

INSTRUCTIONS FOR THE ATHLETES

1 Instructions for the competition

- 1 Based on the 2024 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 2024 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 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

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. All advertising materials, including clothing and goods, brought into the stadium will be strictly governed by the "Regulations Regarding Advertising and Display Items at Competitions."
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. Athletes Representatives are not allowed in the Call Room.
- d. 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.
- e. The athletes who are late for when the Call time is completed are deemed to have abandoned the competition.
- f. 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.

3 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.

4 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. For top prize winners, please check "10 Interviews and Awards" below.

5 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 In the men's and women's 100m, 110mH, and 100mH races, if there is an empty lane due to a withdrawal from the final race, competitors from 9th place onwards will be filled in. The operation will be as follows.
 - a) If a competitor is withdrawing from the final and it is known after the race that he/she will be withdrawing from the race, he/she must notify the convocation office within 20 minutes of the end of the competition.
 - b) Competitors who are able to participate in the next round due to vacant lanes will be contacted by the organizer by phone within 30 minutes after the end of the competition to the contact person listed at the time of entry. If there is an abstention after the above time, as a general rule, no replacement will be made.

6 Events

① Track Events

- All the timing shall be done with a Photo finish system.
- In short-distance events, athletes must run their lanes even after passing the finish line for the safety of other athletes.
- According to WA TR16, any athlete who is responsible for a false start is to be disqualified from the race.
- 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.

② Field Events

- The measurement of the competition uses EDM(Electric Distance Measurement).
 - Athletes may place two approved markers alongside the runway.
 - Take-off board for triple jump shall be set up 13m (Man),11m(Woman) from the sandbox.
 - When athletes practice in the field, follow the technical officials' instruction.
 - The seats for coaches are set up at the stands near the field.
 - Competitors may not leave the competition area while the competition is in progress without permission from the referee.
- ③ No athlete must use such instruments as video devices, recorders, radios, CDs, transceivers, or cell phones. But Competitors participating in field events are permitted to bring recording and playback equipment and video recordings into the competition area as long as they are located in close proximity to the person providing the video recording. To view the image in more detail, the contestant may hold a recording and playback device while communicating with the person who took the image.
- 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.

7 Implements and Equipment

All equipment used for the competition must be provided by the organizer. If you wish to bring your own throwing equipment, please apply at the equipment storage next to the west gate between 90 and 70 minutes before the start of the competition..

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

List of javelin prepared by the organizer

Utensil	Type	Manufacturer	Product name	WA number	Color	Quantity	Total
J A V E L I N	MEN(800g)	N I S H I	SUPER DR(80m)	I-01-0236	Silver/Yellow, Red Pattern	2	13
		N O R D I C	Airglider Steal flex 6.1	I-99-0011	Red/White·Spiral	2	
			Champion Steel	I-99-0012	Purple/White·Spiral	2	
			Super Elite 80	I-99-0020	White	2	
			Super Elite 90	I-99-0020	White	2	
	N E M E T H	Classics 85m	I-09-0429	Violet/Yellow/Orange	3		
	WOMEN(600g)	N I S H I	SUPER DR(70m)	I-01-0235	Silver/Yellow, Red Pattern	2	10
		N O R D I C	Diana 70	I-99-0018	Pink	1	
			Diana 80	I-99-0018	Yellow/Blue·Spiral	2	
			Diana Steal flex 6.2	I-99-0018	Purple/White·Spiral	3	
N E M E T H		Classics 75m	I-99-0110	Violet/Yellow/Orange	2		

8 Shoes for the Competition

- 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 rulesTR5.3)
- 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.

9 Result Announcements and Protests

- Result announcements will be shown on the main screen and PA announcement.

- ② A protest against an announced result must be lodged by the competitor within the time stipulated in Competition Regulations TR8 (within 15 minutes after the announcement if the next round is held on the same day, otherwise within 30 minutes). Alternatively, the representative can make the decision orally to the chief referee through the general manager in charge, and listen to the ruling in the waiting room. Furthermore, if you are not satisfied with this ruling, please submit your request in writing to the Jury through the general manager in charge, along with a deposit of 10,000 yen. The chief referee will make decisions regarding protests during the competition.

10 Interviews, Award Ceremonies and Doping Control Tests

① Interview

- Only the winners requested by the press staff will be interviewed.
- Awards for first to third place competitors in each event will be presented on the podium in front of the front stands.
- The ceremony of the gold, silver and bronze medalists will be held at the podium in front of the main stand.
- For men's and women's 100m, 110mH, and 100mH, only A finalists will be eligible for awards.

11. Doping Control

Please refer to the tournament guidelines

12 Miscellaneous

- 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.
- 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.
- Athletes' changing rooms are located below the main stand.
- 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.
- Banners of each team have to be set on the arm rail in the middle of Side Stand A.
- Regarding coaching of athletes, WA TR6 (Assistance to Athletes) applies.

13. About practice

- The Main Track & Warm up Track will be used for warming-up for practice on Tuesday, April 28th, 13:00pm-17:00pm.
- During the warm-up, follow the directions provided by competition officials.
- Show your accreditation card clearly upon entering/exiting the Practice Ground.
- 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.
- Practice on the Main Field

Please complete the registration process before entering the practice venue and show your AD card to the staff upon entry.

Reception time April 28th from 12:00 April 29th from 7pm

Reception location Main stadium front reception tent

1.Usage time

	Main stadium	Sub stadium
	13:00~17:00	13:00~17:00
April 28th	Only players from outside the prefecture are allowed. Javelin throwing practice available only from 14:00~16:00 ※The field cannot be used during javelin throwing practice.	Only players from outside the prefecture are allowed. ※Triple jump and javelin throw are not allowed.
April 29th		7:00~19:00

		<p>The javelin can be thrown at the following times Woman(10:30~11:40) Man(13:15~14:25) ※Use inside the field is prohibited during javelin throwing practice.</p>
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2.Track usage classification

	Main stadium		Sub stadium	
	Event	Rane	Event	Rane
April 28th	1500m or more	1~2	All Rane	
	100m	3~6		
	Hurdle	7~8		
April 29th	Prohibited for use all day		1500m or more	1~2
			100m•Relay	3~6
			Hurdle	7~8

3.Miscellaneous

- 1.No entry except for related parties
- 2.Elementary school students must be accompanied
- 3.Reverse driving is prohibited
- 4.Hurdle settings change depending on the time.
- 5.The inside of the auxiliary field will be used for practice of throwing events.

<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> (1) Competition clothing (tops, vests, pants, leggings, etc.), warm-up clothing, ceremony kits, tracksuits, T-shirts, sweatshirts, sweatpants, rain jackets. ○ Top and bottom [Each] * Sponsor name / logo must be exactly the same on the top and bottom. •Manufacturer name / logo: 1/1 location up to 40cm² (height 5cm) •Sponsor name / logo: 2/2 locations Up to 40cm² (height 5cm) 1/1 location of sponsor name / logo can be changed to any of the following [Affiliation name / logo] or [School name / logo]: Up to 40cm² (height 5cm) per place.</p> <p>(2) All other apparel worn by athletes (socks, headgear, hats, headbands, gloves, armbands, glasses, sunglasses, etc.) •Manufacturer name / logo: 1/1 location up to 6cm² (height 3cm) * For glasses and sunglasses, the manufacturer name / logo can be posted in two places.</p> <p><Personal property and accessories> (1) Towel,bag •Manufacturer name / logo: 1/1 location up to 40cm² (height 5cm) •Sponsor name / logo or player name / player's personal hashtag: 2/2 locations up to 40cm² each (height 5cm) * For bags, one of the sponsor names / logos / one place can be changed to one of the following: [Affiliation name / logo] or [School name / logo]: 1/1 place up to 40cm² (height 5cm)</p> <p>(2) Beverage bottle •Drink providers, manufacturers, and (or) athlete sponsor name / logo: up to 40 cm² (height 5 cm) each * If you bring a PET bottle, remove the label.</p>
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