

**A B A F**  
Association of the  
Balkan Athletic Federations

# **BALKAN CHAMPIONSHIPS REGULATIONS**

<b><u>Topics</u></b>	<b><u>Pages</u></b>
Senior Championships	1 - 3
Junior Championships	4 - 6
Youth Championships	7 - 8
Indoor Championships	9 - 10
Cross Country Championships	11 - 12
Race Walking Championships	13 - 14
Marathon Championships	15
Mounting Running Championships	16

**Athens, February 2007**

## BALKAN SENIOR CHAMPIONSHIPS

The Championships will be staged on two days every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

### 1. Programme:

- 1.1. The programme shall comprise the below mentioned track events and the order shall normally be as follows:

First Day		Second Day	
Men	Women	Men	Women
400m Hurdles	400m Hurdles	110m Hurdles	100m Hurdles
100m	100m	800m	1500m
400m	400m	200m	200m
1500m	800m	3000m	5000m
5000m	3000m	3000m steeple	-
-	3000m Steeple	-	-
4x100m	4x100m	4x400m	4x400m

- 1.2. The programme shall comprise the below mentioned field events, normally divided between the two days as follows:

First Day		Second Day	
Men	Women	Men	Women
High Jump	Pole Vault	Pole Vault	High Jump
Long Jump	Triple Jump	Triple Jump	Long Jump
Shot Put	Discus Throw	Discus Throw	Shot Put
Hammer Throw	Javelin Throw	Javelin Throw	Hammer Throw

### 2. Entries:

- 2.1. The Championships is a team and individual competition.
- 2.2. Each country may compete with one athlete per event and one team in each relay event.
- 2.3. "Out of competition" athletes are accepted in a maximum of 8 events, in the basis of one athlete per event from the same country. Host country can compete with more athletes. Such athletes shall not score and shall not be eligible for medals.
- 2.4. No athletes younger than 14 years shall be accepted in any event. Athletes younger than 16 years may not compete in throws.

### 3. Scoring:

- 3.1. Men's and women's competitions shall be scored as one team.
- 3.2. At each competition, the winner of each individual and of each relay event will score 10 points, the second will score 9, the third 8, and so on.
- 3.3. If there is a tie in any event, the combined points of athletes so tying shall be divided. This rule also applies to the athletes achieving the same time in different heats when there are two heats in the running events up to and including 400m.
- 3.4. Athletes or relay teams disqualified or not finishing will not score.

- 3.5. In the event of two or more teams gaining the same number of points in the competition, the tie will be decided in favour of the team with the greater number of first places. Should the tie then still remain, the team with the greater number of second places will be given the higher position and this system will be applied, if necessary, to subsequent placings until the tie is decided.

#### **4. Financial Obligations:**

- 4.1. The host Federation shall cover the board and lodging expenses for a maximum of 4 nights of a maximum of 65 persons, that is 50 athletes and 15 officials in principle.
- 4.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 4.3. Local transport shall be arranged and paid for by the host Federation.
- 4.4. The host Federation shall also cover the board and lodging expenses for one ABAF delegate, and one Technical Delegate appointed by ABAF, who will be responsible for ensuring that all technical arrangements are in conformity with the IAAF Rules and also act as a Doping Control Delegate. In case the Technical Delegate and the host Federation mutually agrees on a site visit before the Championships, the board and lodging expenses shall be covered by the host Federation.
- 4.5. The travelling expenses of the ABAF Delegate and the Technical Delegate, including a site visit, shall be covered by the ABAF.
- 4.6. The host Federation will cover all expenses relating the doping control.

#### **5. Awards:**

- 5.1. First three placed athletes in each race shall receive medals.
- 5.2. First three placed teams of each race shall receive trophies.

#### **6. Ceremonies:**

- 6.1. An Opening Ceremony shall be held on the first day of the Championships. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.3. At team victory ceremonies, the captains of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.4. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

#### **7. Doping Control:**

- 7.1. Doping control shall be conducted for 3 men and 3 women.
- 7.2. The Technical Delegate will decide, in accordance with IAAF Rules and Guidelines for Doping Control, which placings from which events are selected for doping control.
- 7.3. The host Federation must provide the technical and medical facilities to carry out the doping control.

## **8. Technical Aspects:**

- 8.1. The allocation of lanes and the order of the competition in field events shall normally be determined according to the season bests of the participating athletes. This rule does not apply to the non-scoring athletes who should be placed in the empty lanes after seeding the scoring athletes in running events and no advance to the final. Where the number of the non-scoring athletes exceeds the number of the empty lanes, there shall be a separate “out of competition” heat held before the scoring event. The non-scoring athletes in the field events should take the first jumps/throws.
- 8.2. In the throwing events and the horizontal jumps, the athletes, including those participating “out of competition”, will have six trials where there are eight competitors or fewer. Where there are more than eight athletes, each athlete shall be allowed three trials, and the eight scoring athletes with best valid performances shall have three additional trials in conformity with the IAAF Competition Rules. Where there are more than eight athletes starting the competition, a non-scoring athlete may be awarded the three additional trials if only the scoring athletes having started are less than eight.
- 8.3. Starting heights and the bar raising increments for high jump and pole vault shall be proposed at the Technical Meeting considering the season bests of the participating athletes. The decision taken at the Technical Meeting shall be final.
- 8.4. The Technical Meeting shall be held the day before the first day of the competition, and shall be chaired by the Technical Delegate.

## **9. Printed Materials and Announcements:**

Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.

## BALKAN JUNIOR CHAMPIONSHIPS

The Championships will be staged on two days every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

### 1. Programme:

- 1.1. The programme shall comprise the below mentioned track events and the order shall normally be as follows:

First Day		Second Day	
Men	Women	Men	Women
400m Hurdles	400m Hurdles	110m Hurdles	100m Hurdles
100m	100m	800m	800m
400m	400m	200m	200m
1500m	1500m	3000m	3000m
5000m	3000m Steeple	3000m Steeple	-
4x100m	4x100m	4x400m	4x400m

- 1.2. The programme shall comprise the below mentioned field events, normally divided between the two days as follows:

First Day		Second Day	
Men	Women	Men	Women
High Jump	Pole Vault	Pole Vault	High Jump
Long Jump	Triple Jump	Triple Jump	Long Jump
Shot Put	Discus Throw	Discus Throw	Shot Put
Hammer Throw	Javelin Throw	Javelin Throw	Hammer Throw

- 1.3. The programme shall also comprise men's decathlon and women's heptathlon.

### 2. Entries:

- 2.1. The Championships is a team and individual competition.
- 2.2. Each country may compete with one athlete per event and one team in each relay event.
- 2.3. "Out of competition" athletes are accepted in a maximum of 10 events in the basis of one athlete per event from the same country. Host country can compete with more athletes. Such athletes shall not score and shall not be eligible for medals.
- 2.4. No athletes younger than 14 years shall be accepted in any event.

### 3. Scoring:

- 3.1. Men's and women's competitions shall be scored separately.
- 3.2. At each competition, the winner of each individual and of each relay event will score 10 points, the second will score 9, the third 8, and so on.
- 3.3. If there is a tie in any event, the combined points of athletes so tying shall be divided. This rule also applies to the athletes achieving the same time in different heats when there are two heats in the running events up to and including 400m.
- 3.4. Athletes or relay teams disqualified or not finishing will not score.

- 3.5. In the event of two or more teams gaining the same number of points in the competition, the tie will be decided in favour of the team with the greater number of first places. Should the tie then still remain, the team with the greater number of second places will be given the higher position and this system will be applied, if necessary, to subsequent placings until the tie is decided.

#### **4. Financial Obligations:**

- 4.1. The host Federation shall cover the board and lodging expenses for a maximum of 4 nights of a maximum of 65 persons, that is 50 athletes and 15 officials in principle.
- 4.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 4.3. Local transport shall be arranged and paid for by the host Federation.
- 4.4. The host Federation shall also cover the board and lodging expenses for one ABAF delegate, and one Technical Delegate appointed by ABAF, who will be responsible for ensuring that all technical arrangements are in conformity of the IAAF Rules and also act as a Doping Control Delegate. In case the Technical Delegate and the host Federation mutually agrees on a site visit before the Championships, the board and lodging expenses shall be covered by the host Federation.
- 4.5. The travelling expenses of the ABAF Delegate and the Technical Delegate, including a site visit, shall be covered by the ABAF.
- 4.6. The host Federation will cover all expenses relating the doping control.

#### **5. Awards:**

- 5.1. First three placed athletes in each race shall receive medals.
- 5.2. First three placed teams of each race shall receive trophies.

#### **6. Ceremonies:**

- 6.1. An Opening Ceremony shall be held on the first day of the Championships. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.3. At team victory ceremonies, the captains of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.4. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

#### **7. Doping Control:**

- 7.1. Doping control shall be conducted for 3 men and 3 women.
- 7.2. The Technical Delegate will decide, in accordance with IAAF Rules and Guidelines for Doping Control, which placings from which events are selected for doping control.
- 7.3. The host Federation must provide the technical and medical facilities to carry out the doping control.

## **8. Technical Aspects:**

- 8.1. The allocation of lanes and the order of the competition in field events shall normally be determined according to the season bests of the participating athletes. This rule does not apply to the non-scoring athletes who should be placed in the empty lanes after seeding the scoring athletes in running events and no advance to the final. Where the number of the non-scoring athletes exceeds the number of the empty lanes, there shall be a separate “out of competition” heat held before the scoring event. The non-scoring athletes in the field events should take the first jumps/throws.
- 8.2. In the throwing events and the horizontal jumps, the athletes, including those participating “out of competition”, will have six trials where there are eight competitors or fewer. Where there are more than eight athletes, each athlete shall be allowed three trials, and the eight scoring athletes with best valid performances shall have three additional trials in conformity with the IAAF Competition Rules. Where there are more than eight athletes starting the competition, a non-scoring athlete may be awarded the three additional trials if only the scoring athletes having started are less than eight.
- 8.3. Starting heights and the bar raising increments for high jump and pole vault shall be proposed at the Technical Meeting considering the season bests of the participating athletes. The decision taken at the Technical Meeting shall be final.
- 8.4. The use of multiple take-off boards at the triple jump competitions shall be decided at the Technical Meeting according to such demands.
- 8.5. The height of the hurdles and the weight of the throwing implements will be according to the IAAF Rules.
- 8.6. The Technical Meeting shall be held the day before the first day of the competition, and shall be chaired by the Technical Delegate.

## **9. Printed Materials and Announcements:**

Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.

# BALKAN YOUTH CHAMPIONSHIPS

The Championships will be staged on one day every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

## 1. Programme:

The programme shall comprise the below mentioned events:

Boys: 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 2000m steeple, 4x100m, high jump, long jump, triple jump, shot put, discus throw, javelin throw.

Girls: 100m, 400m, 800m, 1500m, 3000m, 100m hurdles, 2000m steeple, 4x100m, high jump, long jump, triple jump, shot put, discus throw, javelin throw.

## 2. Entries:

- 2.1. The Championships is a team and individual competition.
- 2.2. Each country may compete with one athlete per event and one team in each relay event.
- 2.3. "Out of competition" athletes are accepted in any event if technically possible. Such athletes shall not score and shall not be eligible for medals.
- 2.4. No athletes younger than 14 years shall be accepted in the throwing events and steeplechase.

## 3. Scoring:

- 3.1. Men's and women's competitions shall be scored separately.
- 3.2. At each competition, the winner of each individual and of each relay event will score 10 points, the second will score 9, the third 8, and so on.
- 3.3. If there is a tie in any event, the combined points of athletes so tying shall be divided. This rule also applies to the athletes achieving the same time in different heats when there are two heats in the running events up to and including 400m.
- 3.4. Athletes or relay teams disqualified or not finishing will not score.
- 3.5. In the event of two or more teams gaining the same number of points in the competition, the tie will be decided in favour of the team with the greater number of first places. Should the tie then still remain, the team with the greater number of second places will be given the higher position and this system will be applied, if necessary, to subsequent placings until the tie is decided.

## 4. Financial Obligations:

- 4.1. The host Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 40 persons, that is 30 athletes and 10 officials in principle.
- 4.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 4.3. Local transport shall be arranged and paid for by the host Federation.
- 4.4. The host Federation shall also cover the board and lodging expenses for one ABAF delegate.

## 5. Awards:

- 5.1. First three placed athletes in each race shall receive medals.
- 5.2. First three placed teams of each race shall receive trophies.

## **6. Ceremonies:**

- 6.1. An Opening Ceremony shall be held on the first day of the Championships. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.3. At team victory ceremonies, the captains of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.4. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

## **7. Doping Control:**

No doping controls will be conducted.

## **8. Technical Aspects:**

- 8.1. The allocation of lanes and the order of the competition in field events shall be determined by draw. The draw shall be made together by the Competition Director and the relevant member of the Organising Committee well in advance before the Technical Meeting. This rule does not apply to the non-scoring athletes who should be placed in the empty lanes after seeding the scoring athletes in running events and no advance to the final. Where the number of the non-scoring athletes exceeds the number of the empty lanes, there shall be a separate "out of competition" heat held before the scoring event. The non-scoring athletes in the field events should take the first jumps/throws.
- 8.2. In the throwing events and the horizontal jumps, the athletes, including those participating "out of competition", will have six trials where there are eight competitors or fewer. Where there are more than eight athletes, each athlete shall be allowed three trials, and the eight scoring athletes with best valid performances shall have three additional trials in conformity with the IAAF Competition Rules. Where there are more than eight athletes starting the competition, a non-scoring athlete may be awarded the three additional trials if only the scoring athletes having started are less than eight.
- 8.3. Starting heights and the bar raising increments for high jump and pole vault shall be proposed at the Technical Meeting considering the season bests of the participating athletes. The decision taken at the Technical Meeting shall be final.
- 8.4. The use of multiple take-off boards at the triple jump competitions shall be decided at the Technical Meeting according to such demands.
- 8.5. The height of the hurdles and the weight of the throwing implements will be according to the IAAF Rules.
- 8.6. The Technical Meeting shall be held the day before the first day of the competition, and shall be chaired by the Technical Delegate.

## **9. Printed Materials and Announcements:**

Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.

# **BALKAN INDOOR CHAMPIONSHIPS**

The Championships will be staged on one day in February every year.

## **1. Programme:**

The programme shall comprise the below mentioned events for both men and women:  
60m, 400m, 800m, 1500m, 3000m, 60m hurdles, high jump, pole vault, long jump, triple jump, shot put.

## **2. Entries:**

- 2.1. The Championships is a team and individual competition.
- 2.2. Each country may compete with one athlete per event.
- 2.3. "Out of competition" athletes are accepted in maximum 6 events in the basis of one athlete per event from the same country. Host country can compete with more athletes. Such athletes shall not score and shall not be eligible for medals.
- 2.4. No athletes younger than 14 years shall be accepted in any event.

## **3. Scoring:**

- 3.1. Men's and women's competitions shall be scored separately.
- 3.2. At each competition, the winner of each individual and of each relay event will score 10 points, the second will score 9, the third 8, and so on.
- 3.3. If there is a tie in any event, the combined points of athletes so tying shall be divided. This rule also applies to the athletes achieving the same time in different heats when there are two heats in the running events up to and including 400m.
- 3.4. Athletes disqualified or not finishing will not score.
- 3.5. In the event of two or more national teams gaining the same number of points in the competition, the tie will be decided in favour of the team with the greater number of first places. Should the tie then still remain, the team with the greater number of second places will be given the higher position and this system will be applied, if necessary, to subsequent placings until the tie is decided.

## **4. Financial Obligations:**

- 4.1. The host Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 35 persons, that is 25 athletes and 10 officials in principle.
- 4.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 4.3. Local transport shall be arranged and paid for by the host Federation.
- 4.4. The host Federation shall also cover the board and lodging expenses for one ABAF delegate, and one Technical Delegate appointed by ABAF, who will be responsible for ensuring that all technical arrangements are in conformity of the IAAF Rules and also act as a Doping Control Delegate.
- 4.5. The travelling expense of the ABAF Delegate shall be covered by the ABAF.
- 4.6. The host Federation will cover all expenses relating the doping control.

## **5. Awards:**

- 5.1. First three placed athletes in each race shall receive medals.
- 5.2. First three placed teams of each race shall receive trophies.

## **6. Ceremonies:**

- 6.1. An Opening Ceremony shall be held on the first day of the Championships. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. No national anthems are played.
- 6.3. At team victory ceremonies, the captains of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. No national anthems are played.
- 6.4. No Closing Ceremony shall be held infield. There shall be a Closing Banquet in the evening of the competition for all participants.

## **7. Doping Control:**

- 7.1. Doping control shall be conducted for 2 men and 2 women.
- 7.2. The Technical Delegate will decide, in accordance with IAAF Rules and Guidelines for Doping Control, which placings from which events are selected for doping control.
- 7.3. The host Federation must provide the technical and medical facilities to carry out the doping control.

## **8. Technical Aspects:**

- 8.1. The allocation of lanes and the order of the competition in field events shall normally be determined according to the season bests of the participating athletes. This rule does not apply to the non-scoring athletes who should be placed in the empty lanes after seeding the scoring athletes in running events and no advance to the final. Where the number of the non-scoring athletes exceeds the number of the empty lanes, there shall be a separate "out of competition" heat held before the scoring event. The non-scoring athletes in the field events should take the first jumps/throws.
- 8.2. In the shot put and the horizontal jumps, the athletes, including those participating "out of competition", will have six trials where there are eight competitors or fewer. Where there are more than eight athletes, each athlete shall be allowed three trials, and the eight scoring athletes with best valid performances shall have three additional trials in conformity with the IAAF Competition Rules. Where there are more than eight athletes starting the competition, a non-scoring athlete may be awarded the three additional trials if only the scoring athletes having started are less than eight..
- 8.3. Starting heights and the bar raising increments for high jump and pole vault shall be proposed at the Technical Meeting considering the season bests of the participating athletes. The decision taken at the Technical Meeting shall be final.
- 8.4. The Technical Meeting shall be held the day before the first day of the competition, and shall be chaired by the Technical Delegate.

## **9. Printed Materials and Announcements:**

Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.

# BALKAN CROSS COUNTRY CHAMPIONSHIPS

The Championships will be staged on one day in March, three weeks before the World Cross Country Championships in principle, every year.

## 1. Programme:

The races shall be held in principle in the following order. The distances should be approximately:

Junior Women	:	4 km *
Junior Men	:	6 km
U23 Women	:	6 km *
U23 Men	:	8 km
Senior Women	:	8 km *
Senior Men	:	10 km *

\* Starting on 2009.

## 2. Entries:

- 2.1. The Championships is a team and individual competition.
- 2.2. 4 athletes from each team shall start in each race.
- 2.3. "Out of competition" athletes are not accepted.
- 2.4. Countries which do not have a complete team may enter individual athletes in any category.
- 2.5. Only athletes aged from 14 to 19 may compete in junior races. No athletes younger than 16 years shall be accepted in the senior races.

## 3. Scoring:

- 3.1. Each race shall be scored separately. In all races, 3 athletes shall score.
- 3.2. The team results shall be decided by the aggregate of placings of the best three athletes of each team. The team with the lowest total points will be the winner.
- 3.3. If a team finishes with less than three athletes, it will not be classified in the team result. The athletes finishing shall be eligible for individual placings.
- 3.4. No adjustment to the placings shall be made in respect of non-scoring or individual athletes.
- 3.5. In case of a tie, it shall be resolved in favour of the team whose last scoring athlete finishes nearest to the first place.

## 4. Financial Obligations:

- 4.1. The host Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 35 persons, that is 24 athletes and 11 officials in principle.
- 4.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 4.3. Local transport shall be arranged and paid for by the host Federation.
- 4.4. The host Federation shall also cover the board and lodging expenses for one ABAF delegate.
- 4.5. The travelling expense of the ABAF Delegate shall be covered by the ABAF.

## 5. Awards:

- 5.1. First three placed athletes in each race shall receive medals.
- 5.2. First three placed teams of each race shall receive trophies.

**6. Ceremonies:**

- 6.1. An Opening Ceremony shall be held where conditions are conducive. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.3. At team victory ceremonies, all team members of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.4. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

**7. Doping Control:**

No doping control shall be conducted.

**8. Printed Materials and Announcements:**

Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.

# BALKAN RACE WALKING CHAMPIONSHIPS

The Championships will be staged on one day in April every year.

## 1. Programme:

The categories and the distances are as follows:

Youth Girls	:	5 km
Youth Boys	:	5 km
Junior Women	:	10 km
Junior Men	:	10 km
Senior Women	:	20 km
Senior Men	:	20 km

## 2. Entries:

- 2.1. 2 athletes from each team may compete in each race.
- 2.2. "Out of competition" athletes are accepted. Such athletes will not be eligible for medals.
- 2.3. Only athletes aged from 15 to 19 may compete in junior races. No athletes younger than 18 years shall be accepted in the senior races.

## 3. Scoring:

- 3.1. There will be one classification based on the combination of results of each race.
- 3.2. The winner of each race shall be awarded 6 points, the second 5 points, and so on as far as the sixth receives 1 point.
- 3.3. The team results shall be decided by the aggregate of points awarded to athletes placed in the first sixth in each race. The team with the highest total points will be the winner.
- 3.4. If a country enters athletes in less than four categories, the athletes are still eligible for team points.
- 3.5. "Out of competition" athletes are not awarded any points.
- 3.6. In the event of two or more teams gaining the same number of points in the competition, the tie will be decided in favour of the team with the greater number of first places. Should the tie then still remain, the team with the greater number of second places will be given the higher position and this system will be applied, if necessary, to subsequent placings until the tie is decided.

## 4. Financial Obligations:

- 4.1. The host Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 17 persons, that is 12 athletes and 5 officials (including 1 race walking judge). The race walking judges should be appointed from those with the highest level of race walking judging in each country.
- 4.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 4.3. Local transport shall be arranged and paid for by the host Federation.
- 4.4. The host Federation shall also cover the board and lodging expenses for one ABAF delegate.
- 4.5. The travelling expense of the ABAF Delegate shall be covered by the ABAF.

## 5. Awards:

- 5.1. First three placed athletes in each race shall receive medals.
- 5.2. First three placed teams in overall scoring shall receive trophies.

**6. Ceremonies:**

- 6.1. An Opening Ceremony shall be held where conditions are conducive. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.3. At teams' victory ceremony, the captains of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.4. A Closing Ceremony may be held at the competition venue at the discretion of the host Federation. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

**7. Doping Control:**

No doping control shall be conducted.

**8. Printed Materials and Announcements:**

Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.

## **BALKAN MARATHON CHAMPIONSHIPS**

The Championships will be a part of an international marathon held in any one of the Balkan countries. It will be staged every year.

### **1. Entries:**

- 1.1. 1 male and 1 female athletes from each country may compete. The athletes must be named by their Federation to be eligible for Balkan classification.
- 1.2. No athletes younger than 18 years shall be accepted.

### **2. Financial Obligations:**

- 2.1. The host Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 2 athletes and 1 officials.
- 2.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 2.3. Local transport shall be arranged and paid for by the host Federation.

### **3. Awards:**

- 3.1. First three placed athletes shall receive medals.
- 3.2. First three placed teams in overall scoring shall receive trophies.
- 3.3. There shall be prize money for Balkan individual classification when possible.

### **4. Ceremonies:**

There shall be no opening/closing ceremonies, other than the victory ceremonies where the first three placed athletes and teams shall mount on the podium.

### **5. Doping Control:**

No particular doping control for the championships. The procedures of the marathon organisers apply.

### **4. Printed Materials and Announcements:**

Every kind of printed material intended for distribution exclusively to the participants of the Balkan Marathon Championships such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.

# BALKAN MOUNTAIN RUNNING CHAMPIONSHIPS

The Championships will be staged on one day every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

## 1. Programme:

The categories and the distances are as follows:

Junior Women	:	Approximately 4 km
Junior Men	:	Approximately 8 km
Senior Women	:	Approximately 8 km
Senior Men	:	Approximately 12 km

The course profile is subject to the decision of the organiser, however, it shall be uphill/downhill in even years and mainly uphill in odd numbered years in principle.

## 2. Entries:

- 2.1. The Championships is a team and individual competition.
- 2.2. A maximum of 4 athletes from each team may start in each race.
- 2.3. "Out of competition" athletes are accepted. Such athletes will not be eligible for medals.
- 2.4. Countries which do not have a complete team may enter individual athletes in any category.
- 2.5. Only athletes aged from 15 to 19 may compete in junior races. No athletes younger than 18 years shall be accepted in the senior races.

## 3. Scoring:

- 3.1. Each race shall be scored separately. In all races, 3 athletes shall score.
- 3.2. The team results shall be decided by the aggregate of placings of the best three athletes of each team. The team with the lowest total points will be the winner.
- 3.3. If a team finishes with less than three athletes, it will not be classified in the team result. The athletes finishing shall be eligible for individual placings.
- 3.4. No adjustment to the placings shall be made in respect of non-scoring or individual athletes.
- 3.5. In case of a tie, it shall be resolved in favour of the team whose last scoring athlete finishes nearest to the first place.

## 4. Financial Obligations:

- 4.1. The host Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 21 persons, that is 16 athletes and 5 officials (A maximum of 25 persons of whom 9 are officials, at the first edition in 2008 only).
- 4.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 4.3. Local transport shall be arranged and paid for by the host Federation.
- 4.4. The host Federation shall also cover the board and lodging expenses for one ABAF delegate.
- 4.5. The travelling expense of the ABAF Delegate shall be covered by the ABAF.

**5. Awards:**

- 5.1. First three placed athletes in each race shall receive medals.
- 5.2. First three placed teams in overall scoring shall receive trophies.

**6. Ceremonies:**

- 6.1. An Opening Ceremony shall be held where conditions are conducive. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.3. At teams' victory ceremony, the captains of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.4. A Closing Ceremony may be held at the competition venue at the discretion of the host Federation. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

**7. Doping Control:**

No doping control shall be conducted.

**8. Printed Materials and Announcements:**

Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.