



10th European Deaf Cross Country Championships Bydgoszcz/POL 2014

Technical Regulations

The athletics competitions will be conducted in accordance to the rules and regulations of the IAAF (issue 2012-2013)

01. 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 Officer for athletics
2. Guido Zanecchia, EDSO Representative
3. Czeslaw Lubarski, Chief referee for track and field
4. Jaroslaw Janiec, PDSA President Poland
5. Stanislaw Janiec, Representative of the Deaf Committee

02. 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 Officer for athletics
2. Guido Zanecchia, EDSO Representative
3. Czeslaw Lubarski, Chief referee for track and field
4. Jaroslaw Janiec, Official Poland
5. Mariusz Swiszczyk, Representative of the Deaf Committee

03. COMPETITION VENUE

The Cross Country competitions will take place at the Forest Park Myslecinek in Bydgoszcz/POL.



04. TRAINING VENUE

The training venue is the same as the competition venue.

Date	Time
10 April	11.00hrs

Separate training

There will be separate training session and warm up session at Forest Park, Myslecinek. There will be a special Start-Light system at the training events at Forest Park, Myslecinek. This will only be a special one hour training session and the official starter of the Cross Country championships will be present. This training session will start from 12:00hrs and it is for athletics to understand the starting system of the competitions. This will take place at 12.00pm on 10th April 2014.

05. EVENTS

The 10th European Deaf Cross Country Championships comprises of the following 6 events:

Men		Women	
3.950 m	11.800 m	3.950 m	7.850 m
Men Junior		Women Junior	
7.850 m		5.900 m	

07. SCHEDULE

The present schedule for the competition refers to the actual number of participants entered on 10th October 2013 and may be subject to alterations. The final schedule for the competitions will be issued shortly before the start of the competitions.

08. COMPETITIONS REGULATIONS

08.1. The Athletics competitions will be conducted in accordance with the Rules and Regulations of the IAAF from 2012 - 2013. 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 2012 - 2013 shall be consulted. All requests may be posed at the technical meeting.



08.2. Participation

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

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

08.2.2. Relays: each national association may enter one (1) Best Place team for each race. Best Place teams may be composed of up to six (6) athletes.

An athlete who has taken part in one round and subsequently has been substituted by another cannot form part of that team again.

Team running order must be officially declared at the tournament centre, 2 hours prior to the start of the first round. After that, the running order cannot be changed. Athlete substitutions (max. 2) may be made after this time, up to the Call Room time.

08.3. Entries

08.3.1. Preliminary entries with an indication of the probable number of athletes in each sport and event must be submitted to EDSO representative, Guido Zanecchia by 06 April 2013 at the latest.

08.3.2. The final entries with the names of each athlete indicating sport and event entered must be submitted to EDSO representative, Guido Zanecchia or Ota Pansky no later than 10 March 2014. Entries may be submitted by fax or e-mail followed by the original official entry form.

08.3.3. No changes or additional entries will be accepted after 10 March 2014.

08.3.4. 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.

08.4. Confirmation of Entries

08.4.1. 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 Forest Park, Myslecinek ?

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 Thursday, 11th April 2014 for the team managers to confirm the athletes for the first day of competition.

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

08.4.3. 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.

08.5. 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, including relays (please carefully note the wording of IAAF Rule 142.4).



08.6. Call Room Procedures

In addition to confirming their entries, all athletes are required to report to the call room prior to their event.

In the call room athletes are supposed to demonstrate that their unitary sports clothing and that numbers, shoes and other equipment comply with the competition rules.

Athletes will proceed to the start of their event from the call room accompanied by a **CALL ROOM MARSHAL**. Athletes who proceed to an event not accompanied by a marshal may not be allowed to start.

*The closing call entry times at the **CALL ROOM** are:*

other track events, 25 minutes

If an athlete is already or likely to be competing in another event at the designated marshalling time, the athlete or team manager must inform the call room of this prior to the designated marshalling time.

Please read IAAF Rule 144.2d for your better understanding.

9. COMPETITION RULES AND REGULATIONS

9.1. Judges

The athletics competitions of the 10th European Cross Country championships 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. Spikes

Shoes for cross country events should be 16mm maximum and should be equipped with spikes of needle or pyramid type.

9.5. Junior

Athletes aged 16 to 19 years on 31 December 2014 (e.g. for the 2014 Championships, born in 1995 or 1998), may compete in any event.
Men / Women Junior born-between 1995 - 1998.
Junior may not post than men team



9.6. Starting Numbers

Three competition bib numbers will be issued to competitors. These must be worn on the front and back of your sportswear firmly attached (with not less than 4 pins) thus the entire number and championships sponsorship information can be easily read. No part of the number shall be hidden under the uniform. One bib number has to worn on the tracksuit

The competition management may put IAAF rule 143.8 into force, which renders an athlete liable to disqualification if s/he tampers with the competition number in any way.

9.7. Post Event Procedures

At the end of each event (including heats and semi-finals) 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.

9.8. 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 (without spikes) 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.

9.9. 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 “Zawisza”, date 10th April 2014, 17:00hrs. 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
Cross-Country Races

General

1. Although knowing that, due to the extreme variations in conditions in which cross country is practised throughout the world and the difficulties in legislating for international standardisation of this sport, it must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer.

The following Rules, however, are intended as a guide and incentive to assist countries to develop cross country running. See also the IAAF Distance Running Manual for detailed organisational information.

Season

2. The cross-country season should normally extend throughout the winter months after the close of the track and field season.

The Venue

3.
 - (a) the course must be designed on an open or woodland area, covered as far as possible by grass, with natural obstacles, which can be used by the course designer to build a challenging and interesting race course.
 - (b) The area must be wide enough to accommodate not only the course but also all the necessary facilities.

Designing the Course

4. For Championships and international events and, wherever possible, for other competitions:
 - (a) A loop course must be designed, with the loop measuring between 1,750m and 2,000m. If necessary, a small loop can be added in order to adjust the distances to the required overall distances of the various events, in which case the small loop must be run in the early stages of the event. It is recommended that each long loop should have a total ascent of at least 10m.
 - (b) Existing natural obstacles shall be used if possible. However, very high obstacles should be avoided, as should deep ditches, dangerous ascents/descents, thick undergrowth and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition. It is preferable that artificial obstacles should not be used but if such use is unavoidable, they should be made to simulate natural obstacles met within open country. In races where there are large numbers of athletes, narrow gaps or other hindrances which would deny the athletes an unhampered run shall be avoided for the first 1500m.
 - (c) The crossing of roads or any kind of macadamised surfaces shall be avoided or at least kept to a minimum. When it is impossible to avoid such conditions in one or two areas of the course, the areas must be covered by grass, earth or mats.
 - (d) Apart from the start and finish areas, the course must not contain any other long straight. A "natural", undulating course with smooth curves and short straights, is the most suitable.

The Course



5. (a) The course shall be clearly marked with tape on both sides. It is recommended that all along one side of the course a 1m wide corridor, heavily fenced from the outside of the course, shall be installed for the use of organisation officials and media only (obligatory for Championship events). Crucial areas must be heavily fenced; in particular the start area (including the warm-up area and the call room) and finish area (including any mixed zone). Accredited people only will be allowed access to these areas.
- (b) The general public shall only be allowed to cross the course in the early stages of a race at well organised cross-over points, marshalled by stewards.
- (c) It is recommended that, apart from the start and finish areas, the course be a width of five metres, including the obstacle areas.

Distances

6. Distances at IAAF World Cross-Country Championships should be approximately:

Men long course	12 km	Women long course	8 km
Men short course	4 km	Women short course	4 km
Junior Men	8 km	Junior Women	6 km

It is recommended that similar distances are used for other International and National competitions.

The Start

7. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3).
In international races, five-minute, three-minute and a one-minute warnings shall be given. Departure boxes shall be provided and the members of each team shall be lined up behind each other at the start of the race.

Drinking/Sponging and Refreshment Stations

8. Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking/sponging station shall be provided every lap, if weather conditions warrant such provision.

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