



BY-LAWS ON WMA COMPETITION AND TECHNICAL RULES

2026 Edition

Amended 05 December 2025

TABLE OF CONTENTS		
Page		
4	Introduction	
	<u>WMA Competition Rules</u>	
5	Authorisation to Stage Competitions	Rule 1
5	Regulations Governing the Conduct of International Competitions and Championship Events	Rule 2
6	International Officials	Rule 3
7	Establishment of a WMA Race Walking Panel	Rule 9
7	Jury of Appeal	Rule 12
8	World Records	Rule 31
10	Events for which WMA World Records are Recognised	Rule 32
11	Other Records	Rule 33
11	Drug Testing	Rule 34
	WMA Technical Rules	
12	General	Rule 1
12	Age Groups	Rule 3
13	Entries	Rule 4
14	Clothing, Shoes, and Number Bibs	Rule 5
14	Assistance to Athletes	Rule 6
14	Protests and Appeals	Rule 8
15	Mixed Competition	Rule 9
15	Scoring	Rule 13
16	Starting Blocks	Rule 15
16	The Start	Rule 16
16	Timing	Rule 19
16	Seeding, Draws and Qualification in Track Events	Rule 20
17	Hurdle Races	Rule 22
17	Steeplechase Races	Rule 23
17	Relay Races	Rule 24

18	Field Events; General Conditions	Rule 25
18	Vertical Jumps; General Conditions	Rule 26
18	High Jump	Rule 27
19	Pole Vault	Rule 28
19	Horizontal Jumps	Rule 29
19	Long Jump	Rule 30
19	Triple Jump	Rule 31
19	Throwing Events; General Conditions	Rule 32
19	Shot Put	Rule 33
20	Discus Throw	Rule 34
20	Hammer Throw	Rule 36
20	Javelin Throw	Rule 38
20	Weight Throw	Rule 59
20	Combined Events Competitions	Rule 39
21	Race Walking	Rule 54
21	Road Races	Rule 55
22	Cross-Country Races	Rule 56
22	Mountain Races	Rule 57
22	Non-Stadia Races	Rule 58
24	Modifications and Amendments	Article 14
25	APPENDIX A: Hurdle and Implement Specifications	
30	APPENDIX B: Scoring of WMA Combined Events The instructions for scoring WMA Combined Events Competitions, the Age Factors and Parameters are in a separate document.	
31	APPENDIX C: WMA Advancement Tables	

Introduction

WA Competition and Technical Rules shall apply to all WMA Competitions, unless otherwise reflected herein. These By-Laws on WMA Competition and Technical Rules are numbered and arranged to correspond to the WA Competition and Technical Rules numbering System. All terms in these By-Laws on WMA Competition and Technical Rules shall have the same meanings as set forth in the WA Competition and Technical Rules and the WMA Constitution.

WMA COMPETITION RULES

Rule 1 Authorisation to Stage Competitions

1.1 Championships Sanctioning

- 1.1.1 WMA shall sanction such other World Masters Championships as may be approved by the General Assembly.
- 1.1.2 WMA shall sanction such other road, cross-country and mountain running races as may be approved by the General Assembly, including the holding of a WMA World Championship Marathon, a WMA World Championship 100K Road Race, a WMA World Championship 24 Hour Road Race, and a WMA World Championship Mountain Running Race.

Rule 2 Regulations Governing the Conduct of International Competitions

2.1 Championship Events

2.1.1 WMA World Outdoor Championships (Stadia)

- 2.1.1.1 Each WMA World Outdoor Championships (Stadia) shall include the following events.

Each event will be offered for both males and females except as noted.
Stadia:

100m	High Jump
200m	Pole Vault
400m	Long Jump
800m	Triple Jump
1500m	Hammer Throw
5000m	Shot Put
110/100/80m Short Hurdles	Discus Throw
400/300/200m Long Hurdles	Javelin Throw
4x100m Relay	Weight Throw
4x400m Relay	Decathlon (Male)
3000/2000m Steeplechase	Heptathlon (Female)
5000m Track Race Walk	Throws Pentathlon

Non-Stadia:

6km Cross Country (Male and Female age groups 70 and over)
8km Cross Country (Male and Female age groups 35- 65)
Half Marathon (optional as negotiated with an LOC)
10km Road Race

10km Road Race Walk

20km Road Race Walk

2.1.1.1.2 The WMA Championship Marathon shall be an event hosted as part of an established Marathon event and team scoring will be included.

2.1.1.1.3 The WMA Championship Half Marathon may be an event hosted as either part of an established Half Marathon event or part of the WMA World Outdoor Championships (Stadia) and team scoring will be included.

2.1.1.1.4 When there is no Half Marathon contested at the WMA World Outdoor Championships (Stadia), team scoring will be included for the 10km Road Race.

2.1.2 WMA World Indoor Championships (Stadia)

2.1.2.1 Each WMA World Indoor Championships shall include the following events. Each event will be offered for both males and females.

2.1.2.2 Stadia:

60m

High Jump

200m

Pole Vault

400m

Long Jump

800m

Triple Jump

1500m

Shot Put

3000m

Weight Throw

60m Hurdles

3000m Track Race Walk

4x200m Relay

Indoor Pentathlon

4x200m Mixed Relay

2.1.2.3 The following Championships Events are optional. If offered, they will be hosted concurrently with the Indoor Championships:

2.1.2.3.1 WMA World Indoor Championships Non-stadia events:

6km Cross Country (Male and Female age groups 70 and over)

8km Cross Country (Male and Female age groups 35- 65)

10km Road Race

5km Road Race Walk (not a team event)

10km Road Race Walk

2.1.2.3.2 Optional WMA Indoor Championships throwing events (to be held outdoors):

Hammer Throw, Discus Throw, Javelin Throw

Rule 3 International Officials

3.1 WMA shall define the roles of International Officials regarding the specific needs of Masters athletes and WMA World Championships. All WMA delegates of a technical nature, if required, including

International and Area Technical Officials, International Road Race Measurer, International Starter, and International Photo Finish Judge shall be appointed by the WMA Vice-President Competition in consultation with the President.

- 3.2 The WMA Vice-President Competition shall appoint a head official responsible for athlete safety "Safety Director", who shall appoint one or more officials to be responsible for athlete safety "Safety Officers" with authority to withdraw from competition any athlete whose continued participation in that competition would, in the opinion of the Safety Officers, endanger the athlete's health or the safety of the other competitors. The Safety Officers may exercise their authority through deputies. Both the Safety Officers and any deputies shall be clearly identifiable with full accreditation.

Rule 9 Establishment of a WMA Race Walking Panel

The panel shall consist of experienced, registered Race Walking Judges in Masters Athletics "WMA Race Walking Judges" from a variety of countries, as selected and approved by WMA Vice-President Competition. All Judges will serve a probationary period before final approval as a WMA Race Walking Judge. A list of approved WMA Race Walking Judges will be placed on the WMA Website. All WMA Race Walking Judges for a WMA Championships shall only be those approved by the WMA Vice-President Competition no later than one month prior to such WMA Championships.

Rule 12 Jury of Appeal

- 12.1 The WMA President shall appoint the members of the Jury of Appeal based upon recommendations from the WMA Vice-President Competition.
- 12.2 A matter eligible for appeal must be made within two (2) hours of the publication of the official result for that event. Notwithstanding the foregoing, when relay events are scheduled on the last day of a WMA Championships, the appeal submission time is reduced to thirty (30) minutes. Submission of an appeal must be made on the appeals form provided at the Technical Information Center ("TIC"), together with the payment of a fee of 100 Euros, or an equivalent amount in the local currency. During the pendency of an appeal, the presentation of awards for the event being appealed shall be delayed until after the decision of the Jury of the Appeals has been rendered.

Rule 31 World Records

31.1 Submission and Ratification

For both relays and individual events, at least two athletes (or teams) must be bona fide competitors in the same race or flight, within a bona fide meet. WMA World Records shall be ratified if accomplished during a mixed age and/or gender event. For record purposes, where a women 70+ or a man 80+ compete alone in the 200m hurdles, in a fully accredited meeting, their time achieved will be considered for record purposes when all other requirements are met.

31.1.1 Technical Basis for Recognition

31.1.1.1 Observance of the appropriate specification(s), as set out in Appendix A shall be a necessary condition for ratification of a World Masters Record. WA rules for individual events, as modified by these WMA Competition and Technical Rules shall apply.

31.1.1.2 Only performances by athletes who are members of a WA Member Federation or a Member of WMA shall be recognised as WMA world records and the application must be certified as being correct by their Member.

31.3.1 An athlete (or athletes in the case of a relay record) who sets a WMA World Record must:

- (a) have been eligible to compete under these WMA Competition and Technical Rules,
- (b) have membership with either a WA Member Federation or a Member of WMA,
- (c) supply a birth certificate, or an official government document issued at birth, as proof of age, unless previously submitted, to be included with the record application. The age group of an athlete shall be determined by the athlete's date of birth on the day of the record,
- (d) in the case of a relay, all be eligible to represent a single Member of WMA, and
- (e) not have a doping violation from any doping control test that was collected at the meet or have admitted that at some time prior to achieving a WMA World Record, has used or taken advantage of a substance or technique prohibited at that time.

31.4.1 Application Procedure

31.4.1.1 An application for a WMA World Record shall be made on the official application form and shall be submitted to the person responsible for that WMA Regional Masters Association's records "Regional Records Chair," who shall forward a copy thereof to the individual responsible for maintaining the WMA world records "WMA Records Subcommittee Chair." If the WMA form has not been used, a WMA World Record may

still be accepted if the substitute form has all of the information and attachments required on the WMA record application form. No performance shall be regarded as a WMA World Record until it is ratified by WMA.

31.4.1.2 The following must be enclosed with the application:

- (a) Copy of athlete's birth certificate or an official government document issued at birth (unless previously provided);
- (b) Complete results of the event;
- (c) Copy of the Judges' Score Sheet (for field events);
- (d) Photo Finish and Zero Test images (for track events where Fully Automatic Timing was used); and
- (e) Lap scoring card with lap times (for track events 3000m and longer).

31.4.2 Records at WMA Championships

31.4.2.2 No record application form is needed for WMA World Records set at WMA World and Regional Championships. A separate list of all records accompanied by the results of the event shall be sent to the responsible Regional Records Chair and the WMA Records Subcommittee Chair not later than ten (10) days after the last day of competition. In addition, marks set at the following meets: the Olympic Games; the WA World Championships; the Diamond League meets; the Commonwealth Games and equivalent regional championship meets will be accepted when the WMA Records Subcommittee Chair has been notified and the athlete's age has been confirmed.

31.4.3 Registration and Publication

31.4.3.1 The Regional Records Chair shall inform the WMA Records Subcommittee Chair of the approval or the reasons for rejection, within thirty (30) days after receipt of the record application form.

31.13 The WMA Records Subcommittee Chair shall state whether a record has been set. The record performance is then registered and together with the Chair of the Competition Committee, shall be ratified. After the record is ratified, the official record list shall be updated and published on the WMA website within thirty (30) days, and the Regional Masters Association shall be advised.

31.14 (d) No performance will be ratified in the case where an athlete's false start has violated Rule 16.8.

31.18 For World Records in Race Walk Events:

All Race Walking Judges officiating the competition shall be currently registered Judges by their WA Member Federation. The chief Race Walking Judge shall sign the application form.

31.20 (d) It is not required that the course be verified (re-measured).

Rule 32 Events for which WMA World Records are Recognised

32.1 WMA World Records shall be recognised for each of the five- year age groups, separately for male and female for the events listed below. There shall be separate Outdoor and Indoor WMA World Records.

32.2.1 WMA World Records shall be maintained for all of the WMA Combined Events using the current WMA approved scoring system and implements. These records shall include an event listing with the performances and scores.

Note: When a record is set at a competition that is held on a facility that is outdoors, even if it is on a short track, the record shall be a WMA Outdoors Stadia record. When a record is set at a facility that is indoors, the record shall be a WMA Indoor Stadia record.

Outdoor Stadia:

Running Events: 100m, 200m, 400m, 800m, 1500m, one mile, 3000m, 5000m, 10000m, Steeplechase
Hurdles: Events: 80m, 100m, 110m, 200m, 300m, 400m
Relays: 4x100m, 4x400m, 4x800m, 4x1500m, 4x400m mixed
Jumping Events: High Jump, Pole Vault, Long Jump, Triple Jump
Throwing Events: Hammer, Shot Put, Discus, Javelin, Weight Throw
Combined Events: Decathlon (Male), Heptathlon (Female), Decathlon (Female), Throws Pentathlon, Outdoor Pentathlon
Race Walking: 3000m, 5000m

Indoor Stadia:

Running Events: 60m, 200m, 400m, 800m, 1500m, one mile, 3000m
Hurdles Events: 60m
Relays: 4x200m, 4x400m, 4x800m, 4x200m mixed
Jumping Events: High Jump, Pole Vault, Long Jump, Triple Jump
Throwing Events: Shot Put, Weight Throw
Combined Event: Indoor Pentathlon
Race Walking: 3000m

Non Stadia: Marathon, 10k Road Race Walk, 20k Road Race Walk, 50k Road Race Walk

Rule 33 Other Records

- 33.1 WMA Championships, Stadia and Indoor Records
WMA Championships Non Stadia Records
WMA Championships 100K and Ultra 24 Hour Records

Rule 34 Drug Testing

- 34.1 Anti-Doping Control
 - 34.1.1 Anti-Doping testing of athletes may be conducted at any time. This includes out of competition testing, testing at WMA Stadia Championships, both Indoor and Outdoor, and WMA Non-Stadia Championships.
 - 34.1.2 For non-doping disciplinary matters refer to the WMA By-Laws on General Affairs.

WMA TECHNICAL RULES

Rule 1 General

- 1.1 WMA World Championships, Regional Masters Athletics Championships, Inter-Regional Masters Competitions and National Masters Athletics Championships shall be conducted in accordance with the technical rules of WA except as modified by the WMA Constitution WMA Competition and Technical Rules, and/or WMA By-Laws on General Affairs.
- 1.2 The WA rule changes shall require endorsement by the WMA Council before introduction into WMA Competitions. Any modification of a technical rule takes effect the following 1st January, unless otherwise specifically stated.
- 1.4 Competitors shall be advised, preferably in the competition handbook of the reporting time for each event. No round or stage of any event shall commence at a time earlier than that shown in the competition handbook (whether printed or online).
- 1.5 In each event in World or Regional Masters Athletics Championships, there shall be at least three individual medals offered in each age group category for male and female.

Rule 3 Age Groups

- 3.1 For Competition, the age group of an athlete shall be determined by the athlete's date of birth on the first day of the competition and athletes shall not compete in any other age group except as allowed by specific team and relay rules.
- 3.1.1 For Records, the age group of an athlete shall be determined by the athlete's date of birth on the day of the record, as long as all of the rules of competition apply to both the old and new age groups.
- 3.2 Competition shall be conducted only in the following age groups (unless otherwise noted) as follows:

Ages	Male Age Groups	Female Age Groups
35 - 39	M35	W35
40 - 44	M40	W40
45 - 49	M45	W45

50 - 54	M50	W50
55 - 59	M55	W55
60 - 64	M60	W60
65 - 69	M65	W65
70 - 74	M70	W70
75 - 79	M75	W75
80 - 84	M80	W80
85 - 89	M85	W85
90 - 94	M90	W90
95 - 99	M95	W95
100+	M100+	W100+

Note: Age groups over the age of 100, shall continue to be conducted in five (5) year increments, but have been consolidated into the reference of 100+ for sake of brevity only.

Rule 4 Entries

- 4.1.1 Entries to all WMA Championships must be submitted online by either the athlete or their national WMA Member. All entries must be validated by the entrant's WMA Member. Where a competitor comes from a country that does not have a WMA Member then that competitor may enter directly, subject to the approval of the WMA Council. The Council may make an exception to this requirement for a specific WMA Member. The WMA Secretary shall submit a list of all the WMA Members to the Local Organizing Committee at least 120 days prior to the start of the championships.
- 4.1.2 The Local Organizing Committee will not make any changes to the entries without the written express approval or request of the WMA Member.
- 4.1.3 Entries shall not be subject to prior achievement of qualifying standards.
- 4.4 Athletes will not be penalised for failure to participate.
- 4.5 Except as provided below, an athlete shall be excluded from participation in any event, including a non-stadia event, in which they are not present in the Call Room(s) at the relevant time as published in the Call Room schedule. They shall be shown in the results as DNS. The relevant Referee will decide on this (including whether the athlete may compete under protest, if a decision cannot be made immediately) and

the corresponding reference must be made in the official results. Justifiable reasons (e.g., factors independent of the athlete's own actions, such as problems with the official transport system or an error in the published Call Room schedule) may, after confirmation, be accepted by the Referee and the athlete may then be allowed to take part.

Rule 5 Clothing, Shoes, and Number Bibs

- 5.1 In WMA Championships all competitors must wear a competition top that is approved by their national WMA Member. In WMA Championships where team events are contested, or where an athlete does not have an affiliated WMA Member, it is mandatory to wear a uniform clearly identifying the country that the athlete represents as accepted by the Call Room Referee or the WMA Technical Delegate.
- 5.7.1 In all WMA Championships, athletes shall wear bibs which clearly identify their sex and age group.
- 5.7.2 In all field events only one competition number (bib) shall be required.
- 5.13.3 Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm). Shoes may be checked for compliance, as appropriate.

Rule 6 Assistance to Athletes

- 6.2.1 Visually impaired competitors requiring guides are not to receive any advantage over other competitors in the assistance received. A guide may only be in a position behind or at the side of the competitor. A tether may be used but not to pull the competitor ahead. In races run in lanes, the outermost lanes must be used.
- 6.3 Any athlete given or receiving physical assistance from within the competition area during an event shall be disqualified from the event, unless exceptional circumstances warrant otherwise. This shall not disqualify them from any previous rounds or other events.

Rule 8 Protests and Appeals

- 8.4.1 An athlete protesting a disqualification from after being charged with two (2) false starts, may not compete "under protest."

Rule 9 Mixed Competition

- 9.1 Two or more age groups, male and female, may compete together provided that there shall be separate results, records, and awards for each age group of male and female.

Rule 13 Scoring

- 13.1 There shall be no overall team championships.
- 13.2 Non-Stadia Team Scoring
 - 13.2.1 When team competitions are included in any road races, cross-country races and road walk races, there shall be three team awards on the basis that each Member is entitled to count one team (best three to score) in each five-year age group. The result shall be computed on a cumulative time basis. In inter-regional competition, regional teams shall score on a similar basis.
 - 13.2.2 In road races, cross-country races and road walk races, every athlete competes individually in their own age group. For team scoring purposes, athletes will only be permitted to drop to a lower age group to complete the required number for a team (3). All athletes on the team must compete and score in the race of the youngest member of the team.
The following requirements must all be met:
 - 13.2.2.1 The lower age group shall be in the same race as that in which the athlete competes individually.
 - 13.2.2.2 The athlete's Member country does not have a sufficient number of athletes in that age group to make up a full team in that age group.
 - 13.2.2.3 The submitted form must show the names, bib numbers and original age group of the athletes competing in a particular age group team.
 - 13.2.2.4 An athlete may only score for one team.
 - 13.2.2.5 A maximum of two athletes from an older age group may be declared in a team not of their age group. Athletes may drop down more than one age group.
 - 13.2.2.6 An athlete who joins a team of a lower age group will not lose the right to an individual medal in their own age group as long as all of the above rules are followed.
 - 13.2.2.7 Should it be found that an athlete has entered for the team scoring in a younger age group wherein the Member has already sufficient athletes within the team's age group to make up a full team, the team will be disqualified.
 - 13.2.2.8 Athletes who join an age group team, in a race that does not include their age group, will lose the right to an individual medal and only count for the team.

13.2.2.9 Ties in team scores will be broken by the best time of the first athlete to finish on the tied teams.

Rule 15 Starting Blocks

Masters competitors are not required to use starting blocks, or a crouch start or have both hands in contact with the track for the start of any race.

Rule 16 The Start

16.8 In any race, individual athletes who are charged with a false start, as determined by the Starter, shall be warned. Individual athletes who are charged with their second false start in the same race, as determined by the Starter, shall be disqualified. This includes the Combined Events.

Rule 19 Timing

19.3.1 In all WMA Championships, for the purpose of lap counting, athletes shall wear a chip or similarly worn electronic device, in the track race walking events, the 3000m run and the 5000m run.

Rule 20 Seeding, Draws and Qualification in Track Events

20.2 Rounds and Heats

20.2.1 In events 1500m and under, heat assignments for the first round shall be based on the seed times submitted on the entry form. The athletes shall be placed in heats using the WA zigzag distribution method. Heat assignments in all subsequent rounds shall be based on place, then time, as per the WMA Advancement Tables in Appendix C. When one (1) or more individuals, having qualified for a subsequent round, voluntarily withdraw for any reason, the top two (2) non-qualifiers from the pool of the next ranked non-qualifiers, shall advance to participate in that subsequent round, provided, however, they have checked in with the Call Room. In such cases, the Referee shall redraw and approve the lanes for events 400m and under.

20.2.1.1 For this purpose, athletes shall be 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.

- 20.2.2 Lane assignment for the first round shall be random. In subsequent rounds, preferred lanes shall be assigned from the performance in the prior round as ranked in rule 20.2.1.1. If the 1st round is a final, preferred lane shall be assigned by seed times.
- 20.2.3 The Competition Director or Technical Delegate may alter the composition of heats, as well as the number of participants per heat, depending on the number of competitors actually reporting. The first rounds, if required, shall always be run at their scheduled times. Further rounds will then be cancelled, as necessary. All finals will be run at their scheduled times.
- 20.2.4 In WMA Championships, events longer than 1500m shall be conducted as seeded finals, with sections based on times supplied by the athlete on the official entry and final placings shall be decided on finishing times.

Rule 22 Hurdle Races

- 22.1 The specifications for hurdles shall be as set out in Appendix A 1.
- 22.2 The pull over force of the 0.686 meter (27 inch) hurdles shall be from 3.6 - 4.0 kilograms.

Rule 23 Steeplechase Races

- 23.1 The W35+ and M60+ distance shall be 2000m. The M35-59 distance shall be 3000m.
- 23.5 The barrier height for the 2000m shall be 0.762m. The barrier height for the 3000m shall be 0.838m. The 3000m height of 0.914 is acceptable for competition and records.

Note: To set a new record, times at the 0.838m height must be faster than the current WMA record (including the 0.914m height).

Rule 24 Relay Races

- 24.1 Distances - Refer to Competition Rule 2
In WMA Championships, the relay races shall be conducted in five-year age groups between teams entered by Members in writing by individuals registered by their Members as "Team Managers" on an official entry form available through the TIC. Each Member may enter only one male and one female team in each age group in each relay. An athlete may compete for a team only once in each relay event (i.e., 4x100), which may be a lower age group than that of the athlete. The age group of the team is the age group of the youngest athlete on the entry form and an athlete from that age group must actually compete

in the relay. Up to four (4) reserves may be named on the entry form for each relay race.

- 24.11 In mixed relays, two (2) males and two (2) females shall comprise the relay team and four (4) alternates comprised of at most 2 males and 2 females may be listed on the entry form. 4x400m mixed relays must compete in the following order: male-female-male-female. 4x200m mixed relays must compete in the following order: female-female-male-male. An athlete who has competed in a non-mixed relay may also compete in a mixed relay of the same distance (i.e., 4x200). An athlete may compete in a lower age group than that of the athlete. The age group of the team is the age group of the youngest athletes on the entry form and each relay must compete at least one (1) male and one (1) female of the age group of the team. Up to two (2) male and two (2) female reserves may be named on the entry form for each mixed relay race.

Note: All other relay rules shall follow WA Technical Rule 24.

Rule 25 Field Events; General Conditions

25.0 Different Age Groups in same Field Competition

- 25.0.1 When a field event competition includes competitors in different age groups, such groups must be considered separate competitions for the purpose of deciding which competitors shall be allowed to advance. There may thus be more than the usual maximum of competitors allowed additional trials.

25.17 Time Allowed for Trials

Note: WMA shall follow WA Technical Rule 25.17.

Rule 26 Vertical Jumps; General Conditions

- 26.3 The time allowed for trials in vertical jumps apply to all of the competitors in a mixed age or sex groups flight. The progressions apply to all competitors in a flight in a mixed age/sex group, except if a competitor has won their age group and is attempting to break a WMA Record or other record relevant to the competition.

Rule 27 High Jump

- 27.1.1 Both feet must be off the ground during the jump.
- 27.2.2.1 Masters competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Judge.

Rule 28 Pole Vault

Note: It is not required that the pole is released by the athlete if no rules are broken in Rule 28.

Rule 29 Horizontal Jumps

29.3 Plasticine is not required.

29.4 The take-off board(s) may be a white taped or painted line and shall measure 0.20m in width.

Rule 30 Long Jump

30.5 One or two take-off lines may be used, one of which shall be 1m from the nearer end of the landing area.

Note: A half meter take-off line may be substituted for the 1 meter take-off line.

Rule 31 Triple Jump

31.3 Two or more take-off lines may be used. The distance from the nearer end of the landing area shall be appropriate for the age and sex of the athletes in the flight. When more than one take-off line is used, each take-off line shall be placed in full meters apart from the take-off line closest to the nearer end of the landing area.

Rule 32 Throwing Events; General Conditions

32.1 The age group specifications for throwing implements shall be as set out in Appendix A 2.

32.2 Use of Personal Implement

Competitors may use their own throwing implements provided that these implements conform with the rules. Personal implements shall only be issued to the specific competition of their owners. Any other competitor in the owner's specific competition has the right to use that implement if they so wish.

Note: In the hammer and weight throw the circular motion around the head MUST be done with two hands holding the handle. The moment of release is when both hands move away from the handle of the implement. One hand release is not allowed.

Rule 33 Shot Put

33.5 The specifications for the shot shall be as set out in Appendix A 4.

Rule 34 Discus Throw

34.2 The specifications for the discus shall be as set out in Appendix A 5.

Rule 36 Hammer Throw

36.1.1 In making a throw, the competitor may choose any starting position, holding the hammer exclusively by the handle, and using both hands except at the start of the throw and the moment of release.

36.8 The specifications for the hammer shall be as set out in Appendix A 7.

Rule 38 Javelin Throw

38.10 The specifications for the javelin shall be as set out in Appendix A 6.

Rule 59 Weight Throw

59.1 The specifications for the weight shall be as set out in Appendix A 8 and A 9.

59.2 The rules of competition shall be the same as for the hammer.

59.3 In making a throw, the competitor may choose any starting position, holding the weight exclusively by the handle, and using both hands except at the start of the throw and the moment of release.

59.4 The outdoor weight may be used either indoors or outdoors depending on the landing surface. The indoor weight may only be used indoors. Both types of weights shall not be used in the same competition.

59.5 The weight throw shall be from an enclosure or cage.

Note: This Rule Number 59 appears out of order to align with the numbering format of the WA Competition Rule Book as well as the WMA Competition and Technical Rules formatting.

Rule 39 Combined Events Competitions

All Combined Events Competitions shall be conducted using the specifications as set out in Appendix A.

39.1.1 The order of events for the Outdoor Pentathlon shall be: (Male) Long Jump, Javelin Throw, 200m, Discus Throw, 1500m (Female) Short Hurdles, High Jump, Shot Put, Long Jump, 800m

39.1.2 The order of events for the Indoor Pentathlon shall be: (Male) 60m Hurdles, Long Jump, Shot Put, High Jump, 1000m (Female) 60m Hurdles, High Jump, Shot Put, Long Jump, 800m

39.1.3 The order of events for the Male and Female Throwing Pentathlon shall be:

Hammer Throw, Shot Put, Discus Throw, Javelin Throw, Weight Throw

39.1.4 The order of events for the Male and Female Decathlon shall be:

First Day: 100m, Long Jump, Shot Put, High Jump, 400m.

Second Day: Short Hurdles, Discus, Pole Vault, Javelin, 1500m.

- 39.11 All Combined Events Competition scoring shall be as set out in Appendix B.
- 39.13 If two athletes are tied for first place in combined events competition, the procedure to break the tie is the following:
- (a) the athlete who, in the greater number of events, has received more points than the other athlete shall be awarded the higher place.
 - (b) if the two athletes are still tied after the application of Rule 39.13(a) or if there are 3 or more athletes tied for first place, then the athlete who has the highest number of points in any one event shall be awarded the higher place.
 - (c) if the athletes are still tied following the application of Rule 39.13(b), the athlete who has the highest number of points in a second event, etc. shall be awarded the higher place.
 - (d) if the athletes are still tied following the application of Rule 39.13(c), it shall be determined to be a tie. Reasoning: All other field events have a rule to break ties for first place.

Rule 54 Race Walking

- 54.1 Distances - Refer to WMA Rule 3
- 54.3.3 In Masters events all judges shall be registered Race Walking Judges. At all WMA Championships the Race Walking Judge Panel shall include Judges from the WMA Race Walking Panel. See Competition Rule 9.
- 54.7.3 A Penalty Zone shall be used for all WMA non-stadia race walking events.
- 54.7.8 In Masters events handheld transmission devices are not required, but hand held computer devices with transmission capability may be used by judges to communicate red cards to the recorder and posting boards.
- 54.14 Pacing by athletes in the race or other persons not in the race is not allowed. It is recommended that before the beginning of the race, all athletes are made aware of this rule. This is considered a warning by an official. Athletes may and can be given a red card for the infraction during or after the race.

Rule 55 Road Races

- 55.1 Distances - Refer to WMA Rule 3
- 55.12 The WMA Ultrarunning Championships shall use the International Association of Ultrarunners (IAU) competition rules. The WMA shall appoint the Technical Delegate and Safety Officer who may be the same person.
- 55.13 There is no age limit for an athlete in WMA Ultrarunning.

Rule 56 Cross-Country Races

56.1 Distances - Refer to Competition Rule 2

56.8 Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking station shall be provided for every lap.

Rule 57 Mountain Races

57.7 The WMA Mountain Running Championships shall use the World Mountain Running Association (WMRA) rules. WMA shall appoint the Technical Delegate and Safety Officer, who may be the same person.

57.8 The maximum age of the athletes competing in Mountain Running is 79 for men and women.

Rule 58 Non-Stadia Races

58.1 Distances - Refer to Competition Rule 2

58.2 At all WMA track and field championships, the non-stadia events will be timed using the chip or similarly worn electronic timing device.

58.3 In all WMA sanctioned championships, the "gun time" (the signal which starts the timing mechanism for all athletes in the race) will be used in all cases where the chip or similarly worn electronic timing device is used.

58.4 An application to use an alternate timing method may be made by the Local Organizing Committee of a WMA Championship within one week after the closing of the entries. The application is to be made through the WMA Secretary, and to the WMA Vice-President Competition. A determination will be conveyed to the Local Organizing Committee within one week of the receipt of the application.

58.5 Pacing by athletes in the race or other persons not in the race is not allowed. It is recommended that before the beginning of the race, all athletes are made aware of this rule. This is considered a warning by an official. Athletes may and can be given a red card for the infraction during or after the race.

Note: For all events described in Competition Rule 2, if a race must be suspended for any reason after the start of such race, the following guidelines should be considered regarding reporting the results of such race:

(a) for a race where a majority of athletes have not completed at least ten percent (10%) of the race distance, then the Referee, if the Referee determines it feasible, shall re-start the race on the same day at a time that would allow the maximum

- competitors to compete and the results of the re-started race shall be reported, but if the Referee determines that a re-start of such race is not feasible, then no results will be reported;
- (b) for a race where a majority of athletes have completed at least seventy percent (70%) of the race distance, a result would be calculated (from the chip or similarly worn electronic timing device) and reported for all athletes who had covered seventy percent (70%) of the race distance and no result would be reported for athletes who had not covered at least seventy percent (70%) of the race distance; and
 - (c) for a race where the majority of the athletes have completed at least ten percent (10%) and not seventy percent (70%) of the race distance, the race should not be re-started and no result will be reported.

COMPETITION AND TECHNICAL RULES MODIFICATIONS AND AMENDMENTS

Article 14 Modification of Competition and Technical Rules

- 14.1 The Rules of Competition may be modified by the Council after the Competition Committee conducts a consultation meeting with the Members either during an in-person meeting at a WMA Indoor or Outdoor Championships or via an electronic meeting and makes a recommendation to the Council regarding such modification(s) Modifications which are non-substantive in nature, including but not limited to grammatical changes, typographical corrections, removal or redundant language, or similar changes may be made without the requirement of a consultation meeting.
- 14.1.2 The WA changes or modifies their rules periodically. The WMA Competition Committee must review these rules, accept, reject, or make WMA modifications, after conducting a consultation meeting with the Members as specified above. The Council will vote on the recommendations from the Competition Committee on the above.
- 14.1.3 Any application by a Local organizing committee for rule modification must be lodged with the WMA General Secretary not later than ninety (90) days before the commencement of the Championship. The WMA General Secretary, in close co-operation with the Technical Delegate (WMA Vice-President Competition), shall submit a motion for Council decision, no later than seventy-five (75) days before the Championships.
- 14.2 Amendments to Rules of Competition requested by the Members shall be submitted to the Competition Committee who shall consider the request, and if in agreement with the proposed amendment, shall present it during a consultation meeting with the Members as specified above. The Competition Committee shall then make a recommendation to the WMA Council regarding such amendment(s) and the WMA Council shall vote on such amendment(s).
- 14.3 The vote of the WMA Council regarding any Competition and Technical Rule changes or modifications as set forth in this Section 14 shall be final.

APPENDIX A:

WMA Hurdle, Steeplechase, and Implement Specifications

1. HURDLES

NOTE: Specifications effective 1 January 2026

WOMEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-39	60	0.840	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60-69	60	0.686	5	12	7	20
	70+	60	0.686	5	11	6	25
SHORT	35-39	100	0.840	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60-69	80	0.686	8	12	7	19
	70+	80	0.686	8	11	6	27
LONG	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40
MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.840	5	12	8	16
	70-79	60	0.762	5	12	7	20
	80+	60	0.686	5	11	6	25
SHORT	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.840	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	11	6	27

MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
LONG	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79	300	0.686	7	50	35	40
	80+	200	0.686	5	20	35	40

2. STEEPLECHASE

WOMEN

2000m .762m (30") 18 barriers and 5 water jumps

MEN

35-59 3000m .0.838m 28 barriers and 7 water jumps

60+ 2000m .762m 18 barriers and 5 water jumps

The 3000m height of 0.914 is acceptable for competition and records.

Note: To set a new record, times at the 0.838m height must be faster than the current WMA record (including the 0.914m height).

3. IMPLEMENT SPECIFICATIONS

	Hammer	Shot	Discus	Javelin	Weight (kg)
WOMEN					
35-49	4kg	4kg	1kg	600gm	9.080 (20lb)
50-59	3kg	3kg	1kg	500gm	7.260 (16lb)
60-74	3kg	3kg	1kg	500gm	5.450 (12lb)
75+	2kg	2kg	0.75kg	400gm	4.000 (8.8lb)
MEN					
35-49	7.26	7.26	2kg	800gm	15.880 (35lb)
50-59	6kg	6kg	1.5	700gm	11.340 (25lb)
60-69	5kg	5kg	1kg	600gm	9.080 (20lb)
70-79	4kg	4kg	1kg	500gm	7.260 (16lb)
80+	3kg	3kg	1kg	400gm	5.450 (12lb)

4. SHOT PUT

Minimum Weight	Diameters:	
	Min.	Max.
7.260K	110mm	130mm
6.000K	105mm	130mm
5.000K	100mm	130mm
4.000K	95mm	130mm
3.000K	85mm	130mm
2.000K	80mm	110mm

5. DISCUS

See WA Rule 34.2 for Discus Specifications 1kg, 1.5kg, 2kg

Specifications for .750kg

	Min.	Max.
Minimum Weight	.750kg	
Outside Diameter of metal rim	166mm	182mm
Diameter of metal plate or flat center area	50mm	57mm
Thickness of metal plate or flat center area	33mm	39mm
Thickness of rim (6mm from edge)	10mm	13mm

6. JAVELIN

See WA Rule 38.10 for Javelin Specifications 800g, 700g, 600g, 500g

Specifications for 400gm

	Min.	Max.
Minimum Weight	400gm	
Overall Length	1.85m	1.95m
Length of metal head	200mm	250mm
Distance from tip of metal head to center of Gravity	0.75m	0.80m
Diameter of shaft at thickest point	20mm	23mm
Width of cord grip	130mm	140mm

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

NOTE: 700g javelin specifications effective 1 January 2026

7. HAMMER

See WA Rules 36.4 - 36.8 for Hammer Specifications for 3.000kg, 4.000kg, 5.000kg, 6.000kg, and 7.260kg

Specifications for 2.000kg

Minimum Weight (kg)	2.000kg
Length maximum (mm)	1195
Minimum diameter range (mm)	75
Maximum diameter range (mm)	100

8. OUTDOOR WEIGHT

Construction: The weight shall consist of three parts: a metal head, link, and handle.

Head: The head shall be spherical of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. Any filler must be inserted in such a manner that it is immovable.

The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9mm from the center of the sphere.

Link: The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to ensure that they cannot stretch appreciably while the weight is being thrown.

Handle: The handle may be as in the hammer (see WA Rule 36.7) or be made of a round metal rod not exceeding 12.7mm in diameter. The rod must be bent in a triangular shape, so no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner to not stretch appreciably while being thrown. It must be attached to the link(s) in such a manner that it cannot be turned within link(s) to increase the overall length.

Connections: The links shall be connected to the head by means of a swivel, either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).

Minimum Weight	Diameter	
	Min.	Max.
15.88kg	145mm	165mm
11.34kg	130mm	150mm

9.08kg	120mm	140mm
7.26kg	110mm	130mm
5.45kg	100mm	120mm
4.00kg	95mm	110mm

Length: The length shall be not more than 410mm measured from the inside of the handle.

9. INDOOR WEIGHT

Note: Outdoor implements should only be used if the landing surface is appropriate.

Construction: The weight shall consist of three parts: a head, handle, and connection. The assembly which may contain a harness. The construction must be such to ensure no damage will be caused to a normal sport hall floor on landing.

Head: The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The center of gravity shall be not more than 9mm from the center of the head with the connection, handle, and harness removed or suspended.

Handle: The handle will be as permitted in the Outdoor Weight.

Connections: The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel and harness must not stretch appreciably during a throw.

Minimum Weight	Diameter	
	Min.	Max.
15.88kg	145mm	180mm
11.34kg	130mm	165mm
9.08kg	120mm	155mm
7.26kg	110mm	145mm
5.45kg	100mm	135mm
4.00kg	95mm	110mm

Length: The length shall be not more than 410mm measured from the inside of the handle.

APPENDIX B:

The scoring of WMA Combined Events Competition, age factors and parameters are in a separate document.

APPENDIX C:
WMA ADVANCEMENT TABLES
OUTDOOR

P = Number of athletes qualified by their place;

T = Number of athletes qualified by their time

8 Lane Tracks (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P+4 T	1
17-24	0		3	2 P+2 T	1
25-32	4	2 P+8 T	2	2 P+4 T	1
33-40	5	2 P+6 T	2	2 P+4 T	1
41-48	6	2 P+4 T	2	2 P+4 T	1
49-56	7	2 P+10 T	3	2 P+2 T	1
57-64	8	2 P+8 T	3	2 P+2 T	1
65-72	9	2 P+6 T	3	2 P+2 T	1
73-80	10	2 P+4 T	3	2 P+2 T	1
81-88	11	1 P+13 T	3	2 P+2 T	1
89-96	12	1 P+12 T	3	2 P+2 T	1

9 Lane Tracks (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-9	0		0		1
10-18	0		2	2 P+4T	1
19-27	0		3	2 P+2T	1
28-36	4	2 P+8T	2	2 P+4T	1
37-45	5	2 P+6T	2	2 P+4T	1
46-54	6	2 P+4T	2	2 P+4T	1
55-63	7	2 P+10T	3	2 P+2T	1
64-72	8	2 P+8T	3	2 P+2T	1
73-81	9	2 P+6T	3	2 P+2T	1
82-90	10	2 P+4T	3	2 P+2T	1
91-99	11	1 P+13T	3	2 P+2T	1
100-108	12	1 P+12T	3	2 P+2T	1

8-9 Lane Tracks (800m)

Number of Competitors	Semi Finals	Qualifying	Final
1-12	0		1
13-24	2	2 P+8T	1
25-36	3	2 P+6T	1
37-48	4	2 P+4T	1
49-60	5	1 P+2T	1
61-72	6	0 P+12T	1
73-84	7	0 P+12T	1
85-96	8	0 P+12T	1
97-108	9	0 P+12T	1

8-9 Lanes Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-16	0		1
17-32	2	3 P+10T	1
33-48	3	2 P+10T	1
49-64	4	2 P+8T	1
65-80	5	2 P+6T	1
81-96	6	2 P+4T	1
97-112	7	1 P+9T	1

INDOOR

P = Number of athletes qualified by their place;

T = Number of athletes qualified by their time

8 Lane Tracks (60m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P+4T	1
17-24	0		3	2 P+2T	1
25-32	4	2 P+8T	2	2 P+4T	1
33-40	5	2 P+6T	2	2 P+4T	1
41-48	6	2 P+4T	2	2 P+4T	1
49-56	7	2 P+10T	3	2 P+2T	1
57-64	8	2 P+8T	3	2 P+2T	1
65-72	9	2 P+6T	3	2 P+2T	1
73-80	10	2 P+4T	3	2 P+2T	1
81-88	11	1 P+13T	3	2 P+2T	1
89-96	12	1 P+12T	3	2 P+2T	1

6 Lane Tracks (60m, 200m, 400m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-6	0		0		1
7-12	0		2	2 P+2T	1
13-18	0		3	1 P+3T	1
19-24	4	2 P+4T	2	2 P+2T	1
25-30	5	2 P+2T	2	2 P+2T	1
31-36	6	2 P+6T	3	1 P+3T	1
37-42	7	2 P+4T	3	1 P+3T	1
43-48	8	2 P+2T	3	1 P+3T	1
49-54	9	1 P+9T	3	1 P+3T	1
55-60	10	1 P+8T	3	1 P+3T	1

INDOOR

P = Number of athletes qualified by their place;

T = Number of athletes qualified by their time

6 Lane Tracks (800m)

Number of Competitors	Semi -finals	Qualifying	Final
1-9	0		1
10-18	2	2 P + 5 T	1
19-27	3	2 P + 3 T	1
28-36	4	1 P + 5 T	1
37-45	5	1 P + 4 T	1
46-54	6	1 P + 3 T	1
55-63	7	1 P + 2 T	1
64-72	8	0 P + 9 T	1
73-81	9	0 P + 9 T	1
82-90	10	0 P + 9 T	1

6 Lane Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-12	0		1
13-24	2	2 P + 8 T	1
25-36	3	2 P + 6 T	1
37-48	4	2 P + 4 T	1
49-60	5	2 P + 2 T	1
61-72	6	1 P + 6 T	1
73-84	7	1 P + 5 T	1