

INSTRUCTIONS FOR THE ATHLETES

1 Instructions for the competition

- ① Based on the 2023 Japan Association of Athletics Federations competition rules, advertising and exhibition regulations at the competition, and the terms and conditions of this competition.
- ② World Athletics Continental Tour Bronze The 2023 World Athletics Competition and Technical Rules and the C7.4 Marketing and Advertising Regulations on clothing will apply to the applicable events (13 events).

2 About practice

- ① The Main Track & Warm up Track will be used for warming-up for practice on Tuesday, April 28th, 13:00pm - 17:00pm.
- ② During the warm-up, follow the directions provided by competition officials.
- ③ Show your accreditation card clearly upon entering/exiting the Practice Ground.
- ④ Practice with instruments such as tubes, medicine balls, mini-hurdles or ladders, etc... are prohibited. It is prohibited to practice using equipment such as tubes, medicine balls, mini hurdles, ladders, etc. in the Warm up Track. However, in the multi-purpose plaza on the south side of the Main Field, it is possible to use a medicine ball to hit the wall.
- ⑤ Practice on the Main Field
 - a. All the track events including pole vault, high jump, triple jump, javelin throw, are permitted.
*You can practice throwing the javelin from 14:00 to 16:00
 - b. The use of each lane is shown below. Running in reverse direction is prohibited.

Lanes	Event
1・2	middle-distance running and long-distance
3～6	sprint
7・8	100m・110m hurdle

⑥ Practice on the Warm up Track

- a. The use of each lane is shown below. Running in reverse direction is prohibited.

Lanes	Event
1・2	middle-distance running and long-distance
3～6	sprint
7・8	100m・110m hurdle

*Lanes by the back straight, including the second and third curve, are used for practice by elementary school, junior high school and high school students. Only middle and long distance students are permitted to use the lanes by the home straight.

*Practice of field events in the Warm up Track is prohibited.

3 Call Times for the Athletes

- ① Call Room will be set up at West Marathon Gate (behind the starting line of 100m).
- ② Call Times are shown below.

		Calls will start	Calls must be completed
Track	Grand Prix	20 minutes before start time	10 minutes before start time
	Others	30 minutes before start time	15 minutes before start time
Field		45 minutes before start time	30 minutes before start time
*Pole Vault		90 minutes before start time	80 minutes before start time

③ The Process of Call room is as follows:

- a. The Call Room Judges will start the call at the Call Room. When the call starts the judges will check the Athlete Bibs, spike pin and trademarks.
Two additional number identification of an adhesive tape will be handed over to the track athletes.
- b. The Call Room Judges shall ensure that unauthorized materials are not taken into the Field of Play.
- c. As for all advertising and displays including competitors' clothing and materials, WA Competition Rules 8 and associated regulations shall be strictly applied to the competition.

- d. Athletes Representatives are not allowed in the Call Room.
- e. If you withdraw from each event on the day of the competition, they must hand the prescribed form to the Call Room Judges thirty minutes before the Call time is completed.
- f. The athletes who are late for when the Call time is completed are deemed to have abandoned the competition.

4 Athlete Bibs

- ① The original Athlete Bibs must be worn firmly on the front and the back of the running vest without cutting, folding or altering its size in any way. As for athletes of Jumping Events they must be worn firmly on either their front or their back of the running vest. (WA rule TR5.10)
- ② An additional number identification of an adhesive tape must be worn firmly on the indicated part.

5 Entering and Exiting the Track

- ① Enter the Track guided by the Call Room Judges.
- ② After the events, exit the Track through the Mixed Zone following the Call Room Judges. The gold, silver and bronze medalists will be guided to the ceremony waiting room after the interviews have finished. The procedure of the ceremony will be explained by the ceremony officials.

6 Drawing and Lane Assignments

- ① Lane order for track events and trial order for field events are shown in the program.
- ② Regarding the positive determination of the next round participant in the track competition, if there is the same record in 0.01 second increments at the bottom, the advance will be determined by a difference of 0.001 seconds. If there is no difference, a lottery will be held.
- ③ If a drawing is necessary, a competition official will make an announcement and the athlete or Athlete Representatives will take the drawing at the headquarters. In the case that neither the athlete nor Athlete Representatives arrive twenty minutes after the announcement, the organizer will draw.
- ④ In the case of an identical time in different races including the different places in the same race, these participants will be equally placed.
- ⑤ As for 100m, 110mH, 100mH, only Final A athletes can receive the prize.

7 Events

① Track Events

- a. All the timing shall be done with a Photo finish system.
- b. Lanes for withdrawn athletes will be left open.
- c. In short-distance events, athletes must run their lanes even after passing the finish line for the safety of other athletes.
- d. According to WA TR16, any athlete who is responsible for a false start is to be disqualified from the race.
- e. A clear plastic bags will be provided to each of the track event athletes.
- f. Clothes that athletes take off before the start time should be put in their plastic bags and technical officials should bring it to the appointed place. Athletes have to receive it near the finish line.
- g. The commands of the Starter shall be given in English.

② Field Events

- a. The measurement of the competition uses EDM(Electric Distance Measurement).
(Excluding women's high jump)

All the measurements shall be done with

- b. Athletes may place two approved markers alongside the runway.
- c. Take-off board for triple jump shall be set up 13m (Man),11m(Woman) from the sandbox.
- d. When athletes practice in the field, follow the technical officials' instruction.
- e. The seats for coaches are set up at the stands near the field.
- ③ No athlete must use such instruments as video devices, recorders, radios, CDs, transceivers, or cell phones. They must not leave the track without permission. (WA rule TR6.3)
- ④ Athletes who behave inappropriately will be warned and at worst they will be excluded. Warning will be shown with a yellow or red card.

- ⑤ In case that an athlete will be absent, fill out the appointed sheet. Those who are absent without handing in a sheet won't be able to attend any meet held by this league and other leagues.

8 Raising of the bar for Pole Vault & High Jump is shown below

Event	Practice	1	2	3	4	5	6	7	8~
PV(M)	optional height	5m00	5m20	5m35	5m45	5m55	5m65	5m75	(+5cm)
HJ(F)	1m60・1m70	1m65	1m68	1m71	1m74	1m77	1m80	1m82	(+2cm)

If all athletes still competing all agree, then the bar may be raised directly to a World Record or meeting record height.

9 Implements and Equipment

Athletes must use implements and the equipment provided which will be inspected by the organizers. However, personal implements may be used if they are submitted and inspected one hour before the event begins.

The javelin throwing equipment prepared at the stadium is as follows.

Sex	Manufacturer	Name and Specification	Product number	Number of preparations on the day
Men	NISHI	Super DR 80m	F453E	2
		Long DR	F454	2
		Supreme 90m	F456	2
		Hybrid wing	F456	2
		Ma・in 90		1
	NORDIC	Champion 100m (Orange)	C762	1
		Super elite 90m(White)	C763	4
		Super elite 80m Flex6.8(White/Black)	C764	2
		Air glider 100m	C760	2
		Orbit (for tailwind) (Blue/white)	C761A	1
	NEMETH	Club 70m-80m	C825	3
		2000 85+	C829	4
	SANDVIK	Super elite 80m (White)		1
Champion (Yellow)			2	
Women	NISHI	Long DR 45-55 (Blue)	F464C	2
		Long DR 60m	F464F	1
		Hybrid Wing (Pink/white)	F452	1
		Super (Yellow/silver)	F464E	2
	NORDIC	Diana 50m (Pink)	C774C	1
		Diana 60m (Pink)	C773C	1
		Diana 70m (Pink)	C772C	1
		Diana steel		2
		Diana steel flex 6.2 (Purple/white)	NC771D	1
		Diana 60m		1
		Diana 70m		1
		Diana 80m		2
	NEMETH	Classic 75	NC836C	2

10 Shoes for the Competition

- ① Competition arena is covered by all-weather surface.
 ② Number of spikes permitted is a maximum of 11 pins, with a maximum length of 9mm. However, high jump must not exceed 12mm. These spikes shall have a maximum diameter of 4mm. (WA rules TR5.3)

- ③ The maximum thickness of the sole must be within 20 mm for field events (excluding triple jump), within 25 mm for triple jump, within 20 mm for track events less than 800m, and within 25 mm for track events over 800m.

11 Result Announcements and Protests

- ① Result announcements will be shown on the main screen and PA announcement.
- ② In case that athletes protest to the result, the athletes or their Athlete Representatives must ask the meeting manager to be able to give their protest to the referee within the defined period.

12 Interviews, Award Ceremonies and Doping Control Tests

① Interview

- a. Only the winners requested by the press staff will be interviewed.
- b. Medals shall be awarded to the World Record, Japanese Record, and the first through third placements.
- c. The gold, silver and bronze medalists will be guided to the ceremony waiting room after the interviews have finished. The procedure of the ceremony will be explained by the ceremony officials.
- d. The ceremony of the gold, silver and bronze medalists will be held at the podium in front of the main stand.
- e. Wear your tracksuit for the ceremony.

13 Doping Control

Please refer to the tournament guidelines

14 Miscellaneous

- ① For all advertising and displays including competitors' clothing and materials, 2023 WA competition rules apply. The advertising rules also follow the WA rules.
8 and associated regulations shall be strictly applied to the competition.
- ② First aid and treatment will be provided in the First Aid Room located on the left side of the central hall. Any treatment must be paid individually.
- ③ Athletes' changing rooms are located below the main stand.
- ④ It is athletes' responsibility to secure their clothing and personal belongings against theft or loss. Organizers will not be held responsible for any theft or loss.
- ⑤ Banners of each team have to be set on the arm rail in the middle of Side Stand A.
- ⑥ Regarding coaching of athletes, WA TR6 (Assistance to Athletes) applies.

<p>About clothing that can be worn in the stadium and items that can be brought in</p>	<p>According to the advertisements and exhibition regulations in the competition, the manufacturer name / logo, sponsor name / logo size, and number that can be posted on clothing that can be worn in the stadium are as follows. The number and size of items that can be posted in [International] and [Domestic] are different, so be careful especially for WACT bronze contestants. Check and prepare in advance. If it violates, mask it with tape or the like.</p> <p><Athlete kit></p> <p>(1) Competition clothing (tops, vests, pants, leggings, etc.), warm-up clothing, ceremony kits, tracksuits, T-shirts, sweatshirts, sweatpants, rain jackets.</p> <p>○ Top and bottom [Each] * Sponsor name / logo must be exactly the same on the top and bottom.</p> <ul style="list-style-type: none"> • Manufacturer name / logo: 1/1 location up to 40 cm² (height 5cm) • Sponsor name / logo: 2/2 locations Up to 40 cm² (height 5cm) 1/1 location of sponsor name / logo can be changed to any of the following <p>[Affiliation name / logo] or [School name / logo]: Up to 40 cm² (height 5cm) per place.</p> <p>(2) All other apparel worn by athletes (socks, headgear, hats, headbands, gloves, armbands, glasses, sunglasses, etc.)</p> <ul style="list-style-type: none"> • Manufacturer name / logo: 1/1 location up to 6 cm² (height 3cm) <p>* For glasses and sunglasses, the manufacturer name / logo can be posted in two places.</p> <p><Personal property and accessories></p> <p>(1) Towel, bag</p> <ul style="list-style-type: none"> • Manufacturer name / logo: 1/1 location up to 40 cm² (height 5cm) • Sponsor name / logo or player name / player's personal hashtag: 2/2 locations up to 40 cm² each (height 5cm) <p>* For bags, one of the sponsor names / logos / one place can be changed to one of the following:</p> <p>[Affiliation name / logo] or [School name / logo]: 1/1 place up to 40 cm² (height 5cm)</p> <p>(2) Beverage bottle</p> <ul style="list-style-type: none"> • Drink providers, manufacturers, and (or) athlete sponsor name / logo: up to 40 cm² (height 5 cm) each <p>* If you bring a PET bottle, remove the label.</p>
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