

NEW ZEALAND MASTERS ATHLETICS
INCORPORATED

HANDBOOK

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FOREWORD

This latest edition of the handbook supersedes the 2011 edition. Some items have been included that were deleted from the last one. Any item that has been left out from previous editions can be found on the web site. The job of revision has been shared by the board and I am sure that as usual something will be out of date by the time this is printed.

The handbook should be the first place that members go for information for day to day queries as they crop up and is especially useful for those organising championship events.

If anyone feels that additional information would be useful to include in the next handbook, please let the board know.

Thanks to the Stewart Foster & Andrew Stark for coordinating this revision.

Mike Weddell

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The NZMA Constitution is available from the NZMA website.

DOMESTIC COMPETITION – GENERAL

Members of the Association have available to them a wide and varied range of competition at all levels - from club events through to district, centre, national, regional and world championships.

NZMA COMPETITION REGULATIONS

All National, Island and Centre Championships are conducted under IAAF/Athletics New Zealand rules except where specific WMA and/or NZMA By-Laws apply.

NZMA By-Laws are printed in this Handbook.

Relevant matters included in the WMA By-Laws are set out on selected indexed pages.

Please note: Different specifications apply for the height and spacing of hurdles and for the weight of implements in throwing events in Master's Track & Field competitions.

NATIONAL CHAMPIONSHIPS

- National Track & Field Championships
- National Multi Events Championships
- National Cross Country Championships
- National Marathon Championships
- National Half Marathon Championships
- National Road Race and Walking Championships
- National Long Distance Walk Championships
- National Mountain Running Championships

All these national championships, except the NZMA Track and Field Championships are conducted in conjunction with the relevant Athletics New Zealand Championships.

NORTH & SOUTH ISLAND CHAMPIONSHIPS

- North Island Track & Field Championships
- South Island Track & Field Championships

CENTRE CHAMPIONSHIPS

Centre Track and Field Championships

All centres are encouraged to conduct their own championships meetings. However, Centres may combine championships meetings with other Centres at their discretion.

Centre championships may also be held in conjunction with Athletics New Zealand local events.

Non-Stadia Centre Championship Events

Centres are encouraged to hold Centre Marathon, Half Marathon, Road Race and Walks, Cross Country, and Multi Events Championships, either separately or in conjunction with other Centres and / or Athletics New Zealand Centres.

AGE GROUPS & COLOURS

In all championship meetings and in many open events, masters athletics compete in five-year age groups.

The Age Groups for competition is determined by the competitor's age on the FIRST DAY of competition for any specific meeting.

Age groups are often combined because of numbers and timings.

To aid identification for officials and fellow competitors, combined age group participants are required to wear colour coded patches.

These patches must be worn on the top rear of the vest.

The Age Groups and Colours **for both Men and Women** are as follows:

30-34	Light Blue	65-69	Yellow
35-39	Light Green	70-74	Lilac
40-44	Gold	75-79	Maroon
45-49	Black	80-84	Orange
50-54	Red	85-89	White
55-59	Emerald Green	90-94	Brown
60-64	Royal Blue		

Members are expected to provide their own patches and wear them at all championship events.

However, meeting organisers are expected to have spare patches available.

Exceptions

In some championship meetings competitors are provided with competition numbers which clearly identify each competitor's age group. Where such numbers are worn on the front and back, colour patches are not required.

Some centres have designed and marketed to their members their own distinctive Centre uniforms. While not compulsory, the use of such uniforms at national and island championships is encouraged.

NOTE: Individual results are always recorded (and published in Vetline) by reference to the Centre of the athlete rather than by his/her club.

NZMA NATIONAL CHAMPIONSHIPS

INTRODUCTION

NZMA Track and Field Championships are organised and conducted by Centres or delegated to event organisers under the authority from NZMA.

Delegation of authority includes full financial responsibility.

ENTRY FORMS

Entry forms for NZMA Track & Field Championships are available on the NZMA website and printed in the October issue of Vetline.

Entry forms for non-stadia NZMA Championships held in conjunction with ANZ Championships are available on the ANZ website. Current NZMA members who are members of clubs can entry online. Non-club NZMA members contact ANZ directly to entry.

DETAILS OF NATIONAL CHAMPIONSHIPS

(a) **NZMA Track & Field Championships**

The NZMA Track & Field Championships are currently the only NZMA national championship event held on a stand-alone basis. They are held on the first weekend in March and must be conducted on an 'all weather' track.

At the time of up-dating this handbook, the format of the championship meeting is under review as per the forum discussion at the 2014 NZMA AGM. It was decided that a 3-day programme will be trialled.

Current Format – 4 day meeting: The meeting is held over the weekend commencing on a Friday evening (not earlier than 3 p.m.) and concluding approximately mid-day Monday. The Track Pentathlon is held on Sunday and Throws Pentathlon is held on Monday.

Trial Format – 3 day meeting: The meeting is held over the weekend commencing on a Friday evening (not earlier than 3 p.m.) and concluding on the Sunday afternoon. Both the Track Pentathlon and Throws Pentathlon would be held on the Sunday.

The championships are rostered between Centres with appropriate facilities. The venues are decided at the Annual General Meeting of NZMA, at least two years in advance.

A standard programme of events must be followed as required by NZMA By-Laws.

A generic programme is available as the starting point when deciding on the order / timing of events. Amendments are allowed based on local facilities / rules. A draft program from the Centre hosting the championships must be submitted to the July Board meeting for approval, prior to publication on our website and in Vetline.

The local NZMA Centre is solely responsible for organisation and conduct of the event.

Eligibility: Only current financial members of NZMA may compete in these championships (except for visitors from outside New Zealand who may compete but are not eligible for titles/placings). Generally it is accepted practice for an additional medal to be presented to the visitor.

(b) **Cross Country Championships**

These events have traditionally been conducted in conjunction with the Athletics New Zealand open championships. However an amendment to the NZMA By-Laws several years ago does allow NZMA the option of continuing with the combined championships or conducting their championship meeting.

If a decision was taken to conduct our own championship meeting, then the Board would establish procedures for application and allocation of these events and approval of dates and venues.

The championships are normally held on the first Saturday in August. ANZ approves venues and dates well in advance.

Masters distances are: Men – 8km / Women – 6km

While competitors of varying age groups compete together, separate placings and awards are made for each 5 years age group.

When ANZ/NZMA combined championships are held the local NZMA Centre officials must liaise with the ANZ officials for the conduct of the meeting.

Eligibility: Masters registered with NZMA and/or ANZ may compete.

TEAM RACES: Team races for club and provincial teams are held in conjunction with the ***cross country*** and ***road running*** championships. For club championships the first three from each club count. For provincial teams the first four from each province count. The points are derived from adding the places of the scoring members, the team with the least points being the winner. If two or more teams share the same score then the team with the highest placing of the last scoring member shall be declared the winner.

(c) **Road Race & Road Walk Championships**

These events have traditionally been conducted in conjunction with the Athletics New Zealand open championships. However an amendment to the NZMA By-Laws several years ago does allow NZMA the option of continuing with the combined championships or conducting their championship meeting.

If a decision was taken to conduct our own championship meeting, then the Board would establish procedures for application and allocation of these events and approval of dates and venues.

These championships are normally held on the first Saturday in September. ANZ approves venues and dates well in advance.

Road race distances are: Men - 10km / Women - 5km

Walk distances are: Men and Women - 10km

When ANZ/NZMA combined championships are held the local NZMA Centre officials must liaise with the ANZ officials for the conduct of the meeting.

Eligibility: Masters registered with NZMA and/or ANZ may compete.

Team Races: see above

(d) **Half Marathon & Marathon Championships**

These championships are awarded to and conducted as part of various open races. In practice they are normally be held in conjunction with the same events used for the championships of Athletics New Zealand.

If this situation were to change the Board would establish procedures for application and allocation of these events, and approval of dates and venues.

The Board would make the award based on applications received from the organisers of particular events or by negotiation with race organisers.

Officials from the relevant NZMA Centre are expected to liaise closely with the race organisers to ensure that NZMA requirements are met.

Eligibility: Masters registered with NZMA and/or ANZ may compete.

(e) **Long Distance Walk Championships**

These events are held in conjunction with the Athletics New Zealand open championships. ANZ approves venues and dates well in advance. The local NZMA Centre officials must liaise with the ANZ officials for the conduct of the meeting.

Distances are: Women - 20km / Men - 50km

Eligibility: Masters registered with NZMA and/or ANZ may compete.

(f) **Multi Event Championships**

These events are held in conjunction with the Athletics New Zealand open championships. ANZ approves venues and dates well in advance. The local NZMA Centre officials must liaise with the ANZ officials for the conduct of the meeting.

Events contested are the Decathlon (Men) and Heptathlon (Women).

Eligibility: Masters registered with NZMA and/or ANZ may compete.

(g) **Mountain Running Championships**

These events are held in conjunction with the Athletics New Zealand open championships, usually held in April. ANZ approves venues and dates well in advance. The local NZMA Centre officials must liaise with the ANZ officials for the conduct of the meeting.

Eligibility: Masters registered with NZMA and/or ANZ may compete.

NATIONAL UNIFORMS

The current New Zealand Masters uniform consists of mandatory and optional items:

The mandatory items are the uniform comprising:

- (a) An approved T-shirt, singlet & crop top have 'New Zealand' on the back and the NZMA monogram on the left front.
- (b) Black running shorts or tights (these are a standard item universally available so are not held in stock – purchase from your local retailer).

The optional items are:

- (a) A fashionable track suit consisting of a black and white top with "New Zealand" on the back and the NZMA monogram on the left front. The trousers are black. (Previous versions of our national track suit are still frequently worn and are quite acceptable).

All the above uniform items can be ordered from NZMA.

Also available are t-shirts and crop tops.

More details and an order form are available from the NZMA website or see an order form printed in Vetline.

Uniforms, clothing and sundry items can be obtained by completing the order form and posting to:

Karen Gillum-Green: 243 Coronation Avenue
NEW PLYMOUTH 4310

Phone/Fax: 06 758 1569
Email: kgillum-green@clear.net.nz

WMA AND OCEANIA CHAMPIONSHIPS

The wearing of national uniforms ("strip" – singlet and shorts) is **mandatory in all events and is a condition of entry.**

General

Other than the strip there is no compulsion to purchase any of the other items which could be considered to be part of an overall "uniform".

However, experience has shown that most competitors take a great deal of pride in wearing our national uniform and being readily recognisable as members of a New Zealand team. This does wonders for team spirit and has certainly enhanced the standing of New Zealand in international masters competitions.

WMA / NZMA MASTERS RECORDS

WMA AGE GROUP RECORDS

WMA Age Group Records are kept in all recognised track and field events (i.e. events staged at WMA Championships) with the addition of the 3000m, 1 mile and 1 hour running events, for all age groups **30+** for women and men. World Best Performances are recognised for 3000m, 5000m, 10km, 20km, 30km and 50km race walks.

These are published annually in the April issue of the American magazine 'National Masters News' and are available on the NZMA website.

WORLD AGE RECORDS

World Age Records are kept for ages 30+ years upwards in a variety of events including all WMA Championship events, but these are not official WMA Records. These records are published annually in the June 'Masters Age Records' booklet. The cut-off date for each year is 31 October.

Recognition Procedures

For WMA World Records the WMA By-Laws provide that: "Only performances by REGISTERED MEMBERS of an affiliated country shall be recognised as WMA World Records and the application must be certified as being correct by the National Body of the Affiliate".

Three years must elapse from the time a new event is sanctioned by WMA to when official World Records can be recognised in that event. However, applications can still be lodged during this time for recognition at the end of the three year period.

The WMA Records Manager is finally responsible for presenting all new World Records to the WMA Council for ratification.

Application Procedure

Initial applications for WMA World Records must be made to George White, 12 A Gulfview Road Blackwood. South Australia 5051 Email: gwhite@adam.com.au. If in order, the applications are then forwarded to the Chairman of the WMA Records Committee.

Requirements for record applications are set out elsewhere in this book.

NZMA AGE GROUP RECORDS

NZMA Age Group Records are recognised for all age groups from Masters upwards (30+), for all recognised NZMA Track & Field events.

Events up to 400m: Best electronic times only will be listed. Where it is not readily evident that a historical hand timed record or electronic time is faster, both will be listed.

Events over 400m: If electronic timing is not available (preferred option), then hand times recorded on at least THREE watches, including printout watches will be accepted. Lap scoring sheets are required to be submitted with record applications for events 3000m and above.

Application Procedure

It is recommended that ALL NZMA Age Group Record applications be approved by the local centre before being forwarded to the NZMA Board member responsible for records. Appropriate contact details will be listed on the NZMA website.

NZMA / OCEANIA CHAMPIONSHIP RECORDS

NORTH & SOUTH ISLAND CHAMPIONSHIP RECORDS

Island Championship records / best performances are kept for all events at these Championships. Applications are not required for Island Championship records, as these will be taken off the results. However, it is helpful that record breakers notify the event organisers to ensure no record is over looked.

If an NZMA record is broken, then an application form and all relevant documentation must be submitted within 30 days of the completion of the competition.

If the North Island & South Island Championships have been held on a grass track, then records may be recognised as long as the track and throwing areas are surveyed and pass the technical requirements.

NZMA CHAMPIONSHIP RECORDS

NZMA Championship records are kept for all events at NZMA Championships. Applications are not required for Championship records. However, it is helpful that record breakers notify the event organisers to ensure no record is over looked.

If an NZMA record is broken, then an application form and all relevant documentation must be submitted within 30 days of the completion of the competition.

OCEANIA CHAMPIONSHIP RECORDS

Championship Records are kept for all events at Oceania Championships. Applications are not required.

Oceania Regional Records are not currently recognised as the OAMA Council has not been able to establish the appropriate procedures and controls.

NZMA NATIONAL / WORLD RECORDS APPLICATION PROCEDURES

NZMA RECORD APPLICATIONS

For performances at WMA (World) Championships, WMA (Regional) Championships, and at the events shown below under *World Record Applications*, **applications are not required** but the statistician **should** be advised of the performance.

NZMA Record Performances set at NZMA Championships:

1. Applications **are required** for all NZMA records, submitted within 30 days of the completion of the competition.
2. The organising committee for the Championships shall appoint a Records Officer for the meeting.
3. The applicant is to complete the top panel of the application form and pass this on the meeting Record Officer.
4. The Records Officer will complete the application form by collecting / collating the relevant information such as signed photo finish result sheets / photos, lap scoring sheets for track events 3000m and over, plus signed field event sheets, at an appropriate time for officials / referees involved.
5. The Chief Official and Field Referee shall sign the sheet indicating a record and that sheet, or a copy of, shall be attached to the athletes' application form.
6. Championship records shall be taken from the results.
7. For a Combined Event, only a Championship record can be broken for total points scored. However, NZMA Records can be broken within each individual event.

For NZMA Record Performances set at any other meetings.

1. All relevant sections of the application form MUST be signed by the Meeting Officials specified.
2. Applications for Race Walk Records MUST be signed by the Chief Walk Judge and two other A graded walk judges.
3. The signed Result Sheets (including Lap Scoring Sheets for track events 3000m and above), or a copy thereof, MUST accompany the application.
4. Anemometer readings must be shown on 60m, 100m, 200m, Sprint Hurdles, Long Jump and Triple Jump applications. (Anemometer readings are not required for indoor events).
5. [EVENT] must show Weight of implement, for throwing events.
6. [EVENT] must show distance and height of hurdles for hurdle and steeplechase events and space between hurdles in sprint hurdle events.
7. For track and field events – if the performance has not been done on a recognised certified track, a copy of a certificate supplied by a Registered Surveyor must accompany the application.
8. For non-stadia events a certificate signed by a duly accredited course measurer must accompany the application. NZMA have copies of certificates for several recognised events.
9. Applications must be submitted within 30 days of setting the completion of the competition.

WORLD RECORD APPLICATIONS

Marks set at performances at Olympic Games, IAAF World Championships, Grand Prix Meets, Commonwealth Games and IAAF Meets will be accepted when the WMA Records Committee Chairman has been notified by the Regional Statistician and the athlete's age has been confirmed. **No application is required.**

For performances set at other meets:

1. All relevant parts of the application form MUST be signed by the Meeting Officials specified.
2. Applications for Race Walk Records MUST be signed by the Chief Walk Judge and two other A graded walk judges.
3. The Result Sheet, or a copy thereof, should accompany the application.
4. Anemometer readings must be shown on 60m, 100m, 200m, Sprint Hurdles, Long Jump and Triple Jump applications. (Anemometer readings are not required for indoor events).
5. A copy of the athlete's Birth Certificate or Passport MUST be included.
6. For electronically timed performances a photo-finish print MUST be included.
7. Throw applications must show weight of implement.
8. In [EVENT] distance and height of hurdles must be shown for hurdle and steeplechase events, and space between hurdles in sprint hurdle events.
9. For track and field events – if the performance has not been done on a recognised certified track, a copy of a certificate supplied by a Registered Surveyor must accompany the application.
10. For non-stadia events, if the performance has not been done on a recognised certified course, a certificate signed by a duly accredited course measurer must accompany the application.
11. Initial applications for WMA World Records must be made to George White, 12 A Gulfview Road. South Australia 5051 Email: gwhite@adam.com.au. If in order the applications are then forwarded to the Chairman of the WMA Records Committee.

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Replace for PDF Record Form

WMA RECORD APPLICATION – TRACK OR ROAD EVENT

Application for:
NZ Masters Age Group Record / World Masters Age Group Record /
World Masters Age Group Best Performance / World Masters Age Best Performance

To: George White, 12 A Gulfview Road Blackwood. South Australia 5051

**Note: A copy of Birth Certificate is required for World Record Applications
Please type or use capitals throughout**

Event _____ Age Group _____ Men/Women _____

Full Name of Competitor(s) _____

_____ Date(s) of Birth _____

(for relays = Full name of each team member is required, in running order)

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

HURDLES AND STEEPLECHASE CERTIFICATION

The distance of the hurdles/steeplechase race was _____

The height of the hurdles/steeplechase was _____

The distance between the sprint hurdles was _____

Name of Chief Hurdle/Steeple Steward or Referee Signature

TIMEKEEPER'S CERTIFICATES (Hand Timing): I/We the undersigned official Timekeepers of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER: I confirm that the above timekeepers exhibited their watches to me and that the times were as stated:

Name of Chief Timekeeper or Referee Signature

ELECTRONIC TIMING: A fully automatic electronic timing device was used.
The time recorded was _____ and this was the official time.

Name of Chief Photo-Finish Judge Signature

Note: A photo-finish print must be included with this application

WIND GAUGE: I hereby certify that wind speed in direction of running was _____ metres/sec

Name of Operator Signature

CHIEF WALKING JUDGE: I guarantee that the athlete was not disqualified

Name of Chief Walking Judge Signature

REFEREE: I confirm that the above statements of the Officials are correct.

Name of Referee Signature

PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE - PLEASE ENLARGE TO A4 SIZE IF POSSIBLE

WMA RECORD APPLICATION – FIELD EVENT

Application for:
NZ Masters Age Group Record / World Masters Age Group Record /
World Masters Age Group Best Performance / World Masters Age Best Performance

To: George White, 12 A Gulfview Road Blackwood. South Australia 5051

Note: A copy of Birth Certificate is required for World Record Applications
Please type or use capitals throughout

Event _____ Age Group _____ Men/Women _____
Full Name of Competitor _____ Date of Birth _____
Competitor's Country _____ Date of Meeting _____
Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE:

I hereby certify that the Shot/Discus/Hammer/Javelin/Weight used in the record claimed has been examined by me after the performance and conforms exactly with the relevant IAAF Rule except as modified by WMA By-Laws (Appendix A) for masters competition.

I further certify that the implement used weighed _____

Name

Signature

FIELD JUDGE'S CERTIFICATE:

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with IAAF Rule 148: paragraph 10(a). We further certify that the circle or runway used complied with IAAF specifications.

_____ metres _____
(distance or height) Name of field judge Signature

_____ metres _____
(distance or height) Name of field judge Signature

_____ metres _____
(distance or height) Name of field judge Signature

WIND GAUGE (Long and Triple Jump only):

I hereby certify that wind speed in direction of running was _____ metres/sec

Name of Operator

Signature

RESULT OF COMPETITION:

The names of the first three competitors and their performances were as follows:

1st: _____ Performance _____

2nd: _____ Performance _____

3rd: _____ Performance _____

NOTE: A copy of the Results Card must be included with this application

PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE - PLEASE ENLARGE TO A4 SIZE IF POSSIBLE

WMA BY-LAWS / RULES OF COMPETITION

Masters Competitions are conducted under IAAF rules, except where these are specifically modified by WMA Rules of Competition and any modifications made by national bodies for national competitions.

The WMA By-Laws include the Rules of Competition.

The Rules of Competition include the following specific matters of particular interest:

DRUG TESTING (WMA Rule 25)

Random drug testing may be sanctioned at or before the WMA World Masters Athletic Championships.

NATIONAL UNIFORMS (WMA Rule 143)

In WMA Championships all competitors must wear a singlet or vest that is approved by their Masters/Veterans governing body.

STARTING - Running and Walking Events (WMA Rule 161 and 162)

Masters competitors are not required to use starting blocks or a crouch start or have both hands in contact with the track for the start of any race.

Track rules specific to a venue will apply and may vary from track to track.

Please note that at some tracks you are required to use starting blocks with a crouch start, when wearing spikes.

An athlete charged with a false start shall be warned. If charged with a second false start he/she shall be disqualified. This includes combined events.

HURDLES (WMA Rule 168)

The pull force for 686 metre hurdles shall be 3.6-4.4kg.

Competitors must hurdle with a continuous motion thus ensuring both feet must be off the ground for an instant.

FIELD EVENTS

In all throwing events only one number bib shall be required. (WMA Rule 143.2)

NOTE: IAAF Rules also allow only one number bib to be worn in the Pole Vault and High Jump.

(This means that two numbers are required in masters competition for all events except throwing events, Pole Vault and High Jump.)

VERTICAL JUMPS General Conditions (WMA Rule 181)

When a high jump and pole vault competition includes competitors in different age groups jumping and vaulting in the same competition pool, and there is only one competitor left in an age group, that competitor shall have the right to have the bar raised in terms of the applicable IAAF rule, even though other competitors in other age groups may still be jumping or vaulting. Said competitors must continue in the normal progression and may not jump at these special heights.

HIGH JUMP / POLE VAULT (WMA Rule 182 & 183)

Both feet must be off the ground during the vault.

Masters competitors are allowed to touch the landing area before clearing the bar but may not use the landing to any advantage as determined by the Field Judge.

Throwing Events General Conditions (WMA Rule 187)

The specifications for throwing implements shall be set out in Appendix A hereto.

USE OF PERSONAL EQUIPMENT (WMA Rule 187.2)

Competitors may use their own personal equipment (field event implements & starting blocks) provided they conform to the rules. Personal implements shall only be issued to the specific competition of their owners. Any competitor in the owner's specific competition has the right to use that equipment if they so wish.

HAMMER AND WEIGHT THROWS (WMA Rule 191 & 221)

It is required that both hands be used at all times when throwing the hammer or weight.

COMBINED EVENTS (WMA Rule 200)

Combined Events, it is now required that athletes attempt each discipline in order to continue in the competition and to be included in the final classification.

In all Combined Events, only single attempts at each running event is allowed and a maximum of three attempts shall be allowed in all field events except High Jump and Pole Vault where three successive misses, or voluntary withdrawal, eliminates an athlete.

NZMA BY-LAWS

INTRODUCTION

Clause 14 of the NZMA Constitution provides for the creation and amendment of By-Laws covering matters concerning the operation of the Association which are not specifically covered by the Constitution.

By-Laws are to be drawn up by the Board and submitted for approval at a General Meeting.

By-Laws may be added to, altered, or rescinded by the Board at any time subject to ratification by the Association at any General or Special General Meeting.

By-Laws must not be inconsistent with the Constitution.

The current By-Laws are set out below.

1. COMPETITION

- 1.1 National Masters Championships, North and South Island Masters Championships and Centre Masters Championships shall be conducted annually in accordance with the Technical Rules of the International Association of Athletic Federations (herein under referred to as 'IAAF') except as modified by the Constitution and By-Laws of WMA and/or NZMA.
- 1.2
 - (a) In those NZMA National Championships which are now held in conjunction with ANZ, athletes aged 30 and over registered with NZMA and/or ANZ may compete in the Masters grades;
 - (b) In National Masters Track and Field Championships and North and South Island Track and Field Championships only athletes currently financial with NZMA may compete.
- 1.3 Competition shall be conducted in five year age groups from 30+ (Men and Women) and age-group patches must be worn in championship events/races if championship numbers do not indicate age-group.
- 1.4 An athlete's age group shall be determined by his/her date of birth. Throughout any championships, an athlete shall compete in the age group for which he/she qualifies on the first day of those championships.
- 1.5 Entries shall not be subject to prior achievement of qualifying standards.
- 1.6 Two or more age groups may compete together provided that there shall be separate results and awards for each age group.
- 1.7 NZMA National Track and Field Championships shall be conducted annually over a weekend in March on a roster basis by Centres which have all-weather tracks. Competition may not start earlier than 3 p.m. on the Friday.

- 1.8 NZMA National Masters Cross Country Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.9 NZMA National Road and Race Walking Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.10 NZMA National Marathon and Half Marathon Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.11 NZMA Multi-Events Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.12 NZMA Long Distance Walking Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.13 NZMA Mountain Running Championships shall be conducted annually in conjunction with ANZ Championships.
- 1.14 NZMA shall encourage Centres to conduct Centre Masters Track and Field, Cross Country, Road, Race Walking, Marathon, Half Marathon and Multi-Events Championships in accordance with NZMA Constitution and By-Laws.
- 1.15 Relay Selection: The four fastest competitors in the appropriate grade or grades for the appropriate relay distance take precedence with the next fastest coming in if one of the first four is unavailable. A second four can be selected on the same basis until all competitors wishing to take part have been included. The selection of a competitor from an older age-group will only be permitted if there are insufficient in the age group to make up a team and if the competitor is not required for a team in his/her own age group. The track or team manager or other nominated person selects and enters teams.
- 1.16 WMA and OAMA now require that athletes wear nationally approved uniform when competing in WMA or OAMA championships (see page 8).

2. **PROGRAMME**

- 2.1 NZMA Track and Field Championships shall comprise all international Track and Field events plus Weight Throw, Track Pentathlon and Throws Pentathlon. A generic championship programme is available from the NZMA website indicated a preferred order / timing of events.
- 2.2 The 10,000m or 10k road walk shall be held as first event on the Sunday's programme.
- 2.3 The Men's and Women's Pentathlon shall be held on the Sunday morning.
- 2.4 The Throw Pentathlon shall be held on the Monday (as per current 4 day programme). At the time of up-dating this handbook, a trial 3 day Championship programme will take place at the 2015 NZMA Track & Field Championships, with the Throws Pentathlon being held on Sunday.
- 2.5 Hosts of North and South Island Championships should, wherever possible, include the standard Track and Field disciplines held at the National Championships. A generic Island Championship programme is currently being considered and will be made available to Centres via the NZMA website for the 2015-2016 season.
- 2.6 Centres conducting Track and Field Championships shall submit a proposed programme to the NZMA Technical Committee for approval at the July NZMA Board meeting, prior to publication in the next appropriate Vetline issue.
- 2.7 NZMA Combined Events Championships shall comprise Heptathlon and Decathlon events, held as part of a meeting organised by ANZ.

3. TECHNICAL

- 3.1 Hurdle specifications and weights of throwing implements shall be as approved by WMA, or as modified by NZMA for use in New Zealand.
- 3.2 Multi Event Tables shall be approved by NZMA/WMA.
- 3.3 The Organising Committee, in conjunction with NZMA, shall have the authority to appoint a Safety and Technical Team which shall have the authority to withdraw from competition any athlete who is improperly performing the event or whose continued participation in that competition would endanger the athlete's health or the progress of other competitors.
- 3.4 Competitors shall be advised, preferably in the programme, of the start time for each event. No round or stage of any event shall commence at a time earlier than that previously advised.
- 3.5 The Meeting Manager may alter the composition of heats depending on the number of competitors.
- 3.6 In Sprint and Sprint Hurdle events at least the first and second in each heat shall qualify for the next round. Any other qualifiers shall be determined according to their placing or time.
- 3.7 For outdoor races which are run entirely in lanes, lane assignments after the first round shall be based on competitors' performances in the preceding round and shall be assigned as per IAAF rules.
- 3.8 In races longer than 1500m where two or more divisions are necessary, placings may be decided on times. The Organising Committee should, if possible, ensure that the divisions are seeded.
- 3.9 In Masters Road, Cross-Country and Race Walking Championships, Centre Team competition shall be held in each age group with four runners counting towards Team points.
- 3.10 An athlete may compete for only one age group team. An athlete may be permitted to drop to a lower age group to complete a team if the lower age group is competing in the same race and if the athlete's age group does not have sufficient numbers for a team. The athlete must be named in the submitted start list and a maximum of two athletes from an older age group may be declared in a team.
- 3.11 Masters Cross Country Championship distances shall be 6km for Women and 8km for Men.
- 3.12 Masters Road Race Championship distances shall be 5km for Women and 10km for Men.
- 3.13 Masters Road Walk Championship distances shall be 10km for Women and Men. There shall also be Long Distance Walking Championships over 20km for Women and 50km for Men.
- 3.14 Relay races, over 4 x 100m and 4 x 400m, if numbers allow, should be held in five year age groups by teams entered by Centres or Clubs.
- 3.15 In relay races, an athlete may compete for a team in only one age group which may be a lower age group than that of the athlete only, provided by-law 3.10 is observed.
- 3.16 In races where team events are contested, athletes wishing to be considered for a team must wear a uniform identifying the Centre or Club he/she represents.
- 3.17 Blind Competitors: Blind competitors requiring guides must not gain any advantage over other competitors in the assistance so received. A guide may only be in a position behind or at the side of the competitor. A tether may be used but not to pull the competitor ahead. In races run in lanes the outside lane must be used.
- 3.18 The Organising Committee, in conjunction with NZMA, shall appoint a Jury of Appeal for Championship Meetings.
- 3.19 Javelin: A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin and measurement shall be made from the point of impact provided the tip of the javelin touches the ground first.
- 3.20 Long and Triple Jumps: The use of Metre Boards is not permitted at championship events. If a board closer to the pit is required a temporary chalked, painted or taped board approved by the chief jump official may be used. No record may be claimed where takeoff is from a Metre Board.

- 3.21 Pole Vault: Both feet must be in the air when the body passes over the bar.
- 3.22 Throwing Equipment Specifications: Competitors may use their own throwing implements provided that they have been certified by the Technical Manager. Any other competitor in the competition has the right to use that implement if he/she so wishes but only in his or her age group competition.
- 3.23 Steeplechase: Competitors may hurdle or vault the barriers or step on the top in a continuous motion but may not climb them. Only the hands or feet may touch the top surface of the barriers. No other part of the body may touch the barriers.
- 3.24 Hurdles: At each hurdle both feet must be off the ground for at least an instant.
- 3.25 Combined Events (in order) (WMA Scoring Tables):

Mens Pentathlon:	Long Jump, Javelin, 200m, Discus, 1500m
NZMA Womens Pentathlon:	100m, Shot Put, Long Jump, Javelin, 800m
Mens Decathlon:	100m, Long Jump, Shot Put, High Jump, 400m (First Day)
	Sprint Hurdles, Discus, Pole Vault, Javelin, 1500m (Second Day)
Womens Heptathlon:	Sprint Hurdles, High Jump, Shot Put, 200m (First Day)
	Long Jump, Javelin, 800m (Second Day)
Throws Pentathlon:	Hammer, Shot Put, Discus, Javelin, Weight

As in all Combined Events competitors are allowed three attempts at each throwing discipline.

4. **MASTERS RECORDS** (also see records applications)

- 4.1 NZMA Records or NZMA Best Performances and Championship Best Performances shall be recognised in all five year age groups for all recognised NZMA Track and Field events.
- 4.2 Championship Records or Best Performances: These are the best performances set in individually specified events at NZMA Track and Field Championships. Performances set for individual disciplines in Multi Events can not be recognised as **Championship Records**, although they can be considered for NZMA Records.
- 4.3 Only applications from current financial members of NZMA shall be approved.
- 4.4 NZMA Records or Best Performances shall be kept by the NZMA Records Officer.
- 4.5 In races up to and including 400m NZMA will list the best electronic time only. Hand-timed performances for these events are no longer acceptable. For races longer than 400m, times recorded on **three** watches (including manually operated **printout timers**) will be accepted. Lap scoring sheets for track events 3000m and above must be submitted with the application.
- 4.6 Applications must be made on the official World or NZMA application form.
- 4.7 Performances must have been done on recognised certified Tracks or Courses or certification provided by a registered surveyor.
- 4.8 Circles, pits and jumping and throwing areas must comply with IAAF specifications.
- 4.9 Long and Triple Jump performances from Metre Boards will not be accepted.
- 4.10 Throwing implements and Hurdle specifications must comply with those set out in these By-Laws.
- 4.11 World Records shall be applied for on the official appropriate World Record Application Form and forwarded to the NZMA World Records Officer.
- 4.12 It is permissible in Masters for records to be set in mixed gender competition.

5. **FINANCE**

- 5.1. NZMA will reimburse Board members for travel expenses and reasonable accommodation for Board Meetings. They will also be paid an approved daily allowance. Travel expenses shall be based on the most direct and least expensive method of travel.
- 5.2. Except for emergency meetings Board members are expected to book travel sufficiently in advance to obtain the lowest economy fares.

- 5.3. The Treasurer is authorised to pay on an invoice from a travel agent for Board travel to an approved Board meeting in advance of that meeting.
- 5.4. All requests for reimbursement shall be supported by receipts or other supporting documentation acceptable to the Treasurer.

6. **DISCIPLINE**

- 6.1. An allegation of any of the following offences shall be considered by the Board who shall follow the procedures set out in the WMA By-Laws:
- i) Incorrect statement of age or age group
 - ii) Improper use of drugs
 - iii) Competing or attempting to compete as a member of the opposite sex
 - iv) Unsportsmanlike conduct

7. **AUTHORITY**

In all matters relating to the interpretation and application of these By-Laws the Board shall be the final authority.

NZMA COLOURS AWARDS

NZMA Colour awards are awarded to athletes who:

- Set a world masters record
- Win a world masters title
- Achieve a performance of 95% or better on the WMA percentage tables using a GROUP percentage, not an actual age percentage.

The colours award comprises a NZMA gold brooch with red and Black background with the word Colours and the date of the achievement

NZMA ATHLETE OF THE YEAR AWARDS

NZMA Athlete of the year awards are presented annually for achievements that has taken place between the 1 January and 31 December in each year. Nominations are called for at the time the NZMA Annual General Meeting Notice is sent to Centres. Awards are made to the Male and Female in each category.

Awards are based solely on athletic performance within the time period.

Categories

Sprints: 60-400 **Middle Distance:** 800-5000m, 3000mSC **Distance:** 10,000mTrack, Marathon, Road and Cross Country, Mountain Running. **Hurdles:** 110/100/80, 300/400 **Jumps:** LJ, TJ, HJ, PV

Throws: DT, SP, HT, JT, WT **Combined Events:** Decathlon, Heptathlon, Pentathlon, Throws Pentathlon

Walks: All recognised distances

NZMA SERVICE AND MERIT AWARDS

NZMA Service and Merit awards are available to members who have given service to the association.

All members are eligible and this includes officials or others who have given the service to the association.

The Service Award representing 10 years of **service** to NZAMA and the Merit Award 20 years' **service** to the NZMA. (Non NZMA members are eligible for Service Awards only.)

Nominations are called for with the notice of the NZMA Annual General meeting and must be submitted through the nominees NZMA centre.

The awards are presented at the NZMA Annual General Meeting

Nominations at the responsibility of each Centre.

Nominations for the above awards are required to submitted by 15 January in the following year.

4TH WORLD GAMES TRUST

The Trust was established in 1981 from funds that were surplus following the 1981 World Veteran Games in Christchurch.

The purpose of the Trust is for the "promotion of Veteran Athletics in New Zealand or elsewhere." (now called Masters, text from original document) The Trust Deed provides for a termination in 2061

The Trustees meet annually in May to consider the performance of the Trust and consider and applications for grants. A further meeting is held electronically in November.

Grant applications should be made on the appropriate form firstly through the NZMA Secretary with a copy to the Trust Secretary.

The following are the precedents relating to the Trust as reviewed on the 7 April 2011.

1. Chairman. An ex officio member shall not be Chairman of Trustees.
2. Elected trustees shall be elected for a term of 6 years, with one member retiring on a two year rotation and must tender their resignation on appointment.
3. The Board shall consist of the following. Three ex officio members who are the NZMA President, NZMA Treasurer and the current Canterbury Masters President. A secretary/Treasurer appointed by the Board and three trustees, who may not be members of the NZMA Board, who are elected at large.
4. Grant Applications considered twice yearly, closing 31 March and 30 September.
5. Centres applying for grants are encouraged to fund 50% (fifty percent) of the total cost of the project up for consideration.
6. Trust on funds a maximum of \$1000 for computer/software.

Centres applying for grants must submit a copy of their most recent financial statements.

The accountability for grants is the same as those required by Gaming and other funding organisations.

INFORMATION ON HOSTING NZMA TRACK & FIELD CHAMPIONSHIPS

NEW ZEALAND MASTERS ATHLETICS CHAMPIONSHIPS MANUAL

The purpose of this Championship Manual is to assist NZMA Centres, in particular Local Organizing Committees, in the effective and efficient planning, organization and conduct of an NZMA Championships in accordance with NZMA requirements. NZMA has developed a set format for the conduct of its National Championships to allow certainty for organizers and consistency for competitors.

NZMA POLICIES RE CONDUCT OF THE NZMA CHAMPIONSHIPS

The NZMA Board have established a series of policies in relation to the hosting and the conduct of the NZMA National Championships. The host affiliate, Local Organizing Committee should be familiar with these policies as they inform and need to be addressed or incorporated into the running of the Championships. The following is a brief summary of these policies:

1. The NZMA Track & Field Championships in recent years has been held over 4 day, but a trial 3 day meeting will occur in 2015. Any deviation from this must be with the approval of the NZMA Board.
2. Only financial members of NZMA are eligible to compete at NZMA Championships.
3. Program development must be negotiated with and have the approval of the NZMA Board
4. All venues, equipment and rules must comply with IAAF & WMA requirements.
5. NZMA requires an athlete administration fee from each of its Championships to fund its organisational costs. This fee is set by the NZMA board.

ORGANIZING THE NZMA CHAMPIONSHIPS

OVERVIEW

NZMA Championships are generally allocated with a lead time of two to three years notice which offers centres the opportunity to begin planning well in advance of the event. Each centre that has the responsibility for running these Championships should establish a Local Organizing Committee (LOC) approximately eighteen months prior to the date of hosting. Detailed planning should commence some 15 months prior to the commencement of the Championships, starting with the host centre appointing a Manager or Convenor with full responsibility for the Championships. The Convenor should appoint immediately an organizing committee. Each of the appointees will be responsible for organizing a sub-committee that will take care of a particular element of the overall organization and report regularly to the Convenor. Areas such as program, equipment, officials, awards, social, finance and venues need to be covered. Copies of minutes of meetings held should be forwarded to the NZMA Secretary.

Programme

A generic NZMA Track & Field Championship programme is available from the NZMA website, indicating a preferred order & timing of events. Modifications made to the generic programme by the Centre hosting the Championships shall be submitted to the NZMA Board for approval at the July NZMA Board meeting prior to the Championships.

NZMA by-laws contain the rules for competition.

Timeframe

PRE-EVENT 12-18 months

- Form local organizing committee
- Allocate responsibilities to sub-committee leaders
- Determine relationship with other local/regional athletics bodies
- Form sub-committees
- Propose dates and venues
- Book main Track and Field venue
- Plan, inspect and book non-stadia venues
- Plan, inspect and book social venue
- Obtain sponsors
- Utilize New Zealand Masters Athletics and local websites for promotion of the event

12 months

- Publish dates, venues and accommodation NZMA Board and Centres
- Design entry form
- Finalize event-schedule in consultation with NZMA Board
- Develop publicity strategy and implement

6 months

- Post entry forms, accommodation & other information on NZMA website
- Communications updates with NZMA and Centres
- Organize medals die; notify, but don't order, possible numbers required
- Book medical personnel, massage personnel and engraver

3 months

- Distribute entry forms, accommodation and other information to NZMA Centres using
- Design chest numbers and place order

5 – 6 weeks

- Close entries
- Send program order, with entrants, to printer
- Place chest number order, with quantity required
- Order required number of medals with 1% over requirements
- Post or email confirmation of entries

2 weeks

- Pack competitor bags

1 week

- Occupy venue
- Set up for the event
- Communications room
- Results room
- Programs room
- Announcer's room
- Medical room / massage room / engraver's room
- Registrations/sign on room
- Call room
- Visitors/sponsors room
- Official's room
- Photo finish
- Signage
- Equipment room, including final equipment check

POST-EVENT

Week 1

- Compile all results
- Debrief
- Pay all outstanding accounts
(Payment of the NZMA levies to be forwarded to NZMA within 60 days from completion of the competition)

Organizers should hold a major debrief on the Championships within a week of their conclusion. This will assist in developing a report on the Championships as well as ensuring that all activities associated with closing off the Championships is completed. Debrief and suggestions to be recorded and forwarded to the NZMA Board.

Records

NZMA by-laws detail the process for the recognition of records or best performances.

APPENDIX A: WMA SPECIFICATIONS for HURDLES / STEEPLECHASE

Age Group	Distance	Hurdle Height	Number of hurdles	Distance to first hurdle	Distance between hurdles	Distance to Finish
Women: Indoor Hurdles						
W30-39	60m	840mm	5	13.00m	8.50m	13.00m
W40-49	60m	762mm	5	12.00m	8.00m	16.00m
W50-59	60m	762mm	5	12.00m	7.00m	20.00m
W60 plus	60m	686mm	5	12.00m	7.00m	20.00m
Women: Short Hurdles						
W30-39	100m	840mm	10	13.00m	8.50m	10.50m
W40-49	80m	762mm	8	12.00m	8.00m	12.00m
W50-59	80m	762mm	8	12.00m	7.00m	19.00m
W60 plus	80m	686mm	8	12.00m	7.00m	19.00m
Women: Long Hurdles						
W30-49	400m	762mm	10	45.00m	35.00m	40.00m
W50-59	300m	762mm	7	50.00m	35.00m	40.00m
W60-69	300m	686mm	7	50.00m	35.00m	40.00m
W70+	200m	686mm	5	20.00m	35.00m	40.00m
Women: Steeplechase						
W30+	2000m	762mm	18 barriers including 5 water jumps			

Men: Indoor Hurdles						
M30-49	60m	991mm	5	13.72m	9.14m	9.72m
M50-59	60m	914mm	5	13.00m	8.50m	13.00m
M60-69	60m	840mm	5	12.00m	8.00m	16.00m
M70-79	60m	762mm	5	12.00m	7.00m	20.00m
M80+	60m	686mm	5	12.00m	7.00m	20.00m
Men: Short Hurdles						
M30-49	110m	991mm	10	13.72m	9.14m	14.02m
M50-59	100m	914mm	10	13.00m	8.50m	10.50m
M60-69	100m	840mm	10	12.00m	8.00m	12.00m
M70-79	80m	762mm	8	12.00m	7.00m	19.00m
M80+	80m	686mm	8	12.00m	7.00m	19.00m
Men: Long Hurdles						
M30-49	400m	914mm	10	45.00m	35.00m	40.00m
M50-59	400m	840mm	10	45.00m	35.00m	40.00m
M70-79	300m	686mm	7	50.00m	35.00m	40.00m
M80+	200m	686mm	5	20.00m	35.00m	40.00m
Men: Steeplechase						
M30-59	3000m	914mm	28 barriers including 7 water jumps			
M60+	2000m	762mm	18 barriers including 5 water jumps			

APPENDIX A: WMA SPECIFICATIONS for IMPLEMENTS

	Hammer	Shot Put	Discus	Javelin	Heavy Weight
Women:					
W30-49	4.00kg	4.00kg	1.00kg	600g	9.080kg (20lb)
W50-59	3.00kg	3.00kg	1.00kg	500g	7.260kg (16lb)
W60-74	3.00kg	3.00kg	1.00kg	500g	5.450kg (12lb)
W75+	3.00kg	3.00kg	750g	400g	4.000kg (8.9lb)
Men:					
M30-49	7.26kg	7.26kg	2.00kg	800g	15.88kg 35lb
M50-59	6.00kg	6.00kg	1.50kg	700g	11.34kg 25lb
M60-69	5.00kg	5.00kg	1.00kg	600g	9.06kg 20lb
M70-79	4.00kg	4.00kg	1.00kg	500g	7.26kg 16lb
M80 plus	3.00kg	3.00kg	1.00kg	400g	5.45kg 12lb

Shot Put				
Weight Minimum for admission to competition and for acceptance of record	Information for Manufacturer			
	Usual range for supply of implements for competition	Diameters		
		Min Men	Max Men	Max Women
7.260kg	7.265 – 7.285kg	110mm	130mm	
6.000kg	6.005 – 6.025kg	105mm	130mm	
5.000kg	5.005 – 5.025kg	100mm	130mm	
4.000kg	4.005 – 4.025kg	95mm	130mm	110mm
3.000kg	3.005 – 3.025kg	85mm	130mm	110mm
2.000kg	2.005 – 2.025kg	80mm		110mm

Discus						
Weight Minimum for admission to competition and acceptance of a record		0.750kg	1.000kg	1.500kg	1.750kg	2.000kg
Range for supply of implement for competition		0.0755-0.775kg	1.005-1.025kg	1.505-1.525kg	1.755-1.775kg	2.005-2.025kg
Outside Diameter of metal rim	Min	166mm	180mm	200mm	210mm	219mm
	Max	169mm	182mm	202mm	212mm	221mm
Diameter of metal plate or flat centre area	Min	50mm	50mm	50mm	50mm	50mm
	Max	57mm	57mm	57mm	57mm	57mm
Thickness of metal plate or flat centre area	Min	33mm	37mm	38mm	41mm	44mm
	Max	37mm	39mm	40mm	43mm	46mm
Width of cord grip	Min	10mm	12mm	12mm	12mm	12mm
	Max	13mm	13mm	13mm	13mm	13mm

Javelin						
Weight Minimum for admission to competition and acceptance of a record		800g	700g	600g	500g	400g
Range for supply of implement for competition		805 – 825g	705 – 725g	605 – 625g	505 – 525g	405 – 425g
Overall length	Min	2.60m	2.30m	2.20m	2.00m	1.85m
	Max	2.70m	2.40m	2.30m	2.10m	1.95m
Length of metal head	Min	250mm	250mm	250mm	220mm	200mm
	Max	330mm	330mm	330mm	270mm	250mm
Distance from tip of metal head to centre of gravity						
	Min	0.90m	0.86m	0.80m	0.78m	0.75m
	Max	1.06m	1.00m	0.92m	0.88m	0.80m
Diameter of shaft of thickest point	Min	25mm	23mm	20mm	20mm	20mm
	Max	30mm	28mm	25mm	24mm	23mm
Width of cord grip	Min	150mm	150mm	140mm	135mm	130mm
	Max	160mm	160mm	150mm	145mm	140mm

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

Hammer			
Weight Minimum for admission to competition and for acceptance of record	Information for Manufacturer		
	Usual range for supply of implements for competition	Diameter of head	
		Min Men	Max Men
7.260kg	7.265 – 7.285kg	110mm	130mm
6.000kg	6.005 – 6.025kg	105mm	125mm
5.000kg	5.005 – 5.025kg	100mm	120mm
4.000kg	4.005 – 4.025kg	95mm	110mm
3.000kg	3.005 – 3.025kg	85mm	100mm
2.000kg	2.005 – 2.025kg	80mm	90mm

Length measured from inside the handle		
Weight	Min	Max
7.260kg & 6.000kg	1175mm	1215mm
5.000kg	1165mm	1200mm
4.000kg, 3.000kg & 2.000kg	1160mm	1195mm

Weight – Outdoor Implement
Construction: The weight shall consist of three parts: a metal head
Head: The head shall be spherical and of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9MM from the centre of the sphere.
Link: The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to insure that the link(s) cannot stretch appreciably while the weight is being thrown.
Handle (Grip): The handle (grip) may be either of single or double loop construction but must be rigid and without hinging joints of any kind. It must not stretch appreciably while being thrown. It must be attached to the link(s) in such a manner that it cannot be turned within the link(s) to increase the overall length of the weight.
Connections: The links shall be connected to the head by means of a swivel, which may be either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).
Length: The length shall be not more than 410mm measured from inside of the handle (grip).

Weight Minimum for admission to competition and for acceptance of record	Information for Manufacturer		
	Usual range for supply of implements for competition	Diameter of head	
		Min Men	Max Men
15.880kg	15.885 – 15.905kg	145mm	165mm
11.340kg	11.345 – 11.365kg	130mm	150mm
9.080kg	9.085 – 9.105kg	120mm	140mm
7.260kg	7.265 – 7.285kg	110mm	130mm
5.450kg	5.455 – 5.475kg	100mm	120mm
4.000kg	4.005 – 4.025kg	95mm	110mm

Weight – Indoor Implement
Construction: The weight shall consist of three parts: a head, a handle (grip), and a connection assembly which may contain a harness. The construction shall be such that no damage will be caused when landing on a normal sport hall floor.
Head: The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The centre of gravity shall be not more than 9mm from the centre of the head with the connection, handle, and harness removed or suspended.
Handle: The handle may be as permitted in the hammer or may be made of round metal rod not to exceed 12.7mm in diameter. This rod is to be bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner so as to not stretch appreciably during a throw.
Connection: The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel and harness must not stretch appreciably during a throw.
Length: The length shall be not more than 410mm measured from inside of the handle (grip).

Weight Minimum for admission to competition and for acceptance of record	Information for Manufacturer		
	Usual range for supply of implements for competition	Diameter of head	
		Min Men	Max Men
15.880kg	15.885 – 15.905kg	145mm	180mm
11.340kg	11.345 – 11.365kg	130mm	165mm
9.080kg	9.085 – 9.105kg	120mm	155mm
7.260kg	7.265 – 7.285kg	110mm	145mm
5.450kg	5.455 – 5.475kg	100mm	135mm
4.000kg	4.005 – 4.025kg	95mm	110mm

APPENDIX B

Scoring of WMA Combined Events Competitions

The scoring of Master's Combined Events competitions is as follows. In all events the scoring procedure is exactly like normal IAAF Combined Events scoring with the addition of one additional step. That additional step is that the actual performance in each event is multiplied by the appropriate Age Factor to arrive at an Age Factored Performance. This Age Factored Performance (AFP) is then looked up in the current IAAF Combined Events Scoring Tables in the normal manner.

Age Factors: The Age factors to be used for each gender and age group are listed in the appropriate WMA Appendix. Use the full, four place number for Age Factoring. Round the result of the multiplication as shown below. **Note:** the Age Factors automatically correct for the reducing WMA implements and distances. So a M65-69 man throwing a 5 kilogram Shot can be looked up in the standard IAAF scoring table for the 7.26 kilogram shot put after multiplying his actual performance times the Age Factor because the Age Factor takes into account the fact that he is throwing a smaller Shot. The same is true with a W60-64 woman running 80 meter hurdles, 0.762 meter high with 7 meter spacing. The Age Factor automatically produces an Age Factored Performance that can be looked up in the standard IAAF 100 Meter, 0.840 high, 8.5 meter spaced women's hurdle table.

Rounding: The general rule is that rounding is done so as to never give artificial aid to the performer. So, after multiplying the Actual Performance by the Age Factor, be sure to round all running events up to the higher one hundredth of a second and round all throwing and jumping events down to the shorter centimeter. Remember: Run up, Jump and Throw down.

Examples:

*M50-54 man runs a 13.12 second Actual Performance in the 100 Meter event. 13.12 times 0.8996 Age Factor equals an Age Factored Performance of 11.802752. Rounded **up** equals 11.81. Look up in the standard IAAF Combined Events scoring table, 11.81 is awarded 689 points.*

*W35-39 woman jumps a 1.47 meter Actual Performance in the High Jump. 1.47 times the 1.0512 Age Factor equals a 1.545264 Age Factored Performance. 1.545264 rounded **down** equals 1.54. Look up in the standard IAAF Combined Events scoring table, 1.54 is awarded 666 points.*

Scoring Tables: The scoring tables to use are the current edition of the IAAF "Scoring Tables for Men's and Women's Combined Events Competitions" and the various supplements that the IAAF has published. (see below for the formulas that describe the scoring in the tables) If a performance is being scored that does not appear in the tables, be sure to move to the performance that results in less points being scored, not more.

Examples:

Looking up a male 66.06 second 400m, the 66.09 score must be used not the 66.05 score. 66.06 is closer to 66.05 than it is to 66.09, but is faster than was actually ran. 66.06 therefore is awarded 230 points.

Looking up a male 12.36m Shot Put, the 12.35 score must be used, not the 12.37 score. 12.36 is equally close to 12.37, but 12.37m is further than was actually thrown. 12.36m therefore is awarded 628 points.

Hand Timing: If Combined Events running events, from 400 meters down (including hurdles), are hand timed, the times have to be corrected before multiplying by the appropriate Age Factor. Then the score must be looked up in the fully automatic portion of the scoring Tables (Note: The hand timed portions of the scoring tables are never used in Master's Combined Events scoring).

The IAAF corrections to apply are:

50 through 300 Meters	add 0.24 seconds to the hand time
400 Meters	add 0.14 seconds to the hand time
All above 400 Meters	add nothing (use auto or hand time as is)

For a complete list of Age Factors refer to the WMA website.