British Universities & Colleges Sport
Outdoor Athletics Championships 2012

APPENDIX 10 – COMPETITION RULES

All competition shall be held under **IAAF Rules** in 2012 (taking into account any championship amendments).

TRACK
ROUNDS AND HEATS

1 Preliminary rounds (heats/semi-finals) will be held in all track events in which the declared number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (Final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds. The same principles will apply to both male and female athletes.

2 All seeding will be based on the number of declared athletes in an event. Whenever possible, representatives of each institution shall be placed in different heats in all preliminary rounds of the competition. In applying this Rule after the first round, exchanges of athletes between heats should normally only be made where athletes are of similar ranking under 4 below.

3 The following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure. If necessary, alterations may be made to suit the needs of the meeting at the discretion of the Competition Director.

Where Heats are not necessary, Finals will be run at **Final time** and where Semi-Finals are not necessary, Finals will be run at **Final time**.

Please Note that if you qualify for a Semi-Final or Final (track or field) ***you must take part*** unless you have a valid reason which has been approved by the appropriate Referee – saving yourself for another event is not a valid reason and failure to take part is likely to result in disqualification from all further events over the 4 days of the championships.

NB P Qualifiers on position T Qualifiers on time

100m, 100mH, 110mH, 200m,400m, 400mH

Declared											
Entries	Heats	P	T			Semis	P	T			Final
10-18	2	2	4	= 8							1
19-27	3	2	2	= 8							1
28-36	4	3	4	= 16		2	3	2	= 8		1
37-45	5	4	4	= 24		3	2	2	= 8		1
46-54	6	3	6	= 24		3	2	2	= 8		1
55-63	7	2	10	= 24		3	2	2	= 8		1
64-72	8	2	8	= 24		3	2	2	= 8		1
73-81	9	2	6	= 24		3	2	2	= 8		1
82-90	10	2	4	= 24		3	2	2	= 8		1
91-99	11	1	13	= 24		3	2	2	= 8		1
100-108	12	1	12	= 24		3	2	2	= 8		1
109-117	13	2	6	= 32		4	1	4	= 8		1
118-126	14	2	4	= 32		4	1	4	= 8		1

800m

Declared											
Entries	Heats	P	T			Semis	P	T			Final
11-20	2	3	2	= 8							1
21-30	3	2	2	= 8							1
31-40	4	3	4	= 16		2	3	2	= 8		1
41-50	5	4	4	= 24		3	2	2	= 8		1
51-60	6	3	6	= 24		3	2	2	= 8		1
16-70	7	3	3	= 24		3	2	2	= 8		1
71-80	8	2	8	= 24		3	2	2	= 8		1
81-90	9	3	5	= 32		4	1	4	= 8		1
91-100	10	2	12	= 32		4	1	4	= 8		1

1500m

Declared											
Entries	Heats	P	T			Semis	P	T			Final
16-30	2	4	4	= 12							1
31-45	3	6	6	= 24		2	5	2	= 12		1
46-60	4	5	4	= 24		2	5	2	= 12		1
61-75	5	4	4	= 24		2	5	2	= 12		1
76-90	6	4	12	= 36		3	3	3	= 12		1

5000m

Declared											
Entries	Heats	P	T			Semis	P	T			Final
24-46	2	5	6	= 16							1
47-69	3	4	4	= 16							1

10000m

Declared											
Entries	Heats	P	T			Heats	P	T			Finals
28-54											A + B

2000m S/ch

Declared											
Entries	Heats	P	T			Semis	P	T			Final
18-34	2	4	4	= 12							1

3000m S/Ch, 5000m

Declared											
Entries	Heats	P	T			Semis	P	T			Final
26-50	2	5	6	= 16							1
51-75	3	4	4	= 16							1

Relays

Declared					
Entries	Heats	P	T		Finals
10-18	2	0	8	= 8	1
19-27	3	0	8	= 8	1
28-36	4	0	8	= 8	1
37-45	5	0	8	= 8	1

RANKING AND COMPOSITION OF HEATS

4 For the first round, the athletes shall be placed in heats using the zigzag distribution below, with the seeding determined from the relevant list of personal best information supplied in entries.

After the first round, the athletes will be placed in heats of subsequent rounds in accordance with the following procedures based on the results of the previous round and ranked as follows:

Fastest heat winner
2nd fastest heat winner
3rd fastest heat winner, etc
Fastest 2nd place
2nd fastest 2nd place
3rd fastest 2nd place, etc
(concluding with)
Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier, etc.

The athletes will then be placed in order of the above seeding in a zigzag distribution e.g. 3 semi-finals would consist of the following seedings:

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

In all cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

5 For the 'A' and 'B' Final of the 2000m Steeplechase and 10,000m, athletes will be ranked by time then a line will be drawn to split the athletes into 2 groups as equal in number as possible. The faster group are allocated to the 'A' Final.

DRAW FOR LANES

6 For events up to, and including, 800m, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows:

(a) In the first round, the lane order shall be drawn by lot.
(b) For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown in 4 above.
3 draws will then be made:
i) one for the 4 highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
ii) another for the 5th and 6th ranked athletes or teams to determine placings in lanes 7 and 8, and
iii) another for the 2 lowest ranked athletes or teams to determine placings in lanes 1 and 2.
(c) For events with a straight final – no heats or semi-finals - then procedure (b) above will be used to determine the lanes, but with the ranking of athletes determined from personal best information supplied in entries.

7 An athlete shall not be allowed to compete in a heat or lane other than the one in which his name appears, except in circumstances which, in the opinion of the Referee, justify an alteration.

8 For events longer than 800m, procedures in 4 will apply, but in each race all starting positions will be drawn by lot.

RELAYS

9 Relays – **4 x 100m** and **4 x 400m** – will not include Semi-Finals. The fastest eight teams from all heats will be ranked according to their times, and assigned lane placings in the final as in 5(b) above.

RELAY TEAMS:
Please note the following instructions regarding relay declaration:

Declaration forms, detailed below, must be submitted 90 minutes before the published time for **each** round of the competition. Athletes must be from among those registered for the championships. One team per Institution can take part, the team will each wear the Relay Team Institution letters provided and retain for the final.

UKA Rule 118 (14) will apply:
"Once a relay team has started in a competition only two additional athletes may be used as substitutes in the composition of that team for any subsequent round."

BUCS Relay HEAT Declaration Form
Institutions must declare teams of no more than 6 athletes, 4 of these declared athletes will run in the HEATS.

BUCS Relay FINAL Declaration Form
The qualifying teams must declare no more than 2 additional athletes. The 'BUCS Relay FINAL Declaration Form' will name the 4 athletes who participated in the heats and have 2 spaces. Any 4 of these declared athletes will run in the FINALS.

FALSE START DETECTION EQUIPMENT

False start detection equipment will be used for all races up to and including 400m, unless otherwise specified by the Competition Director. ALL athletes in these events SHALL be required to use only the starting blocks provided.

UKA Rules of Competition – Effective from 1st April 2010
"**Rule 110 – Starting Blocks**
(2) Their use is optional, except where blocks incorporating false start detection equipment is in use when all competitors shall be required to use only the starting blocks provided.
Rule 111 – The Start
(14) In all competitions for Senior athletes as defined in Rule 107(6), including those where younger athletes are competing according to the Rules, whether false start detection equipment is in use or not, any athlete making a false start shall be disqualified.
Note: *In practice, when one or more competitors 'beat the start signal' others are inclined to follow and, strictly speaking, any competitor who does so has beaten the start signal. The Starter should warn or disqualify, as appropriate, only such competitor or competitors who in his or her opinion were responsible for beating the start signal. If the unfair start is not due to any competitor no warning shall be given."*

FIELD

1 A qualifying round shall be held in field events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). When a qualifying round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a qualifying round shall not be considered as part of the competition proper.

2 If there is no Qualifying round, the competition shall be run as a straight final at **FINAL time**.

3 In a qualifying competition, the athletes shall be placed in pools using the zigzag distribution below, with the seeding determined from the relevant list of personal best information supplied in entries

Qualifying A	1	4	5	8	9	
Qualifying B	2	3	6	7	10	etc

4 The pools will be of approximately equal size and standard unless otherwise specified by the Competition Director. Whenever possible, representatives of each institution will be placed in different pools in the qualifying round. The order of competition within qualifying pools and the Final will be drawn by lot.

5 Competitors may use their own implements. These must be passed for competition by the Technical Manager, to whom they should report not less than two hours before the respective event. Such personal equipment is not available for use by other athletes without the permission of the owner.

6 The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Competition Director. There should be 12 athletes in the final.

7 After a review of the qualifying standards and the guidelines of UKA these standards have been set based on the nationally recognised method of looking at the PBs submitted for the event.

The following starting heights and qualification heights/distances will be in place:

Event	Qualification	Starting Heights/Progressions
Men's High Jump	2.10	1.60m + 5cm to 1.95m then + 3cm
Women's High Jump	1.75	1.40m + 5cm to 1.60m then + 3cm
Men's Pole Vault	5.00	3.00m + 20cm to 4.40m then + 10cm
Women's Pole Vault	3.80	2.10m + 20cm to 3.50m then + 10cm
Men's Long Jump	7.20	
Women's Long Jump	5.95	
Men's Triple Jump	15.00	11m and 13m boards. Only the 13 metre board will be used in the Final
Women's Triple Jump	12.00	9m and 11m boards. Only the 11 metre board will be used in the Final
Men's Shot	15.00	
Women's Shot	12.40	
Men's Javelin	65.00	
Women's Javelin	45.50	
Men's Discus	48.00	
Women's Discus	43.00	
Men's Hammer	56.00	
Women's Hammer	51.50	