



Fédération Internationale Sportive de l'Enseignement Catholique

ATHLETIC – REGULATIONS

INDIVIDUAL CHAMPIONSHIPS

In the 2019 FISEC games, the competitors of the athletics events should be born in 2002, 2003 or 2004.

Article 1. The following events will be held:

1.1 GIRLS

- 100m - 200m – 400m - 800m - 1500m - 3000m
- 100m hurdles (number of hurdles: 10; H.:0,76m ; Dist.: 13m-8,5m-10,5m)
- 400m hurdles (H.:0,76m ; Dist.: 50m-35m-40m)
- relays 4x100m (registration of 6 athletes out of which 4 will take part in competition)
- high jump - long jump - triple jump (take off board 9m)
- discus (1kg) – javelin (500g) – shot (3kg) .

1.2 BOYS

- 100m - 200m - 400m - 800m - 1500m - 3000m
- 110m hurdles (number of hurdles: 10; H.: 0,91 m ; Dist.: 13,72m-9,14m-14,02m)
- 400m hurdles (H.:0,84 m ; Dist.: 45m-35m-40m)
- relays 4x100m (registration of 6 athletes out of which 4 will take part in competition)
- high jump – long jump – triple jump (take off board 11m)
- shot (5kg) – discus (1,5kg) – javelin (0,700kg)

For boys and girls maximum 2 long distance running should be chosen from the 3 long distance running (800m, 1500m, 3000m)

1.3. For girls + boys :

- relays mix 100m girl - 200m boy – 300m girl - 400m boy (registration of 6 athletes out of which 4 will take part in competition)

NOTE (ITC decision 30 of November 2013): to make an event, it's necessary to have, after the definitive nominal inscriptions, 4 athletes and 2 countries.

Article 2.

Each country may register any number of athletes.

2.1 Confirmation of taking part in races: each team leader must confirm participation of their athletes at least 45 mins before the beginning of the races of the day for each first round of races of the day.

Withdrawal with no medical reason before the start of a race at the beginning of the day, will lead to the athlete's complete elimination for every race in which he was meant to take part until the end of the competition.

2.2 Relays: each relay team taking part can have 6 names. If a country has two relay teams, the leader of the team will have to name, at least during the meeting before the games start, a team 1 and a team 2 with maximum 6 names each. One hour before the events start, final relay composition and race order will be given.

Article 3.

Each athlete may participate in **four events**. The relays are to be considered as individual events.

- three track events and a relay
- three field events and one track event
- two relays and two field events
- four track events
- etc.

It is not allowed to register an athlete on 3 events over 400m.

Article 4

The athletic programme will take place in the morning or in the afternoon, days 2,3,4,5. On Day 1, an official training session will be organised.

1 day training – 2 days competition – 1 day rest (recovery) - 1 day competition

Article 5

* In long jump, triple jump and throwing events each athlete will be allowed three trials and the best 8 competitors will be allowed 3 further trials

- In triple jump the take off board shall be placed at 9m for the girls and at 11m for the boys.

Article 6

- High jump. The starting height will be 1.30m for the girls and 1.50m for the boys.

Bar raising:

For the girls by 5cm up to the height of 1.60m and by 3cm thereafter

For the boys by 5cm up to the height of 1.80m and by 3cm thereafter

Article 7 Qualification criteria

7.1 Track events

Adaptation for the events with only 4 athletes by race :

For the races 100m, 200m 400m (300m), 100m (110m) hurdles, 4 x 100m :

- from 0 to 12 athlètes : we organize 2 or 3 heats + final A = Q, Q, (Q) + best times

- from 13 to 24 athlètes : we organize 4, 5 ou 6 heats, and two semi-finals = Q, Q, Q, Q, (Q), (Q) + best times and one final = Q, Q + best times

Heats and eliminating heats

A. 100m. 200m. 300m. 400m. 100m hurdles. 110m hurdles

Competitions qualification	1 st round	Qualification		2 nd round	Qualification		3 rd round	Qualification	
	heats	P.	T.	heats	P.	T.	heats	P.	T.
9 à 16	2	3	2						
17 à 24	3	2	2						
25 à 32	4	3	3	2	4				

B. 400m hurdles, 800m, 4 x 100; 4 x 400

Competitions qualification	1 st round	Qualification		2 nd round	Qualification		3 rd round	Qualification	
	heats	P.	T.	heats	P.	T.	heats	P.	T.
9 à 16	2	3	2						
17 à 24	3	2	2						
25 à 32	4	3	4	2	3	2			

C. 1500m, 3000m

Competitions qualification	1 st round	Qualification		2 nd round	Qualification		3 rd round	Qualification	
	heats	P.	T.	heats	P.	T.	heats	P.	T.
16 à 24	2	4	4						
25 à 36	3	6	6	2	5	2			

7.2 FIELD EVENTS

7.2.1 long jump; triple jump; shot; discus; javelin;

direct final

- three trials for all the participants
- three extra trials for the first eight

7.2.2. high jump;

direct final: three attempts per height (it is possible to reserve 1 or 2 attempts at a higher height as indicated in the IAAF regulations)

TEAM COMPETITION

Article 8

The Team Championship takes place with the same events as the individual championship. There is a team ranking male and a team ranking female.

Article 9 : Composition of teams

All countries participating in FISEC games athletics events are listed by team. All athletes may be participating in the team classification.

Article 10: Allocation of points

In each event, only the first classified athlete of a country brings points to the team. The points will be awarded as follows:

10.1 In field events and track events with direct finale:

- the first athlete in each event will be awarded a number of points equivalent to number of participating countries.
- The second, a point less and so on.

10.2 In track events disputed with heats and final

- in each event concerned, the first athlete in final will be awarded a number of points to number of participating countries.
- the second, a point less and so on
- athletes of the country not having taken part in the final will be classified according to the times carried out in heats, after the athletes classified in the final.

10.3 Withdrawal or disqualification will receive 0 point.

Example: classification and allocation of points for the female 100 m during the FISEC games 2008 in Malta – 7 countries were participating in female athletics competition

	heats result *	allocation of points
1	France	X
2	Malta	X
3	France	X
4	France	X
5	Malta	X
6	France	X
7	Malta	X
8	Malta	X
9	Austria	5
10	Austria	X
11	Netherlands	4
12	Malta	X
13	Portugal	3
14	Netherlands	X

final result *allocation of points*

1	<i>France</i>	7
2	<i>Malta</i>	6
3	<i>France</i>	X
4	<i>France</i>	X
5	<i>Malta</i>	X
6	<i>France</i>	X
7	<i>Malta</i>	X
8	<i>Malta</i>	X

15 Austria X

* Great Britain and Hungary had no athletes in this event

In the event of a tie, each athlete obtains the same number of points corresponding to the classification.

Article 11 : Classification

- Female rank : only the 12 best quotes
- Male rank : only the 15 best quotes

The team with the greatest number of points will be declare the winner. In case two teams end up with the same number of points the team which has the biggest number of first places will take first place. If the teams remain equal then the biggest number of second places will be taken into account, then the biggest number of 3rd places etc. the relay will be considered like the other events.

Reminder

Registration procedure for the FISEC summer games

January, 31st: Final enrolment (without the list of names) .

June, 20th: Enrolment with the final list of names with choice of the events and information of the entry results.

Day of arrival: last possibilities of modifications. **No modification of events will be accepted after the meeting of the coaches with the OTI and the venue manager of the organizing Committee.**

Every information will get on time to the national delegates through the medium of the ITC.