ATHLETICS

TECHNICAL RULES AND REGULATIONS

2026

ATHLETICS

TECHNICAL RULES AND REGULATIONS

1. GENERAL CONDITIONS 4
2. ELIGIBILITY 5
3. DELEGATION COMPOSITION 6
4. TEAM OFFICIALS 7
5. EVENTS PROGRAM 8
6. SPECIFIC ENTRY RULES 9
7. IDENTIFICATION OF STUDENT-ATHLETES AND TEAM OFFICIALS 9
8. DRAWS 9
9. TECHNICAL RULES 10
10. SYSTEM OF PLAY 11
11. WITHDRAWAL 12
12. WARM-UP AREA & WARM-UP PROCEDURE 12
13. CALL ROOM PROCEDURES 13
14. SPIKES & SHOES 14
15. PROTESTS AND APPEALS 14
16. SOLE PARAGRAPH 14

GENERAL

The purpose of the “ISF Athletics Technical Rules and Regulations” is to provide standardized rules and regulations for ISF-GYMNASIADE-U18- BRASIL 2026. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy and the ISF General Competition Regulations.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the GENERAL CONDITIONS under which participants can take part in the ISF-GYMNASIADE-U18- BRASIL 2026;
2. ELIGIBILITY FOR ISF-GYMNASIADE-U18-BRASİL 2026
3. ABOUT DELEGATION COMPOSITION
4. TEAM OFFICIALS
5. EVENTS PROGRAM
6. SPECIFIC ENTRY RULES
7. IDENTIFICATION OF STUDENT-ATHLETES AND TEAM OFFICIALS
8. DRAWS
9. TECHNICAL RULES
10. SYSTEM OF PLAY
11. WITHDRAWAL
12. WARM UP AREA & WARM UP PROCEDURE
13. CALL ROOM PROCEDURES
14. SPIKES & SHOES
15. PROTESTS AND APPEAL

Please note that the technical rules and regulations are applicable to all ISF events, specifically to ISF-Gymnsiade-U18-Brasil 2026.

1.GENERAL CONDITIONS

RULES OF COMPETITION

The athletics competition ISF-Gymnsiade-U18 BRASIL 2026, will be run according to the ISF rules and regulations of World Athletics (WA) and World Para Athletics (WPA) technical rules under the direction of the ISF Athletics Technical Commission. Any decisions over matters not mentioned in the present document will be taken by the ISF Technical Commission.

The ISF Athletics events are open to young student-athletes regardless of their athletic level.

- Specific sports formats shall be described in the event bulletins.
- The competition will be organized in Boys categories, and Girls categories.
- The composition of each delegation, the number of individuals, and the final sport events that each ISF athletics event is accepting will be defined for each event accordingly.
- The athletics competition will be held over 4 days.
- The competition will be governed by qualified referees, with training and knowledge recognized by World Athletics and the local Athletics Federation.

SAFETY

In the interest of Safety to athletes, officials, coaches, volunteers, and spectators the following should always be adhered to:

- Warm ups must be done in the designated warm up area.
- Warm ups must be supervised by a coach.
- In the warm-up track, throw events will always be supervised and organized by an official designated by the local organization.
- No glass is permitted within the warm up area.
- Athletes must take care crossing the track and care during throws training.

2. ELIGIBILITY FOR ISF-GYMNASIADE-U18-BRASIL 2026

The Athletics competition will be exclusive to student-athletes born in the following years;

GENDER	BIRTH YEARS
Boys	**2008-2009-2010-2011**
Girls	

- All student-athletes must be enrolled as full-time students at a school in the country in which they represent.
- All student-athletes must attend schools that provide general education, or an alternative form of general education approved by the relevant Ministry of Education in their respective country.
- Only athletes, registered on the team's list handed in at the accreditation, are authorized to take part in this competition.

THE FOLLOWING ARE NOT ELIGIBLE TO PARTICIPATE:

- Attendees of vocational schools that only attend a school as a complement to their vocational training and are not full-time students with a segment of general education.
- Students enrolled at schools that provide sports training without any general education.
- Part time students
- Students receiving home education

3. DELEGATION COMPOSITION

EACH DELEGATION WILL CONSIST OF:

- Head of Delegation - mandatory
- Deputy Head of Delegation - optional
- Student Athlete(s) – mandatory
- Team officials – mandatory
- Field of Play Officials (referees/umpires/judges) - optional
- Additional adults – optional
- Safeguarding officer - optional

HEAD OF DELEGATION (HOD)

- There is a mandatory amount of one (1) head of the delegation per registering delegation. The head of the delegation shall be the sole intermediary between the delegation and the Local Organizing Committee, and the ISF.
- He/she may not combine the function with any other official role (i.e., coach, referee, etc.).

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation. The presence of the Deputy HoD is not mandatory.
- max 1 Deputy Head of a delegation from 100 to 200 participants. max 2 Deputy Heads of a delegation from 201 or more participants.

ATHLETES

- All student-athletes must be enrolled as full-time students at a school in the country in which they represent as already mentioned.

4. TEAM OFFICIALS

COACHES

• The presence of a coach is mandatory.
• Teams or individuals cannot participate in the competition without the presence of a coach.
• Each delegation shall enter a minimum of one (1) coach per gender.

OTHER TEAM OFFICIALS

• The function of other team officials can be: doctor, coach, physiotherapist, statistician, team manager etc.
• The presence of the other team officials is not mandatory.
• The function of the other team officials must be specified during the registration process.
• Any person not specified during registration or exceeding the limit will not be considered part of the team.

ADDITIONAL ADULTS

• The function of additional adults can be: interpreter, security personnel, ministry representative, media, etc.
• The presence of additional adults is not mandatory.
• The function of each additional adult must be specified during the registration process.
• Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.
• Number of additional adults depends on the size of the delegation. Specific numbers shall be defined in the event bulletins

SAFEGUARDING OFFICER

• The role of the safeguarding officer is to provide support to the delegation in any situation related to safety.

5. EVENTS PROGRAM

EVENTS		
CATEGORY	**GIRLS**	**BOYS**
RACES	100m, 200m, 400m, 800m, 1500m, 3000m	
RACES OVER HURDLES	**100 meter:** 10 Hurdles **0,762cm:** Heigth **13m:** The distance from the start to the first hurdle; **8,50m:** The distance between the hurdles **10,50m:** The distance from the last hurdle to the finish	**110 meter:** 10 Hurdles **0,914cm:** Heigth **13,72m:** The distance from the start to the first hurdle; **9,14m:** The distance between the hurdles **14,02m:** The distance from the last hurdle to the finish
	400 meter: 10 Hurdles **0,762cm:** Heigth **45m:** The distance from the start to the first hurdle; **35m:** The distance between the hurdles **40m:** The distance from the last hurdle to the finish	**400 meter:** 10 Hurdles **0,84cm:** Heigth **45m:** The distance from the start to the first hurdle **35m:** The distance between the hurdles **40m:** The distance from the last hurdle to the finish
OBSTACLES	**2.000m Steeplechase** Obstacles must be 0,762cm high.	**2.000m Steeplechase** Obstacles must be 0,84cm high.
JUMPS	High Jump, Long Jump, Triple Jump, Pole Vault	
THROWS	Shot Put: (3,0kg) Discus: (1,0kg) Javelin: (500g) Hammer: (3,0kg)	Shot Put: (5,0kg) Discus: (1,5kg) Javelin: (700g) Hammer: (5,0kg)
RELAYS	4x100m - **Medley1:** (100m-200m-300m-400m) -**Medley 2:** (800m - 600m - 400m - 200m)	

The exact sport program will be set according to the event type.

6. SPECIFIC ENTRY RULES

- There is no limit to the number of student-athletes per country, per event, per gender and number of team officials.
- Each participant may register for one (1) individual event + 2 relays, or two (2) individual events + 1 relays, or three (3) individual events
- Each delegation must register at least 1 (one) coach per gender.
- In field event qualifications, three (3) attempts will be allowed to reach the determined mark; if the student-athlete reaches the determined mark in the first (1st) or second (2nd) attempt, he/she will automatically qualify for the final and must immediately stop participating.
- In field event finals (Throws, Long Jump & Triple Jump), four (4) attempts will be allowed to the finalist student-athletes.

7. IDENTIFICATION OF STUDENT-ATHLETES AND TEAM OFFICIALS

ENTRY PASSES (ID)

Athletes, coaches and team managers must go through the accreditation sector, where they will receive their personal and non-transferable identification, which must be used throughout the competition, and must be required in the following locations;

- Accommodation location;
- Transport for training and competitions
- Restaurants and all eating places
- Entrance to the training and warm-up area
- Competition stadium
- technical information center

STADIUM ENTRY

- Entry to the stadium for athletes, coaches and officials will be made through the access gate established by the organization as established for authorized persons
- Unauthorized people will not be allowed to enter.

8. DRAWS

- The draw for heats and field qualifying events will be the responsibility of the ISF Technical Commission and Organizing Committee with due reference being made first to the country and secondly to the times and distances indicated on the entry form.

9. TECHNICAL RULES

STARTING BLOCKS

• Only starting blocks provided by the organizing Committee shall be used
• Private starting blocks will not be permitted.
• In track events, a false start will result in the disqualification of the athlete in question or of the relay team.

RELAYS

- Team registration forms must be sent to the TIC 1 day before or up to 4 hours before entering the call room.
- These team forms must provide the names of countries, athletes and their bib numbers and must be in running order including reserve runners
- An athlete who has not previously participated in the Championships at the time registrations close will not be permitted to run in a relay.
- The team will compete as named and in the stated order or be subject to disqualification.

PERSONAL IMPLEMENTS

- Athletes who wish to use their own throwing instruments during the Competition MUST present them to the Technical Manager in the Technical Implements Room;
- The person and location will be informed at the technical meeting;
- All personal equipment must be delivered the day before the event, will be registered and will be stored until after the event.
- Athletes will only be able to hand in a maximum of two implements per event in which they will compete.
- Pole vault athletes must deliver their poles to the Technical Implements room at least 1 day before the event or at least two hours before the event and must be clearly identified with the athlete's name and country.

FIELD EVENTS

- In the throwing and horizontal jumping events, all athletes will have three attempts.
- At the end of everyone's third attempt, the 8 best athletes with a valid attempt will have 3 more attempts as established by rule.
- If there are 8 or fewer athletes, all athletes will have 6 attempts.
- In vertical jump events, all athletes will have 3 attempts per height, as established by rule.

TECHNICAL MEETING

- The participation of representatives from each COUNTRY in the technical meeting is mandatory, which will be held on a date and place previously established by the Organizing Committee.

COMPETITION BIBS

- The bib numbers and pins will be delivered to the head coach or manager of each team, who will be responsible for distributing them to the athletes under their control.
- Athletes will receive two bib numbers that must be worn on the front and back, except Jumping events that only require the use of a bib number.
- Athletes' bib numbers must be securely fastened with four pins.
- All bib number information must be seen.
- No part of the bib number can be tucked under the uniform.
- Athletes who tamper with the competition bib number may be held responsible for disqualification.
- Any athlete who loses their bib number must go to the TIC to obtain a replacement bib.
- Hip numbers will be provided in the Call Room and must remain securely attached.

10. SYSTEM OF PLAY

THE PROGRESSION RULES FOR EACH EVENT WILL BE DETERMINED AS FOLLOWS:

Events	100m, 200m, 400m,100mH,110mH,400mH	
1 to 8 Athletes	**Direct to Final**	
9 to 16 Athletes	**2 Heats**	**First 3 + 2 fastest times go to final**
17 to 24	**3 Heats**	**First 2 + 2 fastest times go to final**
25 to 32	**4 Heats**	**First 3 + 4 fastest times go to SF or 4 Heats (8 fastest go to final)**

Events	800m, 4x100m, Medley Relay	
1 to 8 Athletes	**Direct to Final**	
9 to 16 Athletes	**2 Heats**	**First 3 + 2 fastest times go to final**
17 to 24	**3 Heats**	**First 2 + 2 fastest times go to final**
25 to 32	**4 Heats**	**First 3 + 4 fastest times go to final + SF & Final or 4 Heats (8 fastest go to final)**

Events	**1500m**	
1 to 15 Athletes	**Direct to Final**	
16 to 30 Athletes	**2 Heats**	**First 4 + 4 fastest times go to final**
31 or more	**3 Heats**	**First 6 + 6 fastest times go to final or 12 fastest times go to final**

If the registration numbers do not reach the numbers required to carry out the qualifiers, the event will go to the final and will be held at the final time.

11. WITHDRAWAL

- Cancellations must be submitted immediately after the technical meeting in the TIC room, as this may change the number of batteries required.
- Cancellations must be sent on the appropriate form signed by the Head coach or Team Manager to TIC always the day before the event or at least 3 hours before the event start time.
- If an athlete fails to leave an event after confirmation or does not compete in all rounds of an event in which he/she has qualified, he/she may not be allowed to compete further.
- No athlete who has withdrawn from the competition due to health problems may re-enter the competition (relay team included) unless the athlete provides a medical certificate and authorization and delivers it to the Technical Delegate.

12. WARM UP AREA & WARM UP PROCEDURE

- Warm-ups will be permitted for student athletes competing during the events period.
- Warm-ups must be carried out in a location in accordance with the event that will be performed by the student-athlete.
- No training sessions can be carried out inside the warm-up track during the competition.
- The shot put warm-up must be carried out in the appropriate throwing circle and under the supervision of a referee and coach.
- No throwing will be allowed in the warm-up area.
- Heating with hurdles must respect an established location.
- Athletes must first report to the call room (45 minutes before the race) and will then be escorted to the competition location.

13. CALL ROOM PROCEDURES

- All student-athletes and para-athletes competing for the first time must report to the convocation chamber in accordance with the Schedule.
- The Call Room will be located on the warm-up track as specified on the track map for all able-bodied athletes who have access.
- The Para-Athlete Assistance and Assistance Room will be located on the warm-up track in a location accessible to athletes with mobility difficulties.
- All athletes are required to report to the event call room before the end of the published call time. Failure to comply with this recommendation will result in the exclusion of the student-athlete from that event and all other events in which they are registered.
- If an athlete's name appears on the start list and he does not appear in the call room to perform the event, the athlete will be noted as DNS and will not be able to compete.
- According to the established rule, an athlete will be excluded from participating in all other competition events, including situations in which:
- Final confirmation was given that the athlete would start the event, but was unable to participate.
- An athlete classified in a previous stage of a race must present themselves for new participation in this event if they still intend to compete in the event and continue in the competition

• Only participants who will compete will be able to enter the call room.
• Para-athletes must always have a consultation room with their coach or guide; Tickets will be waived for athletes who have easy mobility.
• Officials will check all athletes in accordance with WA and WPA rules:
• The correct uniform must be worn upon entering the conference room.
• The bib numbers must be properly displayed as established by rule.
• Competition footwear will be checked in accordance with the rules established by World Athletics.
• Checking competition racing chairs and launching structures must be in accordance with WPA rules and will be checked in the conference room.
• In track events, bags must be left and removed in the mixed zone.

ENTRANCE FEES TO THE TRACK OR ATHLETIC FIELD

- Track Events - 15 minutes before
- Hurdles Events - 20 minutes before
- Field Events - 40 minutes before
- Pole Vault - 75 minutes before

SIMULTANEOUS PARTICIPATIONS

- If a student-athlete is in two events at the same time, he or she together with his or her coach must fill out a "simultaneous evidence form" (Available at TIC), where both assume responsibility for any loss in the results.
- The athlete must take a copy of the completed form to the Call Room and submit the first event.

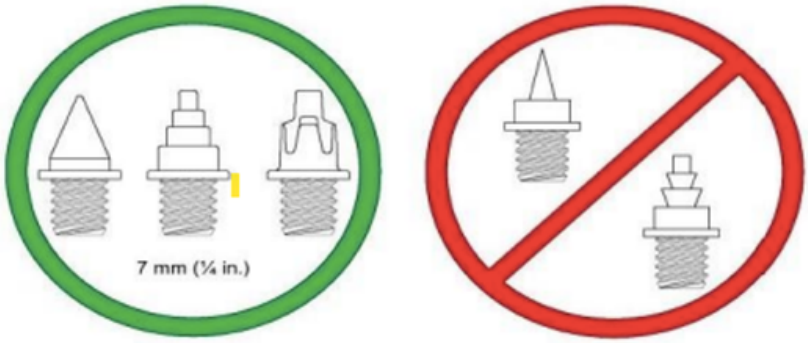
14. SPIKES & SHOES

The requirements of the Manama National Stadium track surface are:

• Maximum length of spikes is 6mm (7mm will be accepted) except in High Jump and Javelin where a maximum of 9mm is allowed

• Only Pyramid/Cone, Christmas Tree shapes are permitted

• Needle, Pin and undercut pyramid are NOT allowed



• The use of tennis shoes with carbon plates may be prohibited.

15. PROTESTS AND APPEALS

- Appeals involving results or any matter not concerning discipline will be heard by the Jury Appeal.
- The appeal must be lodged within 30 minutes of the incident and be submitted in English.
- The payment of amount 50€ must accompany the appeal and to be paid to LOC in cash.
- This payment will be refunded only if the appeal is upheld or at the discretion of the Jury Appeal. In the case of an unsuccessful appeal, the payment will be retained by the ISF.

16. SOLE PARAGRAPH

Omitted cases will be decided by the ISF Athletics Technical Committee.

ATHLETICS

TECHNICAL RULES AND REGULATIONS

WE ARE SCHOOL SPORT

www.isfsports.org

@ISFsports