



INTERNATIONAL BLIND SPORTS FEDERATION

ATHLETICS RULES 2005-2009

I. GENERAL RULES

1. BASIC RULES

- 1.1** The current IAAF (International Amateur Athletic Federation) rules shall apply in all cases, except where additions and modifications shall be specified below.
- 1.2** Should there be any misunderstanding of the IBSA Rules, the English version shall prevail.

2. ELIGIBILITY

- 2.1** Eligible for competition shall be the IBSA classes B1, B2 and B3 as defined under Section 3 below.

3. CLASSIFICATION

B1: no light perception in either eye up to light perception but inability to recognize the shape of a hand at any distance or in any direction.

B2: from ability to recognize the shape of a hand up to visual acuity of 2/60 and/or visual field of less than 5 degrees.

B3: from visual acuity of above 2/60 up to visual acuity of 6/60 and/or visual field of more than 5 degrees and less than 20 degrees.

All classifications in both eyes with best correction. (i.e. All athletes who use contact or corrective lenses must wear them for classification, whether they intend to compete wearing them or not.)

4. FACILITY MODIFICATIONS AND EQUIPMENT

4.1 FOR CLASS B1

Competitors in class B1 must wear approved opaque glasses or an appropriate substitute in all field events and all track events up to and including the 1500m. The opaque glasses or substitute must be approved by the responsible technical official. Glasses, once approved, must be available for checking at all times. When not competing, the athlete may remove the dark glasses or substitute.

Acoustic signals are permitted for athletes in this class, as specified in this rulebook, below. However, no visual modification to the existing facility is permitted, other than adjustments to line markings for starts and relay exchanges, as described below.

In B1 events where acoustic assistance is being used (e.g. Long Jump, Triple Jump and High Jump) complete silence shall be requested from spectators.

NOTE: Whenever possible, to ensure silence, events in which acoustic assistance is used should not be timetabled together with other running events.

4.2 FOR CLASS B2

Visual modification of the existing facility is permitted (e.g. by powder, cones, flags, etc.) Acoustic signals may also be used.

4.3 FOR CLASS B3

IAAF Rules will be followed in their entirety, except as noted below.

4.4 DEAF-BLIND ATHLETES

IBSA recognizes the special needs of deaf-blind athletes and is keen to encourage and facilitate their participation in IBSA competition. In cases where deaf-blind athletes are participating in a competition, some modification of current IBSA rules may be necessary. Such modification should only be permitted with the prior approval of the responsible IBSA official. In principle, no rule modification that disadvantages any other competitor will be allowed.

4.5 In major competitions, it is recommended that video cameras be provided to record all relay exchanges.

5. EVENTS

The recognised events in the IBSA competition programme shall be as follows:

5.1 TRACK EVENTS

Class B1	Class B2	Class B3
100m (M/F)	100m (M/F)	100m (M/F)
200m (M/F)	200m (M/F)	200m (M/F)
400m (M/F)	400m (M/F)	400m (M/F)
800m (M/F)	800m (M/F)	800m (M/F)
1500m (M/F)	1500m (M/F)	1500m (M/F)
5000m (M/F)	5000m (M/F)	5000m (M/F)
10000m (M)	10000m (M)	10000m (M)
Marathon (M/F)	Marathon (M/F)	Marathon (M/F)

5.1.1 MULTI-CLASS

4 x 100m Relay (M/F)
4 x 400m Relay (M/F)

5.2 FIELD EVENTS

Class B1	Class B2	Class B3
Long Jump (M/F)	Long Jump (M/F)	Long Jump (M/F)
Triple Jump (M/F)	Triple Jump (M/F)	Triple Jump (M/F)
High Jump (M/F)	High Jump (M/F)	High Jump (M/F)
Discus (M/F)	Discus (M/F)	Discus (M/F)
Javelin (M/F)	Javelin (M/F)	Javelin (M/F)
Shot Put (M/F)	Shot Put (M/F)	Shot Put (M/F)
Hammer (M)	Hammer (M)	Hammer (M)

5.2.1 WEIGHT OF IMPLEMENTS

The weights of the implements to be used in the Throwing Events shall be:

	Discus	Javelin	Shot	Hammer
Female	1.0 kg	600 g	4.0 kg	
Male	2.0 kg	800 g	7.26 kg	7.26 kg

5.3 COMBINED EVENTS

Class B1	Class B2	Class B3
Pentathlon (M/F)	Pentathlon (M/F)	Pentathlon (M/F)

Pentathlon for men shall consist of five events which shall be held on one day in the following order:

Long Jump, Javelin, 100m, Discus and 1500m.

Pentathlon for women shall consist of five events which shall be held on one day in the following order:

Long Jump, Shot Put, 100m, Discus and 800m.

5.3.1 Scores will be calculated from the current IAAF scoring tables. For the Women's Discus and 100m events the scores shall be calculated using the Tables in Appendix A.

5.4 YOUTH EVENTS

5.4.1 There shall be two age divisions.

The Junior Division shall include any athlete under the age of 14 years on the 31st of December in the year of the competition.

The Intermediate Division shall include any athlete under the age of 17 years on the 31st of December in the year of the competition but over the age of 14 years.

The recognised events for Youth competition shall be:

Junior Division	Intermediate Division
60m	100m
300m	400m
600m	800m
	1500m
Long jump	Long Jump
	High Jump
Ball throw (150 g Baseball)	Javelin (600 gms)
Shot put (3 kg)	Shot put (5 kg Boys; 4 kg Girls)
4 x 60m Relay	4 x 200m Relay

NOTE: it is recommended that Youth competition organisers make selection from the list of recognised events taking account of the circumstances of the competition itself, and the demands it places upon individual competitors.

5.4.2 BALL THROW

Apart from the substitution of the ball for the Javelin, all IAAF Javelin rules for the conduct of this event will otherwise apply.

The measurement of each throw shall be made immediately after the throw from the point where the ball first strikes the ground.

5.5 INDOOR EVENTS

The Indoor events recognised by IBSA for both Men and Women shall be:

60m, 200m, 400m, 800m, 1500m, 5000m,
High Jump, Long Jump, Triple Jump, Shot Putt.

II. COMPETITION RULES

6. ACCESS TO COMPETITION AREAS

6.1 ESCORTS AND/OR GUIDE RUNNERS

6.1.1 Only escorts or guide runners for B1 and B2 athletes will be permitted to accompany competitors onto the track or into throwing and jumping areas. Those persons acting as guides or escorts must be clearly identified by wearing a bright orange vest provided by the Organizing Committee (see 7.4.8).

6.1.2 Competitors in the B1 Triple Jump and the B1 Long Jump may use a caller to provide acoustic orientation during the approach run and a guide to assist in positioning the athlete on the run-way.

6.1.3 B2 athletes for jumping events may be accompanied to the competition area by only one person, who may serve as caller and/or guide. No additional persons will be permitted in the competition area.

6.2 FIELD EVENT TIME LIMITS

6.2.1 In field events where competitors receive assistance from callers or guides, the time allowed for an attempt shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation.

NOTE: If the athlete loses their orientation so that he or she

requires to be re-oriented, the clock shall be stopped and only re-started (to include any elapsed time already recorded) once orientation has again been completed.

7. RUNNING COMPETITION RULES

7.1 100M FOR CLASS B1

7.1.1 ELITE COMPETITIONS

The 100m event for Class B1 in World Championships and in Paralympic Games, and in other elite international competitions, shall be organised on the basis of a race for four athletes with guides, to include all necessary preliminary rounds, semi-finals, and finals. (Rules under 7.2 also apply for competition on this basis.)

7.1.2 In competitions at Continental, World and Paralympic level, the start regulations of IAAF will apply. Competitors must use starting blocks.

7.1.3 OTHER COMPETITIONS

At other levels of competition, and for purposes of Youth and Development competition in particular, this event may alternatively be organized as a series of individual timed runs by each competitor in turn. The result will be determined by ranking of the times recorded.

7.1.4 Where there are more than six participants in the case of a 100m organised on the basis of individual timed runs, the event shall be organized in the form of a qualifying round and a final, with the best six times advancing to the final.

7.1.5 The order in which athletes run shall be determined in the first instance by lot. However, where there is a final, the running order will be arranged so that the fastest runner from the qualifying round will run last, the second fastest second last, etc.

7.1.6 In case of a tie for first place, all competitors tying will compete again if it is practicable. If it is not, the result will stand.

7.1.7 A B1 sprinter competing within a competition based on individual timed runs may run with the help of not more than two callers, one of whom must remain behind the finishing line. There is no restriction on the position taken up by the second caller (if one is used), but he or she must not break the finishing line ahead of the athlete.

It is the responsibility of the caller to ensure that the athlete is properly orientated in the start position, and to guide him/her over the whole distance of the race.

7.1.8 A B1 sprinter may also use a guide runner in competitions based on individual timed runs.

7.1.9 A re-trial may only be requested when circumstances beyond the control of the athlete and caller/guide (as a team) have interfered with the performance of the athlete.

7.1.10 In events at this non-elite level, competitors in B1 and B2 sprint events for 100 - 400m may choose to start with or without starting blocks, or to use a standing start.

7.2 200M-800M FOR CLASS B1

7.2.1 Runners of Class B1 run accompanied by a guide. Each runner shall be allocated two lanes for himself and his guide. This allocation constitutes the competitor's "lane", and both runner and guide must remain within it from start to finish. Whether the athlete runs inside or outside of the guide is the option of the "team," but that choice will not affect the lane allocation or start line.

7.2.2 The start lines in a staggered start will be those marked for IAAF lanes 1, 3, 5, 7, etc. These lines should be extended accordingly across IAAF lanes 2, 4, 6, and 8 respectively, using tape of the same colour as the IAAF markings.

7.3 CLASS B2

7.3.1 B2 athletes shall have the right to be allocated two lanes (for themselves and their guides) in all races run in lanes and in 800m starts in lanes. When two lanes are allocated to a B2

athlete and guide, the lane conditions under Rule 7.2 apply in this class.

7.3.2 An athlete in Class B2 may opt to use a guide in any running event. If this option is exercised, the rules for Class B1 guiding apply.

7.3.3 In competitions at Continental, World and Paralympic level, the start regulations of IAAF will apply. Competitors must use starting blocks.

7.4 METHODS OF GUIDANCE

7.4.1 Athletes are encouraged to bring their own guides to competitions. However, the organizers will provide an appropriate guide if the need has been indicated on the entry form in advance (together with specific details of the standard of guidance required).

7.4.2 Competitor and guide are in competition to be regarded as a team.

7.4.3 As the blind runner crosses the finish line **or enters the relay exchange box in the relay**, the guide must be behind the athlete.

7.4.4 The method of guidance is the choice of the athlete. He or she may choose to use an elbow lead, or a tether, or to run free. In addition, the runner may receive verbal instruction from the guide.

Bicycles or other mechanical means of transport may not be used by guides.

7.4.5 At no time may the guide pull the athlete, or propel the athlete forward by pushing. Infringement of this rule shall lead to disqualification.

7.4.6 Whether or not a tether is being used, the athlete and guide shall be not more than 0.50m apart at all times.

NOTE: where extraordinary or accidental circumstances lead to a breach of this rule it shall be the sole responsibility of the

IBSA technical official to decide for or against disqualification. The principles that will govern such a decision shall include consideration of any danger to or disadvantage suffered by another competitor in the same race.

7.4.7 For middle and long distance track races (above 400m) two guides are allowed. Only one exchange of guides is permitted for each runner. The exchange (change-over) must take place without any hindrance to other runners, and must take place only on the straight.

The intention to change guides must be notified in advance to the track referee and IBSA technical official. The technical officials will determine the conditions of the change-over and will communicate these in advance to race competitors.

7.4.8 Guide runners must wear a bright orange running vest, in order that they are clearly distinguished from competitors. These vests will be provided by the Organizing Committee after consultation with and approval by the IBSA Technical Official.

7.5 MARATHON RACE

7.5.1 The Marathon Race will be run with competitors of the classes B1, B2 and B3 together.

7.5.2 In the Marathon Race, the organizers shall provide numbers that distinguish between the Classes (B1, B2 and/or B3) being contested.

7.5.3 Competitors and their guides may receive assistance at the feeding stations.

NOTE: organizers must ensure that officials are aware of the specific problems of safety presented in providing drinks to blind and partially sighted competitors, and that adequate training is given to all assistants involved.

7.5.4 The finishing order will be determined for all three classes.

7.5.5 A relay of up to four guide runners may be used for B1 and B2 competitors, but change-overs may only take place at 10K,

20K and 30K. No runner may be accompanied by more than one guide at a time. All guides who are not accompanying a runner must leave the marathon course.

NOTE: it is strongly recommended that organizers ensure that the race take place in its entirety in good daylight conditions.

7.6 RELAY RACES

7.6.1 The relay team must have a minimum of one B1 and one B2 runner. The relay team shall have no more than one B3 runner.

7.6.2 Runners will exchange a baton.

7.6.3 Each relay team shall be allocated two lanes.

7.6.4 The IAAF exchange zones will be used. The lines marking the take-over zone shall be those used in lanes 1, 3, 5 and 7. It will be necessary to extend these lines (and start lines) into the adjacent lane for purposes of meeting the requirements of rule 7.7.3. The extension of start and exchange box lanes shall be done with tape of the same colour as the existing IAAF lane markings.

7.6.5 A fair exchange is established when the incoming runner passes the baton to the outgoing runner within the take-over zone. The baton exchange may take place either between guides or athletes without restriction, except that the conditions of 7.4 must be met. The guide must be behind the incoming athlete at the moment of entering the exchange zone. The outgoing athlete and guide must both be inside the exchange zone at the moment when the baton is passed.

7.6.6 Once the waiting runner leaves the take-over zone, he or she shall not re-enter the take-over zone.

7.6.7 One umpire per relay team will be assigned at each take-over zone.

7.6.8 One guide per exchange zone shall be allowed to come onto the track to help in the positioning of any B2 runner who

intends to run without a guide. The guide must remain in a position that does not interfere with the conduct of the race.

7.6.9 The 4 x 100m relay race will be run entirely in lanes with each team being allocated two lanes. Exchange zones will be as for lanes 1, 3, 5, 7, etc. (See Rule 7.2, above.)

7.6.10 The 4 x 400m relay race: each team will be allocated two lanes for the start and the first lap, with the first exchange taking place as for lanes 1, 3, 5, 7, etc.

7.6.11 The lane markings for start and change-over shall be extended into the outer of the two lanes by using tape of the same colour as the original IAAF track markings.

7.7 PRELIMINARY ROUNDS AND FINALS

7.8.1 For all classes and all track events there shall be preliminary rounds and finals if the entry numbers are sufficient.

7.8.2 In international events at Continental, World and Paralympic level, in classes B1 and B2, wherever possible the Finals in events at 100m, 200m and 400m shall be run as two races, (an A-Final and B-Final). The A-Final results will take priority over B-Final results for the award of medals and titles, and for the consolidation of the Final ranking, regardless of times recorded.

7.8.3 Semi-finals in B1 and B2 events 100-400m will be used to identify those who qualify for the A-finals (by position and times). The next four athletes in the semi-finals will participate in the B-finals. Eight athletes will be ranked according to 7.8.2 as Finalists.

7.8.2 Track events shall have the following maximum numbers of runners (exclusive of guides):

	Class B1	Class B2	Class B3
100	4#	4	8
200	4	4	8
400	4	4	8

800	4/5*	5*	8
1500	6	8	10
5000	10	10	20
10000	10	10	20

* Dependent on starting arrangements

For individual timed runs the maximum is 6

7.8.3 The following qualifying conditions will apply for preliminary rounds and finals, except with the agreement of the IBSA technical official appointed for the championships concerned:

100-400m B1 & 100-400m B2

5-8 entries	1st in two heats + 2 fastest losers to A-Final Next four by time to B-Final
9-12 entries	1-2nd in three heats + 2 fastest to semi-finals
13-16 entries	1st in four heats + 4 fastest in semi-finals 1st in semi-finals + 2 fastest to Final

100-1500 B3

9-16 entries	1-3rd in two heats + 2 fastest to Final
17-24 entries	1-4th in three heats + 4 fastest to semi-finals 1-3rd in semi-finals + 2 fastest to Final
25-32 entries	1-3rd in four heats + 4 fastest to semi-finals 1-3rd in semi-finals + 2 fastest to Final

800 B1 & B2 (Assuming five runners per race)

6-10 entries	1-2nd in two heats + 1 fastest to Final
11-15 entries	1-2nd in three heats + 4 fastest to semi-finals 1-2nd in semi-finals + 1 fastest to Final
16-20 entries	1-2nd in four heats + 2 fastest to semi-finals 1-2nd in semi-finals + 1 fastest to Final

1500 B1 & B2

7-12 entries 1-2nd in two heats + 2 fastest to Final

13-18 entries 1-3rd in three heats + 3 fastest to semi-finals
1-2nd in semi-finals + 2 fastest to Final

5000-10000 B1 & B2

11-20 entries 1-3rd in two heats + 4 fastest to Final

21-30 entries 1-2nd in three heats + 4 fastest to Final

5000-10000 B3

21-40 entries 1-8th in two heats + 4 fastest to Final

7.9 TIMEKEEPING

7.9.1 In view of the difficulties for athletes of all sight categories in reading the time-display clocks placed at track side, coaches will be permitted to call times to athletes in races covering distances of 800m and above, but must do so from outside the track.

8. JUMPING COMPETITIONS

8.1 LONG AND TRIPLE JUMP

8.1.1 Escorts and/or callers may be used only by athletes in classes B1 and B2. See 6.1 (above).

8.1.2 For B1 and B2 athletes, the take-off area shall consist of a rectangle 1 x 1.22 metres, which must be prepared in such a way (by the use of powder, or light sand, etc.) that the athlete leaves an impression on the area with his or her take-off foot.

NOTE: for purposes of safety, it is strongly recommended that the minimum distance between the axis of the runway and the sides of the landing area be 1.75 metres. If this recommendation cannot be met, additional safety measures

may be required by the IBSA technical official responsible for the event.

8.1.3 Measurement of the length of the jump in B1 and B2 competition will be made from the point of landing in the pit to the nearest impression left by the take-off foot. Where an athlete does not take-off from the take-off area but before it, the measurement will be made from the point of landing in the pit to the edge of the take-off area furthest from the pit.

8.1.4 The take-off area otherwise functions in the same way as a normal take-off board (i.e. it is not permitted for an athlete to take-off with any part of his or her foot beyond the edge of the take-off area closest to the pit).

NOTE: in the Triple Jump the rules require that the take-off and landing in the pit be effected within the limits defined by IAAF rules as modified here. There is no requirement that the intermediate phases of the jump take place within the limits of the runway provided the athlete lands successfully in the landing-pit.

8.1.5 The minimum distances between the take-off area or board and the landing pit shall be as follows:

Long Jump	(B1,B2)	1 metre
Triple Jump	(B1)	9 metres
Triple Jump	(B2)	11 metres
Triple Jump	(B3)	11 metres

NOTE: the exact distances from board to pit will be determined for each competition in consultation with the IBSA technical official.

8.1.6 Should any competitor in the long or triple jump request verbal confirmation of the starting of the clock for timing his or her attempt, an official shall be assigned to provide such information.

8.2 HIGH JUMP

- 8.2.1** Class B1 jumpers are permitted to touch the bar as an aid to orientation before run-up. If on so doing the athlete dislodges the bar this will not count as an attempted jump.
- 8.2.2** Competitors in classes B1 and B2 are permitted to use a caller to provide acoustic orientation. The caller must stand in a position that does not hinder the event officials.
- 8.2.3** Class B2 jumpers are permitted to place a visual aid on the bar. This must be approved by the responsible technical official.

9. THROWING COMPETITION RULES

- 9.1** Escorts and/or callers may be used only by throwers in classes B1 and B2. See 6.1 (above).
- 9.2** Competitors in Class B1 and in Class B2 where appropriate must be brought to the throwing circle or run-way by an escort.
- 9.3** It is the task of the escort to help the athlete orientate himself or herself in the throwing circle or on the run-way before the throwing attempt. The escort must leave the run-way or the circle before the throw can begin.
- 9.4** Acoustic orientation is permitted for athletes in classes B1 and B2 before, during and after their throwing attempts.
- 9.5** Competitors in B1 and B2 may be escorted from the throwing circle or runway only after the judges have determined whether the attempt is valid or not.
- 9.6** If the event judge determines that an escort who is providing acoustic orientation is in an unsafe location, the judge shall require the escort to move.

10. PENTATHLON COMPETITION RULES

- 10.1** The Pentathlon shall be carried out in one day and in the following sequence of events:

Men: Long Jump, Javelin, 100m, Discus, 1500m
Women: Long Jump, Shot Put, 100m, Discus, 800m

Current IAAF Scoring Tables will be used except for Women's 100m and Discus, for which the Tables are provided in Appendices 1 and 2.