



Technical Rules

According to rules of IAAF (International Association of Athletics Federation's) with the following IAADS adaptations (applied during the 3rd European Championships in Portugal):

- The number of athletes per event by nation is open, but only a maximum of 3 will be qualified for the Final;
- There will be no penalty for those athletes that don't achieved the minimum performance during the competition;
- Starting blocks will not be used for all races. The start shall be a standing start;
- The Sprint races (100m & 200m) will be run by Preliminary Rounds with a maximum of 8 athletes per race, in different lanes;
- 400m race will be run only in 1 lane, as used in middle distance races;
- In 400m, 800m and 1.500m race events there will be Direct Finals by Heats (Times);
- In Walk Race events, it's not allowed to run! Race walking is a progression of steps with a permanent contact with the ground. If the athlete doesn't apply that rule and runs he will be disqualified by a direct Red Card or Paddle. When 3 Yellow penalties are shown by 3 different Judges, the athlete is disqualified with a Red Card;
- In Long Jump event, the Take-off Board shall be a rectangular white and measure 50cm wide and shall be placed nearest (0.5 to 1m) of the beginning of landing area,
- In Relay Races the additional 10m balance zone will not be used by the athletes. Only the 20m Take-over Zone will apply,
- In Track events the Preliminary rounds will have a maximum of 8 athletes per race. In Field events a maximum of 12 athletes are allowed for a Final,
- In the Preliminary rounds there will different sets of symbolic medals for the first 3 classified,

- First 3 placed in the Finals will be awarded with Gold, Silver and Bronze medals,
- Team Competition: according to the IAADS guidelines and in order to encourage nations to participate, the IAADS World and Regional Championships will also have a total Team Competition, including athletes from both genders (male plus female). In the Team Competition the best 8 classified athletes in the Finals will get points according the placement (8 points for 1st placed, 7 points for 2nd placed, aso till 1 point to the 8 th placed). All participant nations are eligible for the Team Competition. The Best 3 Nations by the total number of points will be awarded with 1st, 2nd and 3rd places Trophies.

Events: - 100m - 200m - 400m - 800m - 1.500m - 800m walk race - 1.500m walk race - long jump - shot put (4kg M / 3kg F) - discus (1kg M / 0.75kg F) - javelin (600gr M / 400gr F) - triathlon (100m. Long jump. Shot put) - 4 x 100m relay - 4 x 400m relay