



1st European Deaf Marathon Championship

Lublin/POL 2015

Technical Regulations

The athletics competitions will be conducted in accordance to the rules and regulations of the IAAF (issue 2014-2015)

1. TECHNICAL COMMITTEE

The technical committee will include the EDSO Technical Official for Athletics, one EDSO Representative and three members who will be appointed by the Organizing Committee:

1. Dietmar Marschner, EDSO Technical Director
2. Ota Pansky, EDSO Representative
3. Maciej Pawelec, Marathon Director of Lublin
4. Jaroslaw Janiec, PDSA President Poland
5. Stanislaw Janiec, PDSA Official Poland (finance)

2. PROTEST COMMITTEE

The protest committee will include the EDSO Technical Official for Athletics and three members who will be appointed by the Organizing Committee:

1. Dietmar Marschner, EDSO Technical Director
2. Maciej Pawelec, Marathon Director of Lublin
3. Jaroslaw Janiec, PDSA Official Poland

3. COMPETITION VENUE

The Marathon competitions will take place at the City in Lublin/POL.



4. TRAINING VENUE

Separate training

There will be separate training session and warm up session at City.

5. EVENTS

The 1st European Deaf Marathon Championship comprises of the following 3 events:

Men	Women
42.195 km	42.195 km

7. SCHEDULE

The present schedule for the competition refers to the actual number of participants entered on 10th Dec 2014 and may be subject to alterations. The final schedule for the competitions will be issued shortly before the start of the competitions.

8. COMPETITIONS REGULATIONS

The Athletics competitions will be conducted in accordance with the Rules and Regulations of the IAAF from 2014 - 2015. In case of disagreement in the interpretation of the Rules and Regulations, the English text shall prevail. Unforeseen incidents not covered by the Rules and Regulations shall be dealt with as follows:

Cases of a general nature will be resolved in accordance with EDSO guidelines.

Technical questions shall be resolved according to the technical regulations and statements. If there isn't any specification, the IAAF compendium, issue 2014 - 2015 shall be consulted. All requests may be posed at the technical meeting

8.1 Participation

Only athletes who comply with the EDSO guidelines are entitled to take part in the Marathon competitions of the European championships.

8.2.1. Individual Events: Individual Events: each national association may enter six (6) athletes for each event.

8.3. Entries

8.3.1. Preliminary entries with an indication of the probable number of athletes in each sport and event must be submitted to EDSO representative, Ota Pansky by 10 December 2014 at the latest.

8.3.2. The final entries with the names of each athlete indicating sport and event entered must be submitted to EDSO representative, Ota Pansky no later than 10 January 2015. Entries may be submitted by fax or e-mail followed by the original official entry form.

8.3.3. No changes or additional entries will be accepted after 10 March 2015.



8.3.4. A fine of 20 Euro (€20.00) is levied on each non-starting athlete with the exception of those presenting a doctor's declaration that he/she should not be allowed to start.

8.4. Confirmation of Entries

8.4.1. One day prior to the beginning of the competitions the athlete's intention to compete must be confirmed by himself or by the team manager. This system is to avoid unnecessary heats and qualifying rounds. The tournament centre is located at the City of Lublin

The athlete's registration office is located in the tournament centre. Athletes or team officials must ensure that the officials at the tournament centre confirm or delete each of their entries correctly.

The tournament centre will open on Saturday, 09th May 2015 for the team managers to confirm the athletes for the first day of competition.

8.4.2. The names of the competitors who will be competing must be reported to the technical committee at the technical meeting.

8.4.3. Only competitors entered by name as in the list of 10th March 2014, and only in the events listed (with the exception of relays as noted in 8.2.2.), may be included on this form.

8.5. Cancellation

In case an athlete fails to sign off from an event after confirmation or does not compete in all rounds of an event for which s/he has qualified, s/he may not be permitted to compete in any other event on that day of the competitions,
(please carefully note the wording of IAAF Rule 142.4)



9. COMPETITION RULES AND REGULATIONS

9.1. Judges

The athletics competitions—of the 1st European Deaf Marathon Championship will be supervised by certificated officials of the Poland Athletics Federation.

9.2. Protests

Protests concerning the result and procedure of an event first have to be submitted to the judges according to IAAF regulations. Objection at the competition's judge have to be submitted by writing on the respective protest form within 30 minutes after the decision of the judge (together with a fee of 50 Euro - (€ 50.00).

9.3. Sports Clothing

Each registered athlete shall wear the sportswear of the national federation they are designated to represent for the competitions. No impermissible advertising may be worn

9.4. Post Event Procedures

athletes must report immediately to the post event control centre located at the white tent (?) just after the finish line.

Doping controls may be carried out. If athletes have other events or duties (such as interviews or presentations) they should sign the acknowledgement and ask the companion to wait.

9.5. Medal Ceremonies

The medal ceremony will be held at an appropriate moment following the competition in a given event. Athletes taking part in the victory ceremony have to wear shoes and a full tracksuit in the colours of their national association. Team managers are requested to assist in ensuring athletes are readily available and correctly dressed.

9.6. Hearing Aids

The use of hearing aids or external cochlear implant aids is strictly forbidden in the call room, competition area and/or during the competition.

10. TECHNICAL MEETING

The first Athletics technical meeting will be held at a hotel “?”, date 09th May 2015, 18:00hrs. Each participating national association may be represented by two (2) officials, of whom at least one must be deaf and, if necessary, an interpreter.



RULE 250
Road Races

Distances

1. The standard distances shall be: 10km, 15km, 20km, Half-Marathon, 25km, 30km, Marathon (42.195km), 100km and Road Relay. Note: It is recommended that the Road Relay race be run over the Marathon distance, ideally over a 5km loop course, with stages of 5km, 10km, 5km, 10km, 5km, 7.195km. For a junior Road Relay, the recommended distance is a Half-Marathon with stages of 5km, 5km, 5km, 6.098km.

Course

2. The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

Note (i): It is recommended that, for Road Races staged over standard distances, the start and finish points, measured along a theoretical straight line between them should not be further apart than 50% of the race distance. For approval of Records, see Rule

260.28 (b).

Note (ii): It is acceptable for the start, finish and other segments of the race to be conducted on grass or other non-paved surfaces. These segments shall be kept to a minimum.

3. The course shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race.

In all competitions under Rules 1.1(a) and, where possible, (b), (c) and (f), the measurement line should be marked along the course in a distinctive colour that cannot be mistaken for other markings.

The length of the course shall not be less than the official distance for the event. In competitions under Rules 1.1(a), (b), (c) and (f), the uncertainty in the measurement shall not exceed 0.1% (i.e. 42m for the Marathon) and the length of the course should have been certified in advance by an IAAF approved course measurer.

Note (i): For measurement, the "Calibrated Bicycle Method" shall be used.

Note (ii): To prevent a course from being found to be short on future re-measurement, it is recommended that a "short course prevention factor" be built in when laying out the course. For bicycle measurements this factor should be 0.1% which means that each km on the course will have a "measured length" of 1001m.

Note (iii): If it is intended that parts of the course on race day will be defined by the use of non-permanent equipment such as cones, barricades, etc. their positioning shall be decided not later than the time of the measurement and the documentation of such decisions shall be included in the measurement report.

Note (iv): It is recommended that for Road Races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000, i.e. 1m per km (0.1%). For approval of Records, see Rule 260.28 (c).

Note (v): A course measurement certificate is valid for 5 years, after which the course shall be re-measured even when there are no obvious changes to it.

4. The distance in kilometres on the route shall be displayed to all athletes.

5. For Road Relays, lines 50mm wide shall be drawn across the course to mark the distances of each stage and to denote that scratch line. Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

Start



6. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command “On your marks”, the athletes shall assemble on the start line in the manner determined by the organisers. The Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Safety and Medical

7. (a) Organising Committees of Road Races shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.

(b) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.

(c) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

Drinking / Sponging and Refreshment Stations

8. (a) Water and other suitable refreshments shall be available at the start and finish of all races.

(b) For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.

Note (i): Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.

Note (ii): Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.

(c) Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organising Committee will determine which refreshments it will provide based on prevailing conditions.

(d) Refreshments will normally be provided by the Organising Committee but it may permit athletes to provide their own, in which case the athlete shall nominate at which stations they shall be made available to him. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

(e) The Organising Committee shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can



be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official or authorised person shall, under any circumstances, run beside an athlete while he is taking refreshment or water.

(f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the area designated for their Country at any one time.

Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

(g) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.

(h) An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

Race Conduct

9. In Road Races, an athlete may leave the road or track with the permission and under the supervision of an official, provided that by going off course he does not lessen the distance to be covered.

If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified

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