



Fédération Internationale Sportive de l'Enseignement Catholique

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Recognised by the International Olympic Committee

ATHLETICS - RULES

In the 2026 FISEC-FICEP Games, the competitors of the athletics events should be born in 2009, 2010 or 2011.

INDIVIDUAL CHAMPIONSHIPS

Article 1. The following events will be proposed:

1.1 **GIRLS**

- 100m - 200m - 400m - 800m - 1500m
- 100m hurdles (number of hurdles: 10; H.:0,76m ; Dist.: 13m-8,5m-10,5m)
- 400m hurdles (H.:0,76m ; 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
- shot (3kg) - discus (1kg) - javelin (500g) - hammer throw (3kg)

1.2 **BOYS**

- 100m - 200m - 400m - 800m - 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
- shot (5kg) - discus (1,5kg) - javelin (0,700kg) - hammer throw (5kg)

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:

- to make an event, it's necessary to have, after the definitive nominal inscriptions, 4 athletes and 2 countries (CTI decision 30th November 2013).
- To make an event, the necessary accommodations and materials must be available.

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 **1 hour** 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 mixed relay**. The relay 4 x 100m is to be considered as an individual event.

- three track events and the relay 4 x 100 (+ mixed relay)
- three field events and one track event (+ mixed relay)
- three field events and the relay 4 x 100 (+ mixed relay)
- etc.

Article 4.

The athletics 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.

Article 6.

In **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

Heats and eliminating heats in a 8-lane athletic track

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	1	6						
17 à 24	3	1	5						
25 à 32	4	1	12	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	1	6						
17 à 24	3	1	5						
25 à 32	4	1	12	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			

Heats and eliminating heats in a 7-lane athletic track

100m, 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.
8 à 14	2	1	5						
15 à 21	3	1	4						
22 à 28	4	1	10	2	3	1			
29 à 35	5	1	9						

Heats and eliminating heats in a 6-lane athletic track

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.
7 à 12	2	1	4						
13 à 18	3	1	3						
19 à 24	4	1	8	2	3				
25 à 30	5	1	7	2	3				

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.
7 à 12	2	1	4						
13 à 18	3	1	3						
19 à 24	4	1	8	2	2	2			
25 à 30	5	1	7	2	2	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			

Heats and eliminating heats in a 4-lane athletic track

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) + 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

7.2 Field events

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

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)

7.3 Qualification in case of an injury

Any lanes or starting position in track events left empty due to an injury of an athlete will, where possible, be filled by the next-best ranked athlete. There will be no re-draw of lanes.

TEAM COMPETITION

Article 8

The Team Competition (nations classification) 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 with at least 5 athletes in FISEC Games athletic events are listed by the teams. All athletes of those countries 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 final:

- the first athlete in each event will be awarded a number of points equivalent to number of participating countries,
- the second, one 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, one 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 points.

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

Example: classification and allocation of points for the female 100m 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

final result		allocation of points
1	France	7
2	Malta	6
3	France	X
4	France	X

9	Austria	5
10	Austria	X
11	Netherlands	4
12	Malta	X
13	Portugal	3
14	Netherlands	X
15	Austria	X

5	Malta	X
6	France	X
7	Malta	X
8	Malta	X

* Great Britain and Hungary had no athletes in this event

Article 11 : Classification

- Female ranking : only the 10 best quotes
- Male ranking : only the 10 best quotes

The team with the greatest number of points will be declared 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 the 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.

REGISTRATION PROCEDURE FOR THE FISEC GAMES

March 3rd: Definitive non nominative inscriptions

30 days before start of the Games: 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 organising committee

Every information will be sent on time by the CTI President and Secretary to the national delegates.