



Appendix B

Technical Guidelines

**for the organisation of a
Major IAU Competition (MIAUC)**

Version 140101



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0.0 Preliminary Remark

0.1 Qualification of the Local Organizer

The Local Applicant as future Local Organizer of the planned MIAUC shall have a sufficient qualification and practical experience of organising ultramarathon races, by demonstrating that he/she has organised ultradistance events of IAU Label standard at least twice.

0.2 Co-operation

The future Local Organizer commits to collaborate closely together with the IAU Executive Council - concerning all substantial affairs, especially the enforcement of the IAAF Rules and IAU Guidelines.

1.0 IAAF Rules and IAU Regulations

The MIAUC must be conducted according to the IAAF Rules and IAU Guidelines.

2.0 Local Organizing Committee (LOC) and IAU Technical Delegate

2.1 The Local Organizer of the MIAUC forms the 'Local Organizing Committee' ('LOC'), which is responsible for the organizational and technical preparation and delivery of the MIAUC.

2.2 The IAU Executive Committee sends an "IAU Technical Delegate" and, if necessary, further members of the IAU Technical Committee as co-workers at the time of the MIAUC event.

The IAU Technical Delegate is a co-opted member of the LOC. He/She shall be informed about the conditions of the preparation of the MIAUC, e.g. by receiving minutes of the meetings of the LOC, by information about the progress of the most important functions such as Race Director/Race manager, leader of the referee and judge team, competition office manager/EDP, IAAF Course Measurer (* By trail as far as possible) , physician for Doping Controls, about the organization of time measurement, the race course (structure and profile, measurement), among other things.



3.0 Appointment of a Team of Referees – Control of the Competition Rules

3.1 The LOC in co-operation with the National Athletic Federation or its regional department shall **appoint a Team of Referees** and Judges who will ensure that the IAAF Rules and IAU Regulations are followed throughout the entire event.

3.2 The leader of the Referee and Judge Team therefore co-operates closely with the IAU Technical Delegate. Arising problems shall be solved together.

3.3 In the case that the LOC cannot provide its own Team of Referees and Judges, the members of the IAU Technical Committee (and IAU Record Committee) under the management of the IAU Technical Delegate will take over the task of control of the competition rules. In this case the Local Organizer must inform the IAU Technical Delegate in time.

3.4 The Referees and Judges ensure that throughout the entire event the IAAF Rules and IAU Guidelines are complied with, especially to the IAAF Rules 240 (Road races) and 144 (assistance), which forbid assistance of all kind. No competitor may receive an unfair advantage.

Special attention for the following actions:

Forbidden are:

3.41 Pacing, i.e. the 'step making' and the accompany of the MIAUC participants by any athlete not in the same event e.g. no man can run with any woman as they are taking part in separate events, open race athletes are also in a separate event and cannot pace MIAUC participants and any runner who has retired during the event must take no further part at all. Also all kind of technical pacing devices are forbidden, especially by vehicles of all kinds.

3.42 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 of the designated refreshment zone. See also no. 7.52**

3.43 Technical equipment

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

Allowed are:

3.44 Walkmans and radios. If the course is traffic free, the use of walkmans and radios is allowed by races that are 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 EAA.

3.44.1 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.



Specials for TRAIL races :

Forbidden are:

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

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

Obligatory equipment TRAIL:

3.47 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.

3.5 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 will be disqualified in the case of the repetition of the rule offence.

Trail: The LOC should pay attention to minimizing the effect of the event on the environment and participants will also be disqualified for polluting or not respecting the mountain ecology or the environment.



4.0 The Race Course

Preliminary remark:

The race course of the MIAUC shall offer suitable conditions for international athletes to perform at their highest potential. Top level performances at the MIAUC are very important for the personal success and reputation of the athletes and enhance the organisation, sponsorship and the profile of the sport. Therefore the quality of the local race course is a very important factor for the success of the MIAUC.

The IAU Director of Competitions, or another qualified member of the IAU Executive Council where appropriate, must approve the courses. This inspection of the course should be done at least one year before the MIAUC race. The final responsibility for the suitability of the courses for a MIAUC rests with him/her. The final decision for approval of the MIAUC is made by the Executive Council of the IAU. Therefore any conditions or changes that he requires must be implemented.

It is recommendable that the measurer of the course is on site at the race-day.

If not possible the race-director and the head of referees should know all technical details of the course and his measurement. They will be responsible for the course (**see also 4.5**)

Presentation of the course details in the bid document and in the event information brochure must comply with the IAU/IAAF standards as follows:

1. A map showing the course routes
2. **for 24 hours and 100 km races:** All elevations that exceed 10m (at small 24 hours loops) or 25 m (at larger 100 km courses) must be marked.
3. **Trail races:** The race must not contain any too dangerous sections.
4. If necessary a profile of the course route should be included

4.1 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.

4.11 The MIAUC may be organized therefore only on a **traffic-free** race course (without motor traffic), except controlled traffic from the LOC.

(IAAF Rule 240, 7.a: ".the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.")

If it is not possible to close a road in all directions, it shall be guaranteed that the race course will be barriered off.

Trail: applied for the parts of the course where roads are used. Trail courses must have less than 20% of the distance on asphalted road.

4.11.1 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.

4.12. Barriers

In order to ensure the safety of the race participants, barriers and/or ribbons must be placed

Recommendations :

- a. in the start and finish area to separate runners and spectators
- b. in the refreshment zone, to separate spectators from unguarded refreshments

Trail: only if this is possible. It should be assured that spectators will not obstruct the participants of the race



c. for race courses, especially in cities : on corners (to prevent runners running up spectators who're crossing the street behind the corner). the distance of the barriers beyond the corner is 5 times the distance spectators have to go to cross the street at that point

4.13 If the event takes place also **after dark during the night time** the race course must be illuminated sufficiently (relevant especially for the IAU 24 Hours Championships). On every point of the course the runners should be able to look about 50 - 100m further on.

4.13.1 Trail: where possible.

4.14 The course should be well **marked and marshalled** throughout such that complete strangers to the course can follow without difficulty. Possible shortcuts must be marshalled.

4.14.1 Trail: Technically difficult sections must also be marshalled.

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

4.15.1 Trail: The course should not contain any **too dangerous section**

4.15.2 Trail: The LOC must guarantee that in case of emergency there are enough helpers on the course and that there is always a good possibility to get the runner(s) away from the course.

4.16 The final details of the approved course shall be published at latest **one month before** the event.

4.2 Structure of the Road Race Courses

The Road Race MIAUC shall be normally organized on multiple loops with a lap distance, which guarantees the best possible efficiency of organization and a most interesting event for spectators and media.

The Trail Race MIAUC shall be normally organized with the guarantee for a most interesting event for spectators and media.

4.21 100 km Road Races

With regard to the best possible efficiency of organization of the IAU 100 km Road Race MIAUC it is recommended that race courses are used which have lap distances of 10 km, 20 km or 25 km (or other versions/combinations between 10km and 25km). These 'standard' lengths of loops guarantees significant advantages for the complex tasks of the organizers, for the handling of coaches and helpers, for the support and safety of the athletes, for the work of the race referees maintaining the competition rules – and last but not least for the spectators and the media.

Remark: A lot of high levels 100 km Road Races are organized all over the world on multiple 10 km loops. Larger round or point-to-point courses of traditional races (Lake Saroma/JPN, Chavagnes-en Paillers, Belves/FRA) can be accepted if:

- a) the safety of the participants on a traffic-free (!) course can be guaranteed,
- b) compliance with the competition rules can be ensured by a team of race referees of sufficient size

- c) the use of the own personal drinks and food by the competitors at all official Refreshment Stations (provided every 5 km) can be ensured and the permitted support for the athletes by coaches and helpers in the official Refreshment Zones will be made possible at each aid station,
- d) the straight line distance between the start and finish point should not be longer than 50 % of the total race distance.

4.22 24 Hours Road Races:

The length of the laps shall be not less than approximately 1.000 m (because of the big number of participants/150 – 250) and not more than approximately 2.500 m (On longer loops the accurate adjustment and marking of the final point of each participant reached at the final signal can not necessarily be ensured).

The use of a short loop during the last period of the event (e.g. during the last 30 minutes) is allowed if the exact lap time recording of all participants can be ensured (e.g. by an electronic transponder system).

4.23 Trail Races

It's accepted that trail races will vary considerably in their nature and terrain however all IAU Trail races should:

- Have a distance more than 50 km and less than 50 miles
- Have a finish time (for the first man) within 8 hrs. (For safety reasons)
- Be multi-terrain from which motorised traffic is excluded. Less than 20% of the distance will be asphalted road.
- There should be a path or track.
- It must be possible to run on most parts of the course. There should be only very few real steep parts but the paths should not be too wide

Recommendations: IAU Trail races should not be of the same nature as mountain races. Mountain races are organised and governed by the WMRA therefore IAU trail races should

- Not have a total amount of ascent more than 1.600 meters.
- Not feel (and look) like a mountain trail race

4.3 Surface and Profile of the Road Race Courses

The IAAF differentiates and defines four 'categories' of races on the basis of the type of course: Track Races, Road Races, Cross Country Races and Mountain Races.

The relevant criteria for the definition of these four types of races are the different kind of the surface and the profile (height difference) of the race courses.

Therefore the race course (or parts of the course) used for the IAU Road Race MIAUC can not be similar to a Cross Country Race and also not similar to a Mountain Race Course.

Road Races must differ clearly from Cross Country Races and Mountain Races.

4.31 Surface Road Races

The IAU Road Race MIAUC shall be run on well made-up roads, preferably on asphalted roads, which should be in good condition and also as flat as possible. Exceptionally, for parts of the race course the use of (wide) bicycle paths or footpaths would be allowed (but not soft ground such as grass).

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International Association of Ultrarunners

Under the Patronage of the International Association of Athletics Federations

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4.32 Profile / Overcoming height difference Road Races:

The overall height difference of the road race courses, which must be covered during the race, shall be kept as small as possible, and it may amount not more than 0,5 % of the total race distance, i.e. in 100 km Road Race MIAUC 500 m HD.

Remark: Exceptions, especially at traditional 'classic' ultramarathon races are possible, but road race courses with more than 1.000 m height difference and with typical mountain race sections can not be accepted in the future for IAU Road Race MIAUC.

4.33 Altitude of start and finish Road Races:

Start and finish shall be if possible on the same height. Generally the decrease in elevation between the start and finish should not exceed 0.1 % of the race distance (maximally 100 m decrease at 100 km).

4.4 Climate conditions

The average climate conditions over the last 5 years will give the Executive Council an overall idea about the feasibility of the project. Further details about recommended climate conditions (average & max <> min temperature and humidity) will follow later.

4.5 Race Course Measurement

4.51 The Race Course of the MIAUC must be measured by an approved IAAF Course Measurer (Grade A) according to the IAAF Rules.

The measurement report must be sent at the latest one month before the championship date to the IAU (Director of Competitions) and to the IAAF. An additional check measurement shall be made after the putting up of barriers, refreshment stations, technical installations etc., especially at the IAU 24 Hours Championships.

4.51.1 A course measurement certificate is valid for five (5) years. After five years the course shall be re-measured even when there are no obvious changes to it. (IAAF rule 240. 3)

The course measurer shall be present during the MIAUC to check that all the barriers are in the right position and that the participants run the same course as measured, without any short cuts.

If it is not possible to have the measurer on site on the day of the race, the race-director and the head of referees should know all technical details of the course and his measurement. They will be responsible for the course

4.52 At the 24 Hours World and European Championships with the small lapped race courses, the calculation of the performances shall include the exact measured distance including centimetres. Only the calculated final distance shall be rounded down to the next full meter.

Remark: For example, if an athlete covered 260 laps of 1.063,79 m in the 24 hrs, and if the centimetres would not be counted, the disadvantage for the athlete would amount to 205 meters.

4.53 For trail: The course should be approved by an IAAF/National Federation official. The length of the course should be as accurate as possible calculated by GPS.

The measurement report must be sent at the latest one month before the championship date to the IAU (Director of Competitions) and to the IAAF.

4.54 Km-marks

a. 100 Km road races

It is recommended to mark each kilometre from the start to the finish. At least the following km-marks must be placed on the race course: 1km, 5-10-15...95km; 42.195km, 99km

b. 24Hours races

The first kilometre beyond the start must be marked clearly like described above – in order to make it possible for the runners to check their own speed throughout the 24 hours race:

c. Trail races: There should be KM-marks every 5 km. The last 5 KM of the course should be marked every KM.

Recommendation in general:

These marks should be:

- Fluorescent yellow, at least A3 format
 - Left and right of the road (exception if the road is less than 5m large)
- Between 1m and 2M high
- On the road surface will be a mark (line)
- 5cm width, white or yellow
- notification of the distance (at least 20cm large)
- if possible mark the ideal running line

Recommendation especially for trail:

- Place arrows on the ground
- Repeat marks so that runners can be sure they use the right way
- Use boundary tape between trees, at points with an unclear change of directions and at points where shorts cuts could be used.
- Use marks before and after every turn and cross



5.0 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.

For both types of time keeping there should be a video system at the start/finish line as a back-up system.

5.1 The electronic transponder timing system

The use of Transponder Timing Systems is permitted (IAAF rule 165.24).

5.11 The time keeping system has been used in the race at least for two years. The LOC will inform the IAU (Director of Competitions) 3 months before the race about the contracted system

5.12 The time system should be suitable for the different types of races (24 hrs, Trail, 100 km). The system should have the possibility to link with a presentation screen and websites.

5.13 If an electronic system is used the LOC should provide an extra electric power station in case of interrupted electricity.

Note: For ultramarathon **road** races the official time shall be the time elapsed between the firing of the starting gun and the athlete reaching the finish line. The order in which the athletes reach the finish line will be considered as the official finish position (IAAF Rule 165.24).

5.2 The manual time measurement

5.21 If there is electronic time-keeping system there should be at least one manual time keeper. This should be one of the officials of the race.

5.22 If there is **only** manual time-keeping this must be carried out by at least three timekeepers with at least three running digital stop-watches with integrated time printers.

The final time of each finisher must be timed and printed out by all three timekeepers (i.e. three times). This way the basis for the recognition of international and national records and best performances is ensured simultaneously.

5.3 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.

5.32 In the IAU 24 Hours Championships and in the 100 km Track Championships the hourly updates of the progress of the race must be published on a special information board, **on paper or digital on the website**. These hourly updates must be available also to the athletes or the coaches on a central collection point.

It is recommended – for the continual up-to-date-information also of spectators and media - that the hourly updates of the leading Top Ten (at least Top Five) men and women will be displayed on a big clearly visible 'Leader Board'.

5.33. In 100km races, times will be announced at each 10 km-point and displayed on 42.195km, 50km and finish.



6.0 Organization of the start and finish

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

6.1 Start

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

Recommendations:

a. A warming up zone of at least 500m (outside the start area if possible) should be available

b. Count down procedure: the countdown before the start is given will follow the procedure. The elapsing time will be announced: 1', 30", 15", 10", GO! (Comment: the announcement/count down of the last five seconds is the reason for "false starts"; happened also in ultramarathon races.)

c. Start zone.

Will be at minimum 10m wide from the start line till 200m beyond the start. The next 500m minimum 6m wide

This 700m is totally free from any spectators

Exception will be made if there are not many participants:

1. 60% of the distances if 300-100 runners
2. 40% of the distance if < 100 runners.

d. Dressing rooms

Less than 1000m from the start and finish, otherwise there must be a shuttle service, everybody must be able to get on the start line 10' before 'gunfire'.

There must be separate dressing rooms for men and women

These will be big enough (2m²/runner) and have enough showers (1 shower / 20 runners)

6.2 Finish for the 100 km Races and Trail races:

In order to ensure the exact final places and times of the finishers it is recommended to use a 'finish channel' (especially in the case of manual timekeeping) and to set up a video recording system - two movie cameras, at two different angles, at the finish line (in the case of problems or complaints or protests after the race).

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.

6.3 Finish for 24 Hours Races or other races of a fixed period of time:

6.31 Definition of the exact duration of races decided on the basis of the distance covered in a fixed period of time:

All 6 hours, 12 hours, 24 hours, 48 hours and 6 day races must be finished by the final signal given at exactly the appropriate fixed time after the start of the race, i.e. exactly after 06h:00min:00sec, 12h:00min:00sec; 24h:00min:00sec, 48h:00min:00sec, 144h:00min:00sec ...

Absolutely no any exceptions to this rule are allowed, not even in the case of special circumstances like an "act of God", e.g. thunderstorms, accidents etc. .

If, because of special circumstances an interruption must be made, the time of duration of the interruption must not be added to the official fixed period of time; e.g. in the case of a 15 minute interruption during a 24 hour race the race must finish at exactly 24:00:00 hours (not 24:15:00h) after the start.

Remark: The reason is to guarantee world wide the same conditions and not to give the participants of a race an 'unfair advantage' of an additional break/rest for the duration of the interruption.

In the case of (a) interruptions or (b) breaking off of the race the official performances are defined

a) As the performance achieved until the end of the ('net') appropriate fixed time after the start (without any 'extra time'),

b) As the performance achieved until the time of breaking off of the race.

6.32 Measurement and rating/scoring of the achieved performances.

The covered distances must be measured as exactly as possible. I.e. by scoring/rating the covered full laps and by addition of the measured 'rest meters' of the last (incomplete) lap (see MIAUC rule 6.22).

In order to ensure the exact final positions of the athletes at the moment of the end of the race the following precautions must be taken:

a. The final signal, given normally by firing a gun, must be very clearly audible on the whole race course (important on large loops!).

Remark: The use of unconventional final signals on larger laps like the use of the local fire alarm siren or a historical cannon or loudspeakers sufficiently audible... shall be taken in consideration, depending of the local conditions, if the normal 'finish gun' would not be clearly audible on the whole race course.

b. The lap of the race course shall be divided in sections with exact measured and fixed 100 m (and 50 m) marks and watched by judges, posted at these marks, at the finish of the race.

c. Each participant shall receive at the begin of the last lap a small sand bag or similar object marked with the corresponding race number of the runner – the runner must drop his numbered sand back immediately and vertically on the bottom while he hears the final signal. The referees, posted on all 100 m (50 m) marks of the loop, go back to the previous 100 m (50 m) mark and write (with oil chalk) the race numbers of the athletes in the exact finish position on the bottom of the race course.

d. The top three leading men and women (and the possible candidates for national or international records) shall **be accompanied** during the whole last lap by special judges marking the exact positions of these athletes at the moment of the final signal (with oil chalk or similar device) on the bottom of the loop.



e. Immediately after these procedures the referees start **the measurement of the 'rest meters'** covered by all finishers during the last lap (Several measurers can start the measurement simultaneously from the fixed 100 m-marks (Start, 100 m, 200 m, 300 m, 400 m etc.).

f. If in the case of special circumstances an accurate measurement of the 'rest meters' can not be guaranteed, then only the completed full laps run before the final signal must/shall be scored and rated as the official performances of the participants.

g. The same method of rating the completed full laps shall be used if a participant finishes the race before the end of the fixed official competition time. There is no obligation for an athlete to be present during the closing stages or laps. Performances achieved on the basis of scoring/rating of covered full laps can be recognised as national or continental or world best performances.



7.0 Refreshment/Handling Zones and Drinking/Sponging Stations

General:

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

- * Championships countries
- * Open race runners (where applicable)
- * then LOC general refreshments

7.1 100 km Races

- 7.1.1 Refreshment/Handling Zones must be provided at least every 5 km.
- 7.1.2 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).
- 7.1.3 The official Refreshment/Handling Zones, marked clearly by the signs "beginning" and "end", should be approximately 400 m long.
- 7.1.4 Also at start and finish water and other suitable refreshments shall be made available.

7.2 24-Hours Races

At the 24 Hours Championships with the substantially smaller lap courses with a length of 1.000 m to 2.500 m the official Refreshment/Handling Zone must be available to the athletes for each lap.
The refreshment-zone must be placed at one side of the course and be barred to prevent against entering the course by coaches and helpers.
The general refreshment of the LOC should be provided after the tables of the countries.

7.3 Trail Races

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

Recommendations for 100 km races and Trail races:

- The refreshment zones will be placed, where possible, on the right hand of the runners.
- The official Refreshment/Handling Zones starts approximately 200m before the first refreshments and ends about 200m after the last sponges.
- This signs will be preferable green (start) and red (end) fluoresce boards, at least A3 format, between 1m50 and 2m high, left and right of the road and it is recommended that there is also a mark (line) on the road surface(5cm width, green and red)

7.4 Official and Personal Refreshments

7.41 Official food supply:

- The LOC provides the official food supply accessible for all race participants in all Refreshment Zones:

- ° Water/mineral waters without gas, electrolyte beverages, bananas and other fruits, Cola, glucose/sugar, salt (sodium chloride), biscuits etc..
- ° At the end of all refreshment zones sponges must be available.

7.42 Personal food and drinks

- The LOC must ensure that the competitors can use their own personal drinks and food at **all** official Refreshments Stations provided every 5 km.
- The LOC provides special tables, at the disposal of the participating nations for the personal drinks and food in the Refreshment/Handling Zones. There should also be at least 2 chairs available for the helpers.
- All these personal drinks must be handled over between 4 and 1 hour before the start and in a well announced delivering station, preferably in the Athletes Village or when this is absolutely not possible near the start zone and/or near the dressing rooms.
- Coaches and helpers of the teams are permitted to bring the athletes' personal food and drinks directly to the tables in the official refreshment zone.
- The team leaders/coaches/crewmembers of the National Delegations are allowed to use refreshments from the Open Race to give to their athletes in their refreshment zone.

Recommendations:

- These tables **are at least 150 cmx60cm per country with a complete team** and will be placed in alphabetic order (following the IAAF Abbreviation).
- the drinks will also be placed in numeric order by country.
- The tables will be signed by the official IAAF abbreviation codes.
- These codes will be marked in A3 white board, at 2M high, above the table.
- For the open-race-runners who are not running for the national team of their country, there will be special "personal drink" tables where the drinks and foods will be placed in numeric order.

Recommendations for TRAIL-races:

If it is not possible to arrange the refreshment zones as mentioned before, it is necessary to explain this clearly in the GIS, at the Technical Meeting and in the paper of the Technical Meeting. So that runners and coaches/helpers know before the start of the race.

7.5 Allowed support in the Official Refreshment/Handling Zones

7.51 In the official Refreshment/Handling Zones the handlers and coaches may put the refreshments into the hands of the athletes.

7.52 Handlers and coaches may not enter the course nor obstruct any athlete. They may only 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. (IAAF rule 240, 8 (e))

- 7.53** Team management can support athletes for any shoe and dress change.
- 7.54** Any medical support is permitted e.g. treatment of smaller injuries, blisters, by massages etc.
- 7.55** Transmission of information of any kind is also permitted.

Remark: All this support is allowed only within the Official Refreshment/Handling Zones - not in the Drinking/Sponging Stations.

7.6 Toilets

- 7.6.1 In city races (e.g. Winschoten/Seregno) minimum 2 toilets very close near the course every 10K
- 7.6.2 TRAIL: If possible there should be toilets at every refreshment zone.

7.7 Showers are recommended in case of high temperature conditions

The showers must be placed outside the ideal running line

8.0 National vests and uniforms

8.1 During the entire time of competition all members of the (same) national team must wear the (same) official national vests or shirts (and two race numbers.) In the case of bad weather conditions the official national clothes shall be worn over all other clothing. The national vests or shirts of all participating nations shall be presented on the Technical Meeting.

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.

8.2 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.



9.0 Race numbers

9.1 Each championship participant must wear two race numbers (without any changes of the form or size), one number in front, and 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).

9.2 Special Regulations

9.21 In **24 hours 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.

9.22 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.

9.23 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. It is suggested that the organisers should issue race numbers to each competitor in the MIAUC with numbers that also identify the country that they represent.



10.0 Scoring System

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

10.11 a Men's Individual race

10.12 a Women's Individual race

10.13 a Men's Team race (max. **6** persons)

10.14 a Women's Team race (max. **6** persons)

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

10.2 The MIAUC Trail will consist of:

10.21 a Men's Individual race

10.22 a Women's Individual race

10.23 a Men's Team race (max. **5** persons)

10.24 a Women's Team race (max. **5** persons)

10.3 Individual and Team scoring for 100 km and 24 hours

10.31 A maximum of 9 men and 9 women from each federation (country) may compete in the Individual races and each will be scored in the Individual competition.

10.32 A maximum of 6 men and 6 women (of the maximally 9 men and 9 women/see 10.31) from each federation (country) may be nominated for the Team competition and only these 6 officially nominated men and women are eligible for the team scoring.

10.33 Last changes of athletes for the Team and Individual races must be made in writing at latest on the Technical Meeting.

10.34 Each Team race for men and women must be scored separately.

The team results will be decided by addition of the times (100 km) or distances (24 hours) of the 3 first runners of each federation (country) nominated officially for the Team competition.

In the event of a tie it shall be resolved in the favour of the team whose third scoring member finishes nearer to the first place.

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10.4 Individual and Team scoring for Trail races

10.41 A maximum of 5 men and 5 women from each federation (country) may compete in the Individual races and each will be scored in the Individual competition. These athletes will compete in the team-competition as well.

10.42 Last changes of athletes for the Team and Individual races must be made in writing at latest on the Technical Meeting.

10.43 Each Team race for men and women must be scored separately.

The team results will be decided by addition of the times of the 3 first runners of each federation (country) nominated officially for the Team competition.

In the event of a tie it shall be resolved in the favour of the team whose third scoring member finishes nearer to the first place.

10.5 Maximum time limits for classification

10.51 Time limits for classification in MIAUC 100 km races:

Men: under 10.00 hrs

Women: under 11.30 hrs

10.52 Time limits for classification in MIAUC 24 hrs races:

Men: minimum distance 175 km

Women: minimum distance 150 km



11.0 Additional Scoring and Competition Regulations

11.1 Juniors (male and female < 20) are not eligible to compete in the MIAUC (100 km, 24 hours, 50 km, Trail) and in other ultramarathon races.

11.2 The men's race and the women's race are **two separate competitions**, but both may be started and run simultaneously.

11.3 Member of the National Federation. All athletes who will compete in the MIAUC's must be member of the National Federation of the country they are starting for.

11.4 Athletes with prosthesis may compete in a race, *if the racecourse is suitable for disabled athletes*. The artificial limb, with or without a shoe, must not be constructed so as to give an athlete any unfair assistance, including by the incorporation of any technology which will give the wearer any unfair advantage (IAAF rule 143. 2). All types of competition shoes must be approved by IAAF.

11.5 Breaks:

a) Generally: In the 24 hours races and all other events over a determined time (e.g. 6 hours, 12 hours, 48 hours, 6 days) the competitors may rest at any reasonable period. There is no obligation on them to be present during the closing stages or laps. The covered full laps will be scored and possible achieved best performances may be recognized.

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: A short rest in the official Refreshment/Handling Zone for drinking, shoe or dress change, use of toilet, use of medical support etc. is always possible without announcement of the break – but the athlete must leave and enter the race course on the same point.

11.6 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. The organizer must take precautions in order to exclude short cuts during the change of running direction.

11.7 In the circumstance where a **veteran** finishes as overall winner of the event he or she will be judged as the general race winner and simultaneously as the first veteran in his or her class. No veteran should be removed from the overall results of any event.

(Regulation for races with age group classification, especially for Open races staged in conjunction with the MIAUC)



12.0 Medical Support/Medical Staff

12.1 An official Medical Staff Group, consisting of physicians, first aid paramedics and masseurs, shall be appointed by the LOC.

The official Medical Staff Group shall be clearly identified by corresponding armbands and vests.

The Medical Staff Group looks after the safety of the participants, the responsible medical doctor can remove athletes from the race, when it will be irresponsible in his opinion to continue the race.

12.2 The use of the medical support from the official Medical Staff Group by the athletes is allowed also out of the official Refreshment/Handling Zone.



13.0 Result lists of the MIAUC:

13.1 Provisional result lists:

The provisional result lists shall be published as soon as possible as athletes finish, on a special well visible information board. The time of the publication of each edition shall be noted on the result list.

13.2 Final result lists:

The final official result lists, 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.

In this way is ensured that the competitors and team managers can clarify possible existing errors and problems (e.g. concerning the team classification) or make protests to the Jury of Appeal in time before the Victory Ceremony.

13.3 Separate result lists for the MIAUC, Veteran Championships and the Open Race:

For the MIAUC and likewise for the Veterans European or World Championships and for the Open Race taking place at the same time separate result lists shall be published. These final official result lists shall be published as soon as possible also in the Internet and be sent to all involved National Athletic Federations and to the members of the IAU Executive Council.

13.4 IAU Standard Format of the MIAUC result lists

13.41 All result lists must be made in an 'IAU Standard Format'.

The format and the instructions will be sent to the LOC and can also be found at the IAU website (download).

13.42 Each page of the printed result list must contain also the date and the venue of the competition.

13.43 Remarks according performances:

a) Time results (road and trail):

The performance must be indicated in hours, minutes, seconds (hr:min:sec), e.g. 6:13:33 h. Tenth or hundredth seconds always must be rounded UP to the next full second.

b) Time results (track):

The performance must be indicated in hours, minutes, seconds and tenth seconds (hr:min:sec:tenth sec), e.g. 6:13:33:5 h.

c) Distance results:

The performance must be indicated in kilometres and meters, e.g. 290,221 km
Centimetres always must be rounded DOWN to the next full meter.

13.44 Separate result lists for **men** and **women** must be made and published.



14.0 Protests and Appeals (IAAF Rule 146):

14.1 Protests concerning the result or conduct of the MIAUC or concerning athletes acting in unsporting manner or committing an offence under 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.

14.2 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.

14.3 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.

14.4 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 in the currency of the country of the competition), which will be forfeited if the protest is not upheld. (IAAF Rule 146)

15.0 Jury of Appeal

15.1 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.

15.2 The primary functions of the Jury of Appeal shall be to deal with the protests under the Regulation 14.3 / 14.4 .

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

Remark: Only in the event of that new conclusive evidence is presented the Jury may reconsider the decision.



16.0 Doping Controls:

16.1 At all MIAUC Doping Controls must be executed, in accordance with IAAF Procedural Guidelines. The Doping Tests shall be organized by the LOC in co-operation with the Athletic Federation of the host country. An Approved Doping Control Doctor must be appointed in time and suitable facilities for the conduct of the doping controls shall be provided.

16.2 Number of doping tests:

The number of doping- and EPO tests will follow the IAAF rules. The number of tests will be communicated in time with the LOC.

16.3 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.

16.4 Athletes who refuse the Doping Control or who test positive must be disqualified.

17.0 Technical Meeting

The compulsory Technical Meeting for the National team leaders and team captains normally takes place on the day before the race. The general regulations and the special local race rules and local conditions will be explained by the IAU Technical Delegate and the Race Director or another representative of the LOC.

The two members of the Jury of Appeal, nominated by the IAU and the Federation of the host country, will be announced and the third member of the Jury of Appeal will be approved by the delegates of the Technical Meeting.

The official national vests or shirts of the participating nations shall be presented by the team leaders or captains.

Last changes in the National teams and the confirmation of the final composition of the teams shall be made (no further changes after the Technical Meeting).



18.0 Final remark:

The most important general race rules of the above 'Technical Guidelines and Regulations' and the special local race rules and conditions for the taking place MIAUC including the programme and the time table of the event shall be clearly fixed in writing and provided to team leaders and competitors in reasonable time before the competition start, e.g. at the distribution of race numbers or at least on the Technical Meeting.

Worked out in co-operation with Jan Vandendriessche (IAU Director of Organisations) and the members of the IAU Technical Committee by Harry A. Arndt (IAU Director of Competitions).

Revisions and upgrading 2009/2010/2011/2012/2013 by Liesbeth Jansen (IAU Director of Competitions). All changes are in consultation with the members of the IAU Technical Committee. Hilary Walker looked after the right way of writing things down (from version 100401).

What's new in the latest versions of the Technical Guidelines ?

- VS140101** Some decisions were made by the EC about time keeping. You will find the changes in blue in the rules 5.0, 5.1 (extend with 5.11, 5.12, 5.13), 5.2 (extend with 5.21 and 5.22) 5.3 lap times and splits should also be available on paper and on the website
- VS130101** this time only some small changes, most of it to make it comfortable for runners and helpers
- 4.54 mark the ideal running line (recommendation)
 - 6.32 accompany the first three runners men and women at the 24 hrs instead of the ten first runners.
 - The order of the refreshmentzone (chapter 7)
 - 7.2 the refreshmentzone should be placed at one side of the course.
 - 7.42 Two (2) chairs should be available for helpers at the refreshmentzones.
- VS120101** 3.44.1 Allowed use of GPS device.
4.23 Definition of a trail race
4.51.1 5 years validity of measurement certificate
6.2 a Further description of the finish zone.
16.2 Doping control follow the IAAF rules.
- VS110815** Because of the change in the IAAF rules the use of GPS is no longer forbidden. Removed from 3.43
- VS110131** * The till now separated trail rules are merged into the technical guidelines for all MIAUC's Therefore some rule-numbers have changed.
* Team competition for Trail.
* Athletes who take part in the MIAUC's must be member of the **National Federation** from the country they started for **(11.3)**.
* Although was mentioned in the rules that it is recommend that the course-measurer should be on site on race-date, this is put down more clearly in the guidelines **(4.0 and 4.5)**
* **Inspection of the course and organisation.** This should be done at least one year before the race **(4.0)**
* New rule when there is a different lap or run-up before runners get on the (lap)course **(4.11.1)**
* Marking and marshalling more specified **(4.14)**
- VS100401** In the whole document the change of *Challenge* into **Championship**. Some sentences are changed to realise good and correct English sentences.
Page 3 no. 3.42 Small change. Asking attention for no.7.42.
Page 11 no. 7.42 The IAAF changed the rule for support athletes. As IAU we will follow this rule. Important: it is not longer allowed to run with the athletes even if you are in the 400 metre refreshmentzone.
Page 13 no. 10.3 Maximum time limits for classification. Put in to bring the MIAUC's to a higher level.

Page 14 no. 11.2.1 Athletes with prosthesis. For some athletes with prosthesis it is possible to compete. See IAAF rule 143.2. Prosthesis with 'normal' shoes are permitted. "blade-runners" a.s.o. not.

Page 15 no. 13.43 b) changed into c). Put in new b) Performance of time results for track races.

- VS090701 **Page 3** some small changes
3.42 split, new **3.43** (use walkman a.s.o) in consultation with the IAAF
4.16 publishing at latest one month before the event instead of 1st December a year before.
Page 5 some grammatical changes.
4.51 three months changed into one month.
4.52 removed (length...../AUT)
5.1 brought in accordance to the IAAF rule 165.24
5.3 preferable changed into permitted (rule 165.24) and compulsory changed in recommended.
6.32.g brought in accordance to the paper of the technical meeting.
7.2 change 2.5000 into 2.500.
Page 11 removed yellow parts.
13.41 Removed the format-details and put in the possibility to download this details from the website.
16.2 little change in the sentences.
- VS081206 Proposition of the "yellow parts"
VS081026 Adding pt. 11 in the "table of content"
- Vs060324 Small changes in 3.41
6.32.h is transferred to the Record Guidelines
Grammatical corrections
- Vs060310 layout, uniformity of numbering of the submenus
6.2 : is divided now in 6.2 "finish at the 100km races" and 6.3 "finish at the 24H races". Under 6.3 addition of "definition of exact duration of races decided on basis of the distance covered in a fixed period of time"
6.3.f : is better explained now
6.3.g : new
6.3.h : new
Addition of the "what's new" page at the end
- Vs060303 layout, frontpage, everywhere the same font.
- Vs060728 Pt 4.51 : *The measurement report must be sent at the latest three months before the championship date to the IAU (Director of Competitions) and to the IAAF.*
Pt 14.4 : *by a deposit of US \$100 (or its equivalent in the currency of the country of the competition), which*