships Non-stadia events:

6km Cross Country (Male and Female age groups 70 and over)

8km Cross Country (Male and Female age groups 35- 65)

10km Road Race

5km Road Race Walk (not a team event)

10km Road Race Walk

2.1.2.3.2 Optional WMA Indoor Championships throwing events (to be held outdoors):

Hammer Throw, Discus Throw, Javelin Throw

### Rule 3 International Officials

3.1 WMA shall define the roles of International Officials regarding the specific needs of Masters athletes and WMA World Championships. All WMA delegates of a technical nature, if required, including

International and Area Technical Officials, International Road Race Measurer, International Starter, and International Photo Finish Judge shall be appointed by the WMA Vice-President Competition in consultation with the President.

- 3.2 The WMA Vice-President Competition shall appoint a head official responsible for athlete safety "Safety Director", who shall appoint one or more officials to be responsible for athlete safety "Safety Officers" with authority to withdraw from competition any athlete whose continued participation in that competition would, in the opinion of the Safety Officers, endanger the athlete's health or the safety of the other competitors. The Safety Officers may exercise their authority through deputies. Both the Safety Officers and any deputies shall be clearly identifiable with full accreditation.

#### Rule 9 Establishment of a WMA Race Walking Panel

The panel shall consist of: experienced, registered Race Walking Judges in Masters Athletics "WMA Race Walking Judges" from a variety of countries, as selected and approved by WMA Vice-President Competition. All Judges will serve a probationary period before final approval as a WMA Race Walking Judge. A list of approved WMA Race Walking Judges will be placed on the WMA Website. All WMA Race Walking Judges for a WMA Championships shall only be those approved by the WMA Vice-President Competition no later than one month prior to such WMA Championships.

#### Rule 12 Jury of Appeal

- 12.1 The WMA President shall appoint the members of the Jury of Appeal based upon recommendations from the WMA Vice-President Competition.

#### Rule 31 World Records

##### 31.1 Submission and Ratification

For both relays and individual events, at least two athletes (or teams) must be bona fide competitors in the same race or flight, within a bona fide meet. WMA World Records shall be ratified if accomplished during a mixed age and/or gender event. For record purposes, where a women 70+ or a man 80+ compete alone in the 200m hurdles, in a fully accredited meeting, their time achieved will be considered for record purposes when all other requirements are met.

##### 31.1.1 Technical Basis for Recognition

- 31.1.1.1 Observance of the appropriate specification(s), as set out in Appendix A shall be a necessary condition for ratification of a World Masters Record. WA rules for individual events, as modified by these WMA

Competition and Technical Rules shall apply.

31.1.1.2 Only performances by athletes who are members of a WA Member Federation or a Member of WMA shall be recognised as WMA world records and the application must be certified as being correct by their Member.

31.3.1 An athlete (or athletes in the case of a relay record) who sets a WMA World Record must:

- (a) have been eligible to compete under these WMA Competition and Technical Rules,
- (b) have membership with either a WA Member Federation or a Member of WMA,
- (c) supply a birth certificate, or an official government document issued at birth, as proof of age, unless previously submitted, to be included with the record application. The age group of an athlete shall be determined by the athlete's date of birth on the day of the record,
- (d) in the case of a relay, all be eligible to represent a single Member of WMA, and
- (e) not have a doping violation from any doping control test that was collected at the meet or have admitted that at some time prior to achieving a WMA World Record, has used or taken advantage of a substance or technique prohibited at that time.

31.4.1 Application Procedure

31.4.1.1 An application for a WMA World Record shall be made on the official application form and shall be submitted to the person responsible for that WMA Regional Masters Association's records "Regional Records Chair," who shall forward a copy thereof to the individual responsible for maintaining the WMA world records "WMA Records Subcommittee Chair." If the WMA form has not been used, a WMA World Record may still be accepted if the substitute form has all of the information and attachments required on the WMA record application form. No performance shall be regarded as a WMA World Record until it is ratified by WMA.

31.4.1.2 The following must be enclosed with the application:

- (a) Copy of athlete's birth certificate or an official government document issued at birth (unless previously provided);
- (b) Complete results of the event;
- (c) Copy of the Judges' Score Sheet (for field events);
- (d) Photo Finish and Zero Test images (for track events where Fully Automatic Timing was used); and
- (e) Lap scoring card with lap times (for track events 3000m and longer).



#### 31.4.2 Records at WMA Championships

31.4.2.2 No record application form is needed for WMA World Records set at WMA World and Regional Championships. A separate list of all records accompanied by the results of the event shall be sent to the responsible Regional Records Chair and the WMA Records Subcommittee Chair not later than ten (10) days after the last day of competition. In addition, marks set at the following meets: the Olympic Games; the WA World Championships; the Diamond League meets; the Commonwealth Games and equivalent regional championship meets, will be accepted when the WMA Records Subcommittee Chair has been notified and the athlete's age has been confirmed.

#### 31.4.3 Registration and Publication

31.4.3.1 The Regional Records Chair shall inform the WMA Records Subcommittee Chair of the approval or the reasons for rejection, within thirty (30) days after receipt of the record application form.

31.13 The WMA Records Subcommittee Chair shall state whether a record has been set. The record performance is then registered and together with the Chair of the Competition Committee, shall be ratified. After the record is ratified, the official record list shall be updated and published on the WMA website within thirty (30) days and the Regional Masters Association shall be advised.

31.14 (d) No performance will be ratified in the case where an athlete's false start has violated Rule 16.8.

31.18 For World Records in Race Walk Events:  
All Race Walking Judges officiating the competition shall be currently registered Judges by their WA Member Federation. The chief Race Walking Judge shall sign the application form.

31.20 (d) It is not required that the course be verified (re-measured).

#### Rule 32 Events for which WMA World Records are Recognised

32.1 WMA World Records shall be recognised for each of the five- year age groups, separately for male and female for the events listed below. There shall be separate Outdoor and Indoor WMA World Records.

32.2.1 WMA World Records shall be maintained for all of the WMA Combined Events using the current WMA approved scoring system and implements. These records shall include an event listing with the performances and scores.

**Note: When a record is set at a competition that is held on a facility that is outdoors, even if it is on a short track, the record shall be a WMA Outdoors Stadia record. When a record is set at a facility**

**that is indoors, the record shall be a WMA Indoor Stadia record.**

Outdoor Stadia:

Running Events:	100m, 200m, 400m, 800m, 1500m, one mile, 3000m, 5000m, 10000m, Steeplechase
Hurdles Events:	80m, 100m, 110m, 200m, 300m, 400m
Relays:	4x100m, 4x400m, 4x800m, 4x1500m, 4x400m mixed
Jumping Events:	High Jump, Pole Vault, Long Jump, Triple Jump
Throwing Events:	Hammer, Shot Put, Discus, Javelin, Weight Throw
Combined Events:	Decathlon (Male), Heptathlon (Female), Decathlon (Female), Throws Pentathlon, Outdoor Pentathlon
Race Walking:	3000m, 5000m

Indoor Stadia:

Running Events:	60m, 200m, 400m, 800m, 1500m, one mile, 3000m
Hurdles Events:	60m
Relays:	4x200m, 4x400m, 4x800m, 4x200m mixed
Jumping Events:	High Jump, Pole Vault, Long Jump, Triple Jump
Throwing Events:	Shot Put, Weight Throw
Combined Event:	Indoor Pentathlon
Race Walking:	3000m

<u>Non Stadia:</u>	Marathon, 10k Road Race Walk, 20k Road Race Walk, 50k Road Race Walk
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**Rule 33 Other Records**

- 33.1 WMA Championships, Stadia and Indoor Records
- WMA Championships Non Stadia Records
- WMA Championships 100K and Ultra 24 Hour Records

**Rule 34 Drug Testing**

- 34.1 Anti-Doping Control
- 34.1.1 Anti-Doping testing of athletes may be conducted at any time. This includes out of competition testing, testing at WMA Stadia Championships, both Indoor and Outdoor, and WMA Non-Stadia Championships.
- 34.1.2 For non-doping disciplinary matters refer to the WMA By-Laws on General Affairs.

# WMA TECHNICAL RULES

## Rule 1 General

- 1.1 WMA World Championships, Regional Masters Athletics Championships, Inter-Regional Masters Competitions and National Masters Athletics Championships shall be conducted in accordance with the technical rules of WA except as modified by the WMA Constitution WMA Competition and Technical Rules, and/or WMA By-Laws on General Affairs.
- 1.2 The WA rule changes shall require endorsement by the WMA Council before introduction into WMA Competitions. Any modification of a technical rule takes effect the following 1st January, unless otherwise specifically stated.
- 1.4 Competitors shall be advised, preferably in the competition handbook of the reporting time for each event. No round or stage of any event shall commence at a time earlier than that shown in the competition handbook (whether printed or online).
- 1.5 In each event in World or Regional Masters Athletics Championships, there shall be at least three individual medals offered in each age group category for male and female.

## Rule 3 Age Groups

- 3.1 For Competition, the age group of an athlete shall be determined by the athlete's date of birth on the first day of the competition and athletes shall not compete in any other age group except as allowed by specific team and relay rules.
- 3.1.1 For Records, the age group of an athlete shall be determined by the athlete's date of birth on the day of the record, as long as all of the rules of competition apply to both the old and new age groups.
- 3.2 Competition shall be conducted only in the following age groups (unless otherwise noted) as follows:

Ages	Male Age Groups	Female Age Groups
35 - 39	M35	W35
40 - 44	M40	W40
45 - 49	M45	W45

50 - 54	M50	W50
55 - 59	M55	W55
60 - 64	M60	W60
65 - 69	M65	W65
70 - 74	M70	W70
75 - 79	M75	W75
80 - 84	M80	W80
85 - 89	M85	W85
90 - 94	M90	W90
95 - 99	M95	W95
100+	M100+	W100+

#### Rule 4 Entries

- 4.1.1 Entries to all WMA Championships must be submitted online by either the athlete or their national WMA Member. All entries must be validated by the entrant's WMA Member. Where a competitor comes from a country that does not have a WMA Member then that competitor may enter directly, subject to the approval of the WMA Council. The Council may make an exception to this requirement for a specific WMA Member. The WMA Secretary shall submit a list of all the WMA Members to the Local Organizing Committee at least 120 days prior to the start of the championships.
- 4.1.2 The Local Organizing Committee will not make any changes to the entries without the written express approval or request of the WMA Member.
- 4.1.3 Entries shall not be subject to prior achievement of qualifying standards.
- 4.4 Athletes will not be penalised for failure to participate.

#### Rule 5 Clothing, Shoes, and Number Bibs

- 5.1 In WMA Championships all competitors must wear a competition top that is approved by their national WMA Member. In WMA Championships where team events are contested, or where an athlete does not have an affiliated WMA Member, it is mandatory to wear a uniform clearly identifying the country that the athlete represents as accepted by the Call Room Referee or the WMA Technical Delegate.

- 5.7.1 In all WMA Championships, athletes shall wear bibs which clearly identify their sex and age group.
- 5.7.2 In all field events only one competition number (bib) shall be required.
- 5.13.3 Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm).

#### Rule 6 Assistance to Athletes

- 6.2.1 Visually impaired competitors requiring guides are not to receive any advantage over other competitors in the assistance received. A guide may only be in a position behind or at the side of the competitor. A tether may be used but not to pull the competitor ahead. In races run in lanes, the outermost lanes must be used.
- 6.3 Any athlete given or receiving physical assistance from within the competition area during an event shall be disqualified from the event, unless exceptional circumstances warrant otherwise. This shall not disqualify them from any previous rounds or other events.

#### Rule 8 Protests and Appeals

- 8.4.1 An athlete protesting a disqualification from after being charged with two (2) false starts, may not compete "under protest."

#### Rule 9 Mixed Competition

- 9.1 Two or more age groups, male and female, may compete together provided that there shall be separate results, records, and awards for each age group of male and female.

#### Rule 13 Scoring

- 13.1 There shall be no overall team championships.
- 13.2 Non-Stadia Team Scoring
  - 13.2.1 When team competitions are included in any road races, cross-country races and road walk races, there shall be three team awards on the basis that each Member is entitled to count one team (best three to score) in each five-year age group. The result shall be computed on a cumulative time basis. In inter-regional competition, regional teams shall score on a similar basis.
  - 13.2.2 In road races, cross-country races and road walk races, every athlete competes individually in their own age group. For team scoring purposes, athletes will only be permitted to drop to a lower age group to complete the required number for a team (3). All athletes on the team must compete and score in the race of the youngest member of

the team.

The following requirements must all be met:

- 13.2.2.1 The lower age group shall be in the same race as that in which the athlete competes individually.
- 13.2.2.2 The athlete's Member country does not have a sufficient number of athletes in that age group to make up a full team in that age group.
- 13.2.2.3 The submitted form must show the names, bib numbers and original age group of the athletes competing in a particular age group team.
- 13.2.2.4 An athlete may only score for one team.
- 13.2.2.5 A maximum of two athletes from an older age group may be declared in a team not of their age group. Athletes may drop down more than one age group.
- 13.2.2.6 An athlete who joins a team of a lower age group will not lose the right to an individual medal in their own age group as long as all of the above rules are followed.
- 13.2.2.7 Should it be found that an athlete has entered for the team scoring in a younger age group wherein the Member has already sufficient athletes within the team's age group to make up a full team, the team will be disqualified.
- 13.2.2.8 Athletes who join an age group team, in a race that does not include their age group, will lose the right to an individual medal and only count for the team.
- 13.2.2.9 Ties in team scores will be broken by the best time of the first athlete to finish on the tied teams.

## Rule 15 Starting Blocks

Masters competitors are not required to use starting blocks, or a crouch start or have both hands in contact with the track for the start of any race.

## Rule 16 The Start

- 16.8 In any race, individual athletes who are charged with a false start, as determined by the Starter, shall be warned. Individual athletes who are charged with their second false start in the same race, as determined by the Starter, shall be disqualified. This includes the Combined Events.

## Rule 19 Timing

- 19.3.1 In all WMA Championships, for the purpose of lap counting, athletes shall wear a chip or similarly worn electronic device, in the track race walking events, the 3000m run and the 5000m run.

## Rule 20 Seeding, Draws and Qualification in Track Events

### 20.2 Rounds and Heats

20.2.1 In events 1500m and under, heat assignments for the first round shall be based on the seed times submitted on the entry form. The athletes shall be placed in heats using the WA zigzag distribution method. Heat assignments in all subsequent rounds shall be based on place, then time, as per the WMA Advancement Tables in Appendix C.

**Note: Vacant positions due to withdrawals shall not be filled.**

20.2.1.1 For this purpose, athletes shall be ranked as follows:

Fastest heat winner

2nd fastest heat winner

3rd fastest heat winner, etc.

Fastest 2nd place

2nd fastest 2nd place

3rd fastest 2nd place, etc.

(Concluding with)

Fastest time qualifier

2nd fastest time qualifier

3rd fastest time qualifier, etc.

20.2.2 Lane assignment for the first round shall be random. In subsequent rounds, preferred lanes shall be assigned from the performance in the prior round as ranked in rule 20.2.1.1. If the 1st round is a final, preferred lane shall be assigned by seed times.

20.2.3 The Competition Director or Technical Delegate may alter the composition of heats, as well as the number of participants per heat, depending on the number of competitors actually reporting. The first rounds, if required, shall always be run at their scheduled times. Further rounds will then be cancelled, as necessary. All finals will be run at their scheduled times.

20.2.4 In WMA Championships, events longer than 1500m shall be conducted as seeded finals, with sections based on times supplied by the athlete on the official entry and final placings shall be decided on finishing times.

## Rule 22 Hurdle Races

22.1 The specifications for hurdles shall be as set out in Appendix A 1.

22.2 The pull over force of the 0.686 meter (27 inch) hurdles shall be from 3.6 - 4.0 kilograms.

## Rule 23 Steeplechase Races

23.1 The W35+ and M60+ distance shall be 2000m. The M35-59 distance shall

be 3000m.

- 23.5 The barrier height for the 2000m shall be 0.762m. The barrier height for the 3000m shall be 0.838m. The 3000m height of 0.914 is acceptable for competition and records.

**Note: To set a new record, times at the 0.838m height must be faster than the current WMA record (including the 0.914m height).**

## Rule 24 Relay Races

- 24.1 Distances - Refer to Competition Rule 2

In WMA Championships, the relay races shall be conducted in five-year age groups between teams entered by Members in writing by individuals registered by their Members as "Team Managers." Each Member may enter only one male and one female team in each age group in each relay. An athlete may compete for a team only once in each relay event (i.e., 4x100), which may be a lower age group than that of the athlete. The age group of the team is the age group of the youngest athlete on the entry form and an athlete from that age group must actually compete in the relay.

- 24.11 In mixed relays, two (2) males and two (2) females shall comprise the relay team and four (4) alternates comprised of at most 2 males and 2 females may be listed on the entry form. 4x400m mixed relays must compete in the following order: male-female-male-female. 4x200m mixed relays must compete in the following order: female-female-male-male. An athlete who has competed in a non-mixed relay may also compete in a mixed relay of the same distance (i.e., 4x200). An athlete may compete in a lower age group than that of the athlete. The age group of the team is the age group of the youngest athletes on the entry form and each relay must compete at least one (1) male and one (1) female of the age group of the team.

## Rule 25 Field Events; General Conditions

- 25.0 Different Age Groups in same Field Competition

- 25.0.1 When a field event competition includes competitors in different age groups, such groups must be considered separate competitions for the purpose of deciding which competitors shall be allowed to advance. There may thus be more than the usual maximum of competitors allowed additional trials.

- 25.17 Time Allowed for Trials

**Note: WMA shall follow WA Technical Rule 25.17.**



## Rule 26 Vertical Jumps; General Conditions

26.3 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 flight 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.

## Rule 27 High Jump

27.1.1 Both feet must be off the ground during the jump.

27.2.2.1 Masters competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Judge.

## Rule 28 Pole Vault

**Note: It is not required that the pole is released by the athlete if no rules are broken in Rule 28.**

## Rule 29 Horizontal Jumps

29.3 Plasticine is not required.

29.4 The take-off board(s) may be a white taped or painted line and shall measure 0.20m in width.

## Rule 30 Long Jump

30.5 One or two take-off lines may be used, one of which shall be 1m from the nearer end of the landing area.

**Note: A half meter take-off line may be substituted for the 1 meter take-off line.**

## Rule 31 Triple Jump

31.3 Two or more take-off lines may be used. The distance from the nearer end of the landing area shall be appropriate for the age and sex of the athletes in the flight. When more than one take-off line is used, each take-off line shall be placed in full meters apart from the take-off line closest to the nearer end of the landing area.

## Rule 32 Throwing Events; General Conditions

32.1 The age group specifications for throwing implements shall be as set out in Appendix A 2.

32.2 Use of Personal Implement

Competitors may use their own throwing implements provided that

these implements conform with the rules. Personal implements shall only be issued to the specific competition of their owners. Any other competitor in the owner's specific competition has the right to use that implement if they so wish.

**Note: In the hammer and weight throw the circular motion around the head MUST be done with two hands holding the handle. The moment of release is when both hands move away from the handle of the implement. One hand release is not allowed.**

Rule 33 Shot Put

33.5 The specifications for the shot shall be as set out in Appendix A 4.

Rule 34 Discus Throw

34.2 The specifications for the discus shall be as set out in Appendix A 5.

Rule 36 Hammer Throw

36.1.1 In making a throw, the competitor may choose any starting position, holding the hammer exclusively by the handle, and using both hands except at the start of the throw and the moment of release.

36.8 The specifications for the hammer shall be as set out in Appendix A 7.

Rule 38 Javelin Throw

38.10 The specifications for the javelin shall be as set out in Appendix A 6.

Rule 59 Weight Throw

59.1 The specifications for the weight shall be as set out in Appendix A 8 and A 9.

59.2 The rules of competition shall be the same as for the hammer.

59.3 In making a throw, the competitor may choose any starting position, holding the weight exclusively by the handle, and using both hands except at the start of the throw and the moment of release.

59.4 The outdoor weight may be used either indoors or outdoors depending on the landing surface. The indoor weight may only be used indoors. Both types of weights shall not be used in the same competition.

59.5 The weight throw shall be from an enclosure or cage.

**Note: This Rule Number 59 appears out of order to align with the numbering format of the WA Competition Rule Book as well as the WMA Competition and Technical Rules formatting.**

## Rule 39 Combined Events Competitions

All Combined Events Competitions shall be conducted using the specifications as set out in Appendix A.

- 39.1.1 The order of events for the Outdoor Pentathlon shall be: (Male) Long Jump, Javelin Throw, 200m, Discus Throw, 1500m (Female) Short Hurdles, High Jump, Shot Put, Long Jump, 800m
- 39.1.2 The order of events for the Indoor Pentathlon shall be: (Male) 60m Hurdles, Long Jump, Shot Put, High Jump, 1000m (Female) 60m Hurdles, High Jump, Shot Put, Long Jump, 800m
- 39.1.3 The order of events for the Male and Female Throwing Pentathlon shall be:  
Hammer Throw, Shot Put, Discus Throw, Javelin Throw, Weight Throw
- 39.1.4 The order of events for the Male and Female Decathlon shall be:  
First Day: 100m, Long Jump, Shot Put, High Jump, 400m.  
Second Day: Short Hurdles, Discus, Pole Vault, Javelin, 1500m.
- 39.11 All Combined Events Competition scoring shall be as set out in Appendix B.
- 39.13 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.

## Rule 54 Race Walking

- 54.1 Distances - Refer to WMA Rule 3
- 54.3.3 In Masters events all judges shall be registered Race Walking Judges. At all WMA Championships the Race Walking Judge Panel shall include Judges from the WMA Race Walking Panel. See Competition Rule 9.
- 54.7.3 A Penalty Zone shall be used for all WMA non-stadia race walking events.
- 54.7.8 In Masters events handheld transmission devices are not required.
- 54.14 Pacing by athletes in the race or other persons not in the race is not allowed. It is recommended that before the beginning of the race, all

athletes are made aware of this rule. This is considered a warning by an official. Athletes may and can be given a red card for the infraction during or after the race.

#### Rule 55 Road Races

55.1 Distances - Refer to WMA Rule 3

55.12 The WMA Ultrarunning Championships shall use the International Association of Ultrarunners (IAU) competition rules. The WMA shall appoint the Technical Delegate and Safety Officer who may be the same person.

55.13 There is no age limit for an athlete in WMA Ultrarunning.

#### Rule 56 Cross-Country Races

56.1 Distances - Refer to Competition Rule 2

56.8 Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking station shall be provided for every lap.

#### Rule 57 Mountain Races

57.7 The WMA Mountain Running Championships shall use the World Mountain Running Association (WMRA) rules. WMA shall appoint the Technical Delegate and Safety Officer, who may be the same person.

57.8 The maximum age of the athletes competing in Mountain Running is 79 for men and women.

#### Rule 58 Non-Stadia Races

58.1 Distances - Refer to Competition Rule 2

58.2 At all WMA track and field championships, the non-stadia events will be timed using the chip or similarly worn electronic timing device.

58.3 In all WMA sanctioned championships, the "gun time" (the signal which starts the timing mechanism for all athletes in the race) will be used in all cases where the chip or similarly worn electronic timing device is used.

58.4 An application to use an alternate timing method may be made by the Local Organizing Committee of a WMA Championship within one week after the closing of the entries. The application is to be made through the WMA Secretary, and to the WMA Vice-President Competition. A determination will be conveyed to the Local Organizing Committee within one week of the receipt of the application.

58.5 Pacing by athletes in the race or other persons not in the race is not

allowed. It is recommended that before the beginning of the race, all athletes are made aware of this rule. This is considered a warning by an official. Athletes may and can be given a red card for the infraction during or after the race.

## COMPETITION AND TECHNICAL RULES MODIFICATIONS AND AMENDMENTS

### Article 14 Modification of Competition and Technical Rules

- 14.1 The Rules of Competition may be modified by the Council after the Competition Committee conducts a consultation meeting with the Members either during an in-person meeting at a WMA Indoor or Outdoor Championships or via an electronic meeting and makes a recommendation to the Council regarding such modification(s) Modifications which are non-substantive in nature, including but not limited to grammatical changes, typographical corrections, removal or redundant language, or similar changes may be made without the requirement of a consultation meeting.
- 14.1.2 The WA changes or modifies their rules each year. The WMA Competition Committee must review these rules, accept, reject, or make WMA modifications, after conducting a consultation meeting with the Members as specified above. The Council will vote on the recommendations from the Competition Committee on the above.
- 14.1.3 Any application by a Local organizing committee for rule modification must be lodged with the WMA General Secretary not later than ninety (90) days before the commencement of the Championship. The WMA General Secretary, in close co-operation with the Technical Delegate (WMA Vice-President Competition), shall submit a motion for Council decision, no later than seventy-five (75) days before the Championships.
- 14.2 Amendments to Rules of Competition requested by the Members shall be submitted to the Competition Committee who shall consider the request after conducting a consultation meeting with the Members as specified above. The Competition Committee shall then make a recommendation to the WMA Council regarding such amendment(s) and the WMA Council shall vote on such amendment(s).
- 14.2.1 No rule proposals will be discussed on the floor of the General Assembly.
- 14.3 The vote of the WMA Council regarding any Competition and Technical Rule changes or modifications as set forth in this Section 14 shall be final.

APPENDIX A:

WMA Hurdle, Steeplechase, and Implement Specifications

1. HURDLES

**Note: Indoor and Short hurdles effective until 31 December 2025**

<b>WOMEN</b>	<b>Age Group</b>	<b>Race (m)</b>	<b>Height (m)</b>	<b>No.</b>	<b>To First (m)</b>	<b>Interval (m)</b>	<b>To Finish (m)</b>
<b>INDOOR</b>	35-39	60	0.840	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60+	60	0.686	5	12	7	20
<b>SHORT</b>	35-39	100	0.840	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60+	80	0.686	8	12	7	19
<b>LONG</b>	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40
<b>MEN</b>	<b>Age Group</b>	<b>Race (m)</b>	<b>Height (m)</b>	<b>No.</b>	<b>To First (m)</b>	<b>Interval (m)</b>	<b>To Finish (m)</b>
<b>INDOOR</b>	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.840	5	12	8	16
	70-79	60	0.762	5	12	7	20
	80+	60	0.686	5	12	7	20
<b>SHORT</b>	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.840	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	12	7	19

MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
<b>LONG</b>	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79	300	0.686	7	50	35	40
	80+	200	0.686	5	20	35	40

**Note: New Indoor and Short Hurdle specifications effective 1 January 2026**

WOMEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
<b>INDOOR</b>	35-39	60	0.84	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60-69	60	0.686	5	12	7	20
	<b>70+</b>	<b>60</b>	<b>0.686</b>	<b>5</b>	<b>11</b>	<b>6</b>	<b>25</b>
<b>SHORT</b>	35-39	100	0.84	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60-69	80	0.686	8	12	7	19
	<b>70+</b>	<b>80</b>	<b>0.686</b>	<b>8</b>	<b>11</b>	<b>6</b>	<b>27</b>
MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
<b>INDOOR</b>	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.84	5	12	8	16
	70-79	60	0.762	5	12	7	20
	<b>80+</b>	<b>60</b>	<b>0.686</b>	<b>5</b>	<b>11</b>	<b>6</b>	<b>25</b>
<b>SHORT</b>	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.84	10	12	8	16
	70-79	80	0.762	8	12	7	19
	<b>80+</b>	<b>80</b>	<b>0.686</b>	<b>8</b>	<b>11</b>	<b>6</b>	<b>27</b>



## 2. STEEPLECHASE

### WOMEN

2000m .762m (30") 18 barriers and 5 water jumps

### MEN

35-59 3000m .0.838m 28 barriers and 7 water jumps

60+ 2000m .762m 18 barriers and 5 water jumps

The 3000m height of 0.914 is acceptable for competition and records.

**Note: To set a new record, times at the 0.838m height must be faster than the current WMA record (including the 0.914m height).**

## 3. IMPLEMENT SPECIFICATIONS

	Hammer	Shot	Discus	Javelin	Weight (kg)
WOMEN					
35-49	4kg	4kg	1kg	600gm	9.080 (20lb)
50-59	3kg	3kg	1kg	500gm	7.260 (16lb)
60-74	3kg	3kg	1kg	500gm	5.450 (12lb)
75+	2kg	2kg	0.75kg	400gm	4.000 (8.8lb)
MEN					
35-49	7.26	7.26	2kg	800gm	15.880 (35lb)
50-59	6kg	6kg	1.5	700gm	11.340 (25lb)
60-69	5kg	5kg	1kg	600gm	9.080 (20lb)
70-79	4kg	4kg	1kg	500gm	7.260 (16lb)
80+	3kg	3kg	1kg	400gm	5.450 (12lb)

#### 4. SHOT PUT

Minimum Weight	Diameters:	
	Min.	Max.
7.260K	110mm	130mm
6.000K	105mm	130mm
5.000K	100mm	130mm
4.000K	95mm	130mm
3.000K	85mm	130mm
2.000K	80mm	110mm

#### 5. DISCUS

See WA Rule 34.2 for Discus Specifications 1kg, 1.5kg, 2kg

Specifications for .750kg	Min.	Max.
Minimum Weight	.750kg	
Outside Diameter of metal rim	166mm	182mm
Diameter of metal plate or flat center area	50mm	57mm
Thickness of metal plate or flat center area	33mm	39mm
Thickness of rim (6mm from edge)	10mm	13mm

#### 6. JAVELIN

See WA Rule 38.10 for Javelin Specifications 800g, 700g, 600g, 500g

Specifications for 400gm

Minimum Weight	Min.	Max.
Overall Length	1.85m	1.95m
Length of metal head	200mm	250mm
Distance from tip of metal head to center of Gravity	0.75m	0.80m
Diameter of shaft at thickest point	20mm	23mm
Width of cord grip	130mm	140mm

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

## 7. HAMMER

See WA Rule 36.8 for Hammer Specifications for 3.000kg, 4.000kg, 6.000kg Specifications for 2.000kg

Minimum Weight		Min.	Max.
2.000kg	Diameter of head	75mm	100mm
	Length of hammer measured from inside of handle	1195mm	

## 8. OUTDOOR WEIGHT

<p><b>Construction:</b> The weight shall consist of three parts: a metal head, the link, and a handle (grip).</p>
<p><b>Head:</b> The head shall be spherical and of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such a manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall be brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such a manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9MM from the center of the sphere.</p>
<p><b>Link:</b> The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to ensure that the link(s) cannot stretch appreciably while the weight is being thrown.</p>
<p><b>Handle (Grip):</b> The handle (grip) may be either of single or double loop construction but must be rigid and without hinging joints of any kind. It must not stretch appreciably while being thrown. It must be attached to the link(s) in such a manner that it cannot be turned within the link(s) to increase the overall length of the weight.</p>
<p><b>Connections:</b> The links shall be connected to the head by means of a swivel, which may be either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).</p>

Minimum Weight	Diameter	
	Min.	Max.
15.88kg	145mm	165mm
11.34kg	130mm	150mm
9.08kg	120mm	140mm
7.26kg	110mm	130mm
5.45kg	100mm	120mm
4.00kg	95mm	110mm

Length: The length shall be not more than 410mm measured from the inside of the handle (grip).

## 9. INDOOR WEIGHT

<p><b>Construction:</b> The weight shall consist of three parts: a head, a handle (grip), and a connection assembly which may contain a harness. The construction shall be such that no damage will be caused when landing on a normal sport hall floor.</p>
<p><b>Head:</b> The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The center of gravity shall be not more than 9mm from the center of the head with the connection, handle, and harness removed or suspended.</p>
<p><b>Handle:</b> The handle may be as permitted in the hammer or may be made of a round metal rod not to exceed 12.7mm in diameter. This rod is to be bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner so as to not stretch appreciably during a throw.</p>
<p><b>Connection:</b> The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel, and harness must not stretch appreciably during a throw.</p>

Minimum Weight	Diameter	
	Min.	Max.
15.88kg	145mm	165mm
11.34kg	130mm	150mm
9.08kg	120mm	140mm
7.26kg	110mm	130mm
5.45kg	100mm	120mm
4.00kg	95mm	110mm

Length: The length shall be not more than 410mm measured from the inside of the handle.

## APPENDIX B:

The scoring of WMA Combined Events Competition, age factors and parameters are in a separate document.

APPENDIX C:  
WMA ADVANCEMENT TABLES  
OUTDOOR

*P = Number of athletes qualified by their place;*

*T = Number of athletes qualified by their time*

8 Lane Tracks (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P+4 T	1
17-24	0		3	2 P+2 T	1
25-32	4	2 P+8 T	2	2 P+4 T	1
33-40	5	2 P+6 T	2	2 P+4 T	1
41-48	6	2 P+4 T	2	2 P+4 T	1
49-56	7	2 P+10 T	3	2 P+2 T	1
57-64	8	2 P+8 T	3	2 P+2 T	1
65-72	9	2 P+6 T	3	2 P+2 T	1
73-80	10	2 P+4 T	3	2 P+2 T	1
81-88	11	1 P+13 T	3	2 P+2 T	1
89-96	12	1 P+12 T	3	2 P+2 T	1

### 9 Lane Tracks (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-9	0		0		1
10-18	0		2	2 P+4T	1
19-27	0		3	2 P+2T	1
28-36	4	2 P+8T	2	2 P+4T	1
37-45	5	2 P+6T	2	2 P+4T	1
46-54	6	2 P+4T	2	2 P+4T	1
55-63	7	2 P+10T	3	2 P+2T	1
64-72	8	2 P+8T	3	2 P+2T	1
73-81	9	2 P+6T	3	2 P+2T	1
82-90	10	2 P+4T	3	2 P+2T	1
91-99	11	1 P+13T	3	2 P+2T	1
100-108	12	1 P+12T	3	2 P+2T	1

### 8-9 Lane Tracks (800m)

Number of Competitors	Semi Finals	Qualifying	Final
1-12	0		1
13-24	2	2 P+8T	1
25-36	3	2 P+6T	1
37-48	4	2 P+4T	1
49-60	5	1 P+2T	1
61-72	6	0 P+12T	1
73-84	7	0 P+12T	1
85-96	8	0 P+12T	1
97-108	9	0 P+12T	1

### 8-9 Lanes Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-16	0		1
17-32	2	3 P+10T	1
33-48	3	2 P+10T	1
49-64	4	2 P+8T	1
65-80	5	2 P+6T	1
81-96	6	2 P+4T	1
97-112	7	1 P+9T	1

## INDOOR

*P = Number of athletes qualified by their place;*

*T = Number of athletes qualified by their time*

### 8 Lane Tracks (60m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P+4T	1
17-24	0		3	2 P+2T	1
25-32	4	2 P+8T	2	2 P+4T	1
33-40	5	2 P+6T	2	2 P+4T	1
41-48	6	2 P+4T	2	2 P+4T	1
49-56	7	2 P+10T	3	2 P+2T	1
57-64	8	2 P+8T	3	2 P+2T	1
65-72	9	2 P+6T	3	2 P+2T	1
73-80	10	2 P+4T	3	2 P+2T	1
81-88	11	1 P+13T	3	2 P+2T	1
89-96	12	1 P+12T	3	2 P+2T	1

### 6 Lane Tracks (60m, 200m, 400m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-6	0		0		1
7-12	0		2	2 P+2T	1
13-18	0		3	1 P+3T	1
19-24	4	2 P+4T	2	2 P+2T	1
25-30	5	2 P+2T	2	2 P+2T	1
31-36	6	2 P+6T	3	1 P+3T	1
37-42	7	2 P+4T	3	1 P+3T	1
43-48	8	2 P+2T	3	1 P+3T	1
49-54	9	1 P+9T	3	1 P+3T	1
55-60	10	1 P+8T	3	1 P+3T	1



INDOOR

*P = Number of athletes qualified by their place;*

*T = Number of athletes qualified by their time*

6 Lane Tracks (800m)

Number of Competitors	Semi -finals	Qualifying	Final
1-9	0		1
10-18	2	2 P + 5 T	1
19-27	3	2 P + 3 T	1
28-36	4	1 P + 5 T	1
37-45	5	1 P + 4 T	1
46-54	6	1 P + 3 T	1
55-63	7	1 P + 2 T	1
64-72	8	0 P + 9 T	1
73-81	9	0 P + 9 T	1
82-90	10	0 P + 9 T	1

6 Lane Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-12	0		1
13-24	2	2 P + 8 T	1
25-36	3	2 P + 6 T	1
37-48	4	2 P + 4 T	1
49-60	5	2 P + 2 T	1
61-72	6	1 P + 6 T	1
73-84	7	1 P + 5 T	1