

ABRIDGED RULES-DECATHLON – 2022 - Page 1

GUIDING BODIES

World Police and Fire Games Federation (WPFGE)
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World Masters Athletics (WMA)
[Formerly the World Association of Veteran Athletes (WAVA)]
Web-site: www.world-masters-athletics.org

EVENTS

MEN: Competitors shall compete ONLY within their actual age category. Event will be offered in the following Age Categories:

18 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 - 64
40 - 44	65 & over
45 - 49	

EQUIPMENT

NOTE: Poles are NOT provided for the pole vault event, unless stated otherwise in the Registration Book & Confirmation Letter.

SCHEDULE

The Decathlon is an event scheduled within the Track & Field Program. The individual time schedule within the Decathlon may be adjusted depending on the length of time an event may take.

Assignments:

Heat assignments are as follows: Clerk of the Course on the second call for an event should have all the contestants' names and affiliations listed. This list should then be divided into heats at random.

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EXAMPLE: First event - 100 Meter Run: Should 12 contestants report to the Clerk then there would be 2 heats of 6 runners each. **NO** late contestants should be accommodated. If they don't report soon enough, it is their own fault.

Decathlon requires 2 days. All events will be run no less than 30 minutes apart and no more than 1 hour apart.

The events are:

First Day

100 Meter Run
Long Jump
Shotput - 18-49 7.26 Kg
 50-59 6.0 Kg
 60 + 5.0 Kg
High Jump
400 Meter Run

Second Day

110 Meter Hurdles - 18-29 1.067m (42")
 30-34 .991m (39") CPAF adjusted scoring
 35+ .991 m (39")

100 Meter Hurdles 50-59 .914m (36")
 60 + .840m (33")
 16 m to 1st hurdle; 8 m between hurdles; 12 m to finish line

Discus - 18-49 2.0 Kg
 50-59 1.5 Kg
 60 + 1.0 Kg

Pole Vault (All age categories will compete.)

Javelin -
 18-49 (800 grams)
 50-59 (700 grams)
 60 + (600 grams)

1,500 Meter Run

Scoring

Athletes entered from 18-34 will use the WA Scoring Tables. All others from 35+ will use Age Graded Scoring Tables.

GENERAL SPORT RULES for Decathlon

A system should be established to reproduce the results of each day's efforts making copies available.

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In the Long Jump, Shotput, Discus and Javelin each competitor shall be allowed three trials only.

If flights are necessary in any of the track events, the competitors for each flight (except in the 1500 Meter) may be drawn by lot. In the 1500 Meter, the flights may be made up and a draw made as competitors become available from the previous event, and where possible one flight should consist of the leading competitors at the end of 9 events. The referee shall have authority to rearrange any flight if in his/her opinion it is desirable.

A competitor failing to start or take a trial in any event of the competition shall be considered to have abandoned the competition and shall not be allowed to participate in any following event. He shall therefore not be included in the final placing or scoring.

A competitor disqualified for fouling another competitor in any event shall **NOT** be permitted to compete in the remaining events, unless the referee shall rule that mere loss of points is not a sufficient penalty.

The scores of each competitor, separately and combined, should be announced to the competitors after the completion of each event.

The winner shall be the competitor who has scored the highest number of points in all events, awarded on the basis of the WA scoring tables. In case of a tie, the winner shall be the competitor scoring the greater number of points in any one of the 10 events. This procedure shall apply to ties for any place in the competition.

The order of competing shall be drawn before each separate event.