



*INTERNATIONAL ASSOCIATION OF ULTRARUNNERS*

# BLUE PRINT

## Appendix G

# Technical Meeting for the organisation of a Major IAU Competition (MIAUC)

Vs130101



# TECHNICAL MEETING

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## 1.0 IAAF & IAU rules

The MIAUC must be conducted according to the IAAF Rules and IAU Regulations (see Appendix B: Technical guidelines)

**Recommendable:** Use of the blueprint of the PowerpointPresentation as used at Winschoten. This blueprint is part of this appendix.



## **2.0 Appointment of a Team of Referees – Control of the Competition Rules**

The LOC in co-operation with the National Athletic Federation or its regional department shall **appoint a Team of Referees** and Judges which controls the keeping to the IAAF Rules and IAU Regulations during the entire race. **The leader of the Referee and Judge Team** co-operates thereby closely with the IAU Technical Delegate. Arising problems shall be solved together.

The referees will be:

**LOC**  
**MF**  
**IAU**

### **Forbidden are (100 km and 24hours races):**

**2.1 Pacing**, i.e. the 'step making' and the accompany of the MIAUC participants by all not (or no more) at the MIAUC-race participating persons, so also by participants of the Open Race taking place at the same time, also by any kind of technical device. Especially by vehicles of all kinds.

#### **2.2 Support outside the refreshment zones.**

Hand over and acceptance of drinks and food, water and sponges, support at the shoe and dress change, assistance by massages and medical service outside the official refreshment zones.

#### **2.3 Technical equipment**

Possession or use of cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices.

### **Allowed are (100 km and 24hour races):**

**2.4 Walkmans and radios.** If the course is traffic free, the use of walkmans and radio's is allowed by races from 24 hours and longer.

*Keep in mind:*

*If used by races over shorter distances (for example 100 K) world best times etc. will not be recognized by the IAAF and EA.*

**2.4.1 GPS device (also for Trail).** Devices carried personally by athletes during a race such as heart rate or speed distance monitors or stride sensors are allowed provided that such device cannot be used to communicate with any other person.

The devices should only be used for storing data of the race for later analysis and should not disturb other athletes.

**Remarks LOC / IAU:**



### **Specials for TRAIL races :**

#### **Forbidden are:**

**2.5 Poles at trail races:** The use of poles is forbidden in the first 10 km or the first hour of the race.

**2.6 Walkmans and radios.** For the safety of all participants is the use of walkmans and radios forbidden.

#### **Obligatory equipment TRAIL:**

**2.7** There could be circumstances where the athletes are obliged to take some special things during the race. All the requirements should be mentioned in the General Information Sheet (GIS). The LOC in cooperation with the IAU will register this also at the Technical Meeting before the race. Athletes should always carry: Water, Whistle, Windjacket.

#### **2.8 Warning and disqualification**

Participants, who offend against these regulations, giving or receiving assistance during the event, shall be informed clearly about the rule offence, cautioned by **showing the 'yellow card'** by the Referee and **warned** that for any repetition they will be disqualified from that event. Warned participants have to be disqualified in the case of the repetition of the rule offence.



### **3.0 The Race Course & Race Conditions**

#### **3.1 Safety of the participants on the race course**

At all MIAUC the safety of the participants (and handlers, referees) on the race course must be ensured.

**3.11** The MIAUC should be organized preferably on a **traffic-free** race course (without motor traffic), except controlled traffic from the LOC.

**Remarks LOC / IAU:**

**3.12** If the event takes place also **after dark during the night time** the race course must be illuminated sufficiently.

**Remarks LOC / IAU:**

**3.13** The course should be well **marked and marshalled** where necessary.

**Remarks LOC / IAU:**

**3.14** The course should not contain any **dangerous section**

**Remarks LOC / IAU:**

### **3.2 Structure of the Road Race Courses**

#### **3.21: 100 km Road Races**

Description of the course:

**Remarks LOC / IAU:**

- **How many loops (+length):**

- **Open race-course (identical or different?):**

#### **3.22: 24 Hours Road Races:**

**Remarks LOC / IAU:**

- **Length of one loop:**

- **Final (and smaller) loop ?**

- **Open race: other course (loop) ?**



### 3.23: Trail race

Description of the course:

**Remarks LOC / IAU:**

- Open race-course (identical or different?):

### 3.3 Surface and Profile of the Race Courses

**Remarks LOC / IAU:**

- Surface of the course (dangerous sections?)

- Climbing?

- difference start<> finish (altitude / distance)

### 3.4 Climate conditions

**Remarks LOC / IAU:**

- Average climate conditions over the last 5 years (T° high/low, humidity, wind)

### 3.5 Race Course Measurement

#### 3.51 Km-marks

##### a. 100 Km road races

**Remarks LOC / IAU:**

Km marks at :

Time keeping at :

##### b. 24Hours races

**Remarks LOC / IAU:**

Km marks at :

##### c. Trail races

**Remarks LOC / IAU:**

Km marks at :

Time keeping at :



#### **4.0 Time Measurement**

The time measurement can be carried out by two methods: By the manual timekeeping and by use of an electronic transponder timing system.

##### **4.1 The electronic transponder timing system**

**Remarks LOC / IAU:**

##### **4.2 The manual time measurement**

**Remarks LOC / IAU:**

##### **4.3 Lap times/splits**

5.31 In all MIAUC on (small) lapped road race courses or on the track the lap times of each competitor must be recorded separately.

**Remarks LOC / IAU:**

**Electronic (Y/N)**

**Manual (Y/N)**

**Back-up system**

**Intermediate Timekeeping (where/when??), official intermediate times ?**



## **5.0 Organization of the start and finish**

The start/finish areas of the course should be arranged to international standards.

The IAU recommends the use of a camera on the finish and/or intermediate line. The use of a camera will make it easier to solve problems in case of protests.

If the race starts with a different loop or a short run-up a member of the LOC (race-director) or the head of referees should be in front of the runners for this part of the racecourse.

### **5.1 Start**

A Preferential Starting Zone especially only for the National teams and Individual participants of the MIAUC must be fitted out.

**Remarks LOC / IAU:**

**Shuttle service to the start? when?**

**Dressing rooms:**

**Warming up zone**

**Count down procedure**

**Back-up system**

**Intermediate Timekeeping (where/when??), official intermediate times?**

**Will there be a camera on the finish and/or intermediate line?**

### **5.2 Finish at the 100 km Races and Trail races:**

#### **a. Finish zone**

- \* There should be a separate zone for accredited photographers. This zone has a free view of the finishers. There should be no obstacles and/or too many people.
- \* For runners who are not finishing there should be a free lane so they can continue their race without being affected by those finishing.

**Remarks LOC / IAU:**

### **5.3. Finish at the 24 Hours race:**

The results of runners who are not on the track or road at the end of the 24 hours race because of, for instance injury, will be valid and put into the result list.

Performances achieved on the basis of scoring/rating of covered full laps can be recognized as national or continental or world best performances.

**Remarks LOC / IAU:**

**- Final signal:**

**- judges :**

**- marking tool (what-when)**

**- leading runners (top 5/10)**

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**App. E: Technical Meeting**

**International Association of Ultrarunners**

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## **6.0 Refreshment/Handling Zones and Drinking/Sponging Stations**

### **6.1 100 km Races & 24-Hours Races.**

Refreshment/Handling Zones must be provided at least every 5 km. In addition Drinking/Sponging Stations, where (drinking) water and sponges shall be supplied, shall be placed mid-way between the Refreshment Zones (or more frequently if weather conditions make necessary such provision). The official Refreshment /Handling Zones, marked clearly by the signs "beginning" and "end", are approximately 400 m long.

**For all events the refreshment zone order of tables (at one side of the road) should be as follows:**

- \* Championships countries
- \* Open race runners
- \* then LOC general refreshments

#### **Remarks LOC / IAU:**

- what kind of drinks (detail)
- what kind of sportdrinks (composition !)
- what kind of food (detail)
- exact positions of the refreshmentstations (exact Km marks)
- Collecting of the personal drinks: when - where? Airco?
- Bringing the Personal drinks on place (how-who?)
- Personal drink stations : exact positions
- one table for each country, how big, alphabetic order..
- separated from "open race" or other races?

### **6.2 Trail races**

There should be enough Refreshment/Handling Zones. Drinking and sponging stations must be provided to IAAF rules. The official Refreshment/Handling Zones, marked clearly by the signs "beginning" and "end", should be approximately 400 m long. Also at start and finish water and other suitable refreshments shall be made available.

#### **Remarks LOC / IAU:**

- what kind of drinks (detail)
- what kind of sportdrinks (composition !)
- what kind of food (detail)
- positions of the refreshmentstations (exact Km marks)
- Collecting of the personal drinks: when - where? Airco?

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*App. E: Technical Meeting*



- Bringing the Personal drinks on place (how-who?)
- Personal drink stations : exact positions
- one table for each country, how big, alphabetic order..
- separated from "open race" or other races?

**6.3 Allowed support : ONLY in the Official Refreshment/Handling Zones**

Allowed support: refreshments, shoe and dress change, medical support, transmission of information of any kind, accompanying of the athletes within the refreshment/handling zone.

**Please note: There is a change in the rules since 1-1-2010.**

**IAAF rule 240. 8. e:**

'Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre in front or to the side of, the table.

**The consequence of this change of the rules is that it is from now forbidden to accompany the runners in the refreshment zone. Only hand over of drinks near by the own table is permitted.**

**Remarks LOC / IAU:**

**6.4 Toilets**

**Remarks LOC / IAU:**

**6.5 Showers are recommended in case of high temperature conditions**

**Remarks LOC / IAU:**



## **7.0 National vests and uniforms**

**7.1 During the entire time** of competition all members of the (same) national team must wear (the same) official national vests or shirts.

In the case of bad weather conditions the official national clothes shall be worn over all other clothing.

Exceptional regulation:

In the case that the championship participants of a nation can not use the official competition vests/shirts of their national athletic federation so these athletes from this country shall wear at least same shirts with the well visible name of their country.

The national vests or shirts of all participating nations shall be presented on the Technical Meeting.

**7.2 The victory ceremony** is a part of the competition. Therefore the athletes must wear their national uniforms also during the victory (and opening and closing) ceremony.

## **8.0 Race numbers**

**8.1** Each championship participant must wear two race numbers (without any changes of the form or size), one number in front, the other one on the back. Also in the case of bad weather conditions the both race numbers must be worn every time well visible (over all clothing).

### **8.2 Special Regulations**

**8.21** In 24 hour races it is allowed to fix the two race numbers on an elastic band in order to make it possible to change the clothes very much faster and easier.

**8.22** In 24 hour races the organizer should provide two number sets (2 x 2 numbers) for each participant in order to prepare the clothes for a necessary change.

**8.23** The organizer shall ensure, that the race numbers of the national team members/championship participants are significant different from the participants of the Open race or Relay race

**Remarks LOC / IAU:**



## **9.0 Scoring System**

### **The MIAUC on the road (100 km, 24 hours) will consist of:**

A Men's Individual race, a Women's Individual race, a Men's Team race and a Women's Team race

Last changes of athletes for the Team (max. **6** persons) and Individual races must be made in writing at latest on the Technical Meeting.

In the MIAUC on the track (stadium) only an Individual scoring for men and women is possible.

**Remarks LOC / IAU:**

### **The MIAUC Trail will consist of:**

A Men's Individual race, a Women's Individual race, a Men's Team race and a Women's Team race

Last changes of athletes for the Team (max. **6** persons) and Individual races must be made in writing at latest on the Technical Meeting.

## **10.0 Additional Scoring and Competition Regulations**

**10.1** The men's race and the women's race are **two separate competitions**, but both may be start and run simultaneously. See special regulation about forbidden pacing under **point 2**.

### **10.2 Breaks:**

- a) There is no obligation on them to be present during the closing stages or laps.
- b) Longer breaks: A longer break must be announced at the lap counting station and the break must begin and end at the starting line (electronic timing 'station').
- c) Short breaks: the athlete must leave and enter the race course on the same point.

**10.3 Change of running direction:** In the small lapped 24 hours races and all other small lapped road and track races the organizers may arrange for competitors to reverse the running direction at fixed times (e.g. 4 hours or 6 hours) during the race.

**Remarks LOC / IAU:**



## **11.0 Medical Support/Medical Staff**

**11.1** An official Medical Staff, consisting of physicians, first aid paramedics and masseurs, shall be appointed by the LOC. The use of the medical support of the official Medical Staff by the athletes is allowed also out of the official Refreshment/Handling Zone.

**Remarks LOC / IAU:**

**How many medical aid stations?**

**Where?**

**After the race? (massage?)**

**11.2** It is necessary to let the medical committee of the LOC know if an athlete uses medication prescribed by a doctor or physician. For this purpose you can use the special form which can be downloaded from the website of the IAU or the website of the IAAF. (TUE Application form).

## **12.0 Result lists of the MIAUC:**

### **12.1 Intermediate and Provisional result lists:**

The provisional, **separate** result lists for **men** and **women**, shall be published consecutively/successively and as soon as possible at a special well visible information board. The time of the publication shall be noted on the result list.

**Remarks LOC / IAU:**

**When**

**Where?**

### **12.2 Final result lists:**

The final official, **separate** result lists for **men** and **women**, which contain the results of the individual and team classification, shall be published as soon as possible after the finish of the race, at the latest however 1 hour before the Victory Ceremony and shall be put at the disposal to the IAU Technical Delegate and the National team leaders.

**Remarks LOC / IAU:**

**When**

**Where?**



### **13.0 Protests and Appeals (IAAF Rule 146):**

**13.1 Protests concerning the result or conduct** of the MIAUC or concerning athletes acting in unsporting manner and offend the basic competition rules (IAAF Rules 144, 240.8) can be made within 30 minutes of the official announcement of the results of the event.

**13.2** Any protest shall, in the first instance, be made orally to the Race Referee by the athlete himself or by an authorised person acting on behalf of the athlete.

**13.3** The referee may decide on the protest or may refer the matter to the Jury of Appeal. If the Referee makes a decision, there shall be a right of appeal to the Jury.

**13.4 An appeal to the Jury of Appeal** must be made within 30 minutes of the official announcement of the decision by the Referee, in writing, signed by a responsible official on behalf of the athlete, and shall be accompanied by a deposit of US \$100 (or its equivalent), which will be forfeited if the protest is not upheld. (IAAF Rule 146)

### **14.0 Jury of Appeal**

**14.1** At all MIAUC a **Jury of Appeal**, which should normally consist of three persons, shall be appointed. One of its members shall be the Chairman and another member the Secretary. The Jury of Appeal at the IAU Events shall consist of one member nominated by the IAU, one member nominated by the Federation of the host country and one member approved by the delegates at the Technical Meeting. If necessary an 'external' Secretary, who has no vote, can be nominated by the IAU.

#### **JURY OF APPEAL**

**IAU  
MF  
Tech.Meeting**

**Chairman  
Secretary**

**The decisions of the Jury of Appeal** shall be final.



## **15.0 Doping Controls:**

### **15.1 Number of doping tests:**

The first three men and the first three women must be tested; in addition 2 others at random. Both the male and female finishers, have to be tested also (i.e. 10 tests in all). For the 100 km also EPO tests need to be undertaken. The random tests should preferably be the runners who ran a new World Age Best Performance, a Continental Best Performance or National Best Performance.

### **15.2 Forms.**

The forms needed to fill out for the doping tests will be handed over to the athletes by the LOC.

### **15.3 Information of the athletes**

The athletes selected to the doping tests must be **informed immediately** after the finish; they must go, every time accompanied and supervised by Doping-Stewards, as soon as possible to the Doping Control.

**Remarks LOC / IAU:**

**Place**

**Where ?**



## **16.0 TIME SCHEDULE:**

The Time Schedule of the most important activities

### **Technical Meeting**

When:

Location:

### **Financial Matters**

*(payment of the Travel Grants and extra costs)*

When:

Location:

### **Opening Ceremony**

When:

Location:

*- Runners will be picked up for this Opening Ceremony*

Location:

Time:

### **Pasta Party**

When:

Location:

Prize for non-delegation members:

### **Start of the race**

*- Runners will be picked up to bring them to the start*

Location:

Time:

Start race:

### **Prize & Closing Ceremony**

When:

Location:

### **Others:**





### **17.0 Remarks of the team coaches**

If there're any remarks and/or questions about these rules and regulations, write them down and put them in the special "Technical Meeting Box" which can be found in the athletes village at least 2 hours before the TM takes place. All questions and remarks will be discussed and answered during the TM.

	Name : Country :
Question concerning point :	<b>Remarks and/or questions</b>



*Summary of Changes:*

<b>Jan. 2013</b>	<b>1.</b>	<b>6.0 Order of the refreshment zone</b>
Jan. 2012	1.	2.4.1. GPS devices allowed 5.2.a Further description of the finish zone
August, 2011	1.	Because of the change in the IAAF rules the use of GPS is no longer forbidden. Removed from 2.3
Jan. 2011	1. 2. 3. 4.	Adjust for trail races 2.3 Technical equipment. 5.0 Addition: obligation for the LOC when there is a short different loop before runners will get into the 'normal' loop. Addition of the blueprint of the PP of Winschoten.
Febr. 2010:	1.	6.2 The change in the IAAF rule 240.8.e. The consequence of this change in the rules is that it is from now forbidden to accompany the runners in the refreshment zone. <u>Only hand over of drinks near by the own table is permitted.</u>
July 2009:	1. 2. 3. 4. 5.	2.3 Use of walkmans 5.0 Use of a camera at the finish/intermediate line 5.3 Finish of the 24 hours race 11.2 TUE application form 15.2 Forms for the doping tests