



## TECHNICAL REGULATIONS FOR 2018 COMPETITION SEASON

- All Athletics Association of Barbados (AAB) competitions will be run under the IAAF Rules **2018 – 2019**.
- All athletes must be registered one month before their first competition. Athletes registering after this deadline will incur a late registration fee of \$5.00 plus the normal registration fee up to one week prior to competition.
- All entries must be submitted through the Hytec Team Manager to [aabentries@hotmail.com](mailto:aabentries@hotmail.com). Each competition's entries will have a specific entry deadline published with the Meet file sent to Clubs, Schools and Coaches. Failure to adhere to this deadline will incur a late entry fee of \$10.00 per athlete in the 24 hour period following the deadline. No entries will be accepted after this period.
- Athletes in track events must use spikes no longer than 6mm. For the High Jump and Javelin athletes may use 9mm spikes. Only Christmas Tree shaped spikes may be use. Spike lengths will be checked in the callroom and athletes whose spike lengths exceed the lengths stated above will be required to change them. Athletes' shoes may contain up to a maximum of eleven spikes per shoe.
- All Athletes are required to *personally* check in for all events by the second call using their valid AAB I.D. Card.
- Track Events close thirty minutes before the scheduled start of the event.
- Field Events close forty minutes before the scheduled start of the events.
- Athletes who do not check in by the appointed time will not be allowed to compete.
- An athlete who checks in and subsequently does not compete without a valid reason will not be allowed to compete in further events in the competition. A penalty fee of \$5.00 will be charged to the athlete.

- Athletes must leave the call room in their competition gear which may be worn under their tracksuits. Athletes are not permitted to wear their National Uniforms or that of another country while competing in domestic competitions.
- Athletes must wear the uniform of their Club or School.
- Athletes are reminded that their bags will be checked for electronic equipment that cannot be taken onto the field of play. Such equipment will be removed and returned to them at the end of their competition.
- In track events the method of progression will be declared on the heat sheets and will be made known to Athletes, Coaches and Managers through the public address system once the number of heats has been determined.
- In throwing events and in the Long and Triple Jumps, athletes will be permitted four trials in one day meets. In two day competitions where an event has eight or less competitors all athletes will be permitted six trials with the final three trials in reverse rank order. Where there are more than eight competitors, all athletes will be permitted three trials and the top eight athletes will be permitted an additional three trials in reverse rank order.
- Athletes in the Under 15 or younger age groups will be permitted four trials in the throwing events and the long jump.
- HURDLE HEIGHTS: The standard heights of the hurdles shall be

Distance	Men	U20 Men	U18 Boys	Women/U20	U 18 Girls
110m/100m	1.067m	0.991m	0.914m	0.838m	0.762m
400m	0.914m	0.914m	0.838m	0.762m	0.762m

#### WEIGHTS OF IMPLEMENTS

IMPLEMENTS	GIRLS	WOMEN	BOYS	MEN	MEN
	U18	U20/Seniors	U18	U20	Seniors
Shot	3.00kg	4.00kg	5.00kg	6.00kg	7.26kg
Discus	1.00kg	1.00kg	1.50kg	1.75kg	2.00kg
Javelin	500g	600g	700g	800g	800g

- The use of personal implements will only be permitted if the AAB does not have that particular make or model. All personal implements must be handed to the AAB for checking at the equipment room at the National Stadium at least one hour before the commencement of the competition on the day of the particular event.
- In a track event, Athletes making an oral protest for a false start violation are not automatically allowed to run under protest.
- Athletes making an oral protest for a disallowed trial in a field event must do so immediately following the decision of the judge. Making an oral protest will not automatically result in having the trial measured.
- Any protest concerning the conduct of an event must be made to the appropriate referee within thirty minutes of the official announcement of the result.
- Appeals made to the Jury of Appeal, or in the absence of a Jury of Appeal, to the Competition Director must be made within thirty minutes of the decision made by the appropriate referee and be accompanied by a fee of \$50.00. Protest Forms will be available from the Competition Director.

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