

# ABRIDGED RULES-HEPTATHLON - 2022 - Page 1

## GUIDING BODIES

World Police and Fire Games Federation (WPFGF)  
8304 Clairemont Mesa Blvd., # 107, San Diego, CA 92111  
Tele. (858) 571-9919; FAX: (858) 571-1641; E-MAIL: 4info@cpaf.org

World Athletics

World Masters Association (WMA)  
[Formerly the World Association of Veteran Athletes (WAVA)]  
Web-site: www.wava.org  
Rex Harvey, Chairman of the Stadia Committee  
6744 Connecticut Colony Circle; Mentor, OH 44060 USA; Tele: 440.954.8111

## EVENTS

Heptathlon consists of Hurdles, High Jump, Shotput, 200 M Run, Long Jump, Javelin & 800 M Run.

**WOMEN:** Competitors shall compete ONLY within their actual age category. Heptathlon will be offered in the following age categories:

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

## SCHEDULE

In no case will an event be run before its scheduled time.

### ASSIGNMENTS:

1. Most tracks can run 8 lanes on the curve and 9 lanes on the straight-aways. Since the listing of heat assignments prior to the reporting of contestants to the Clerk of the Course is a waste of effort, don't try.
2. 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, but not requiring members of the same agency to compete against one another unless necessary.

EXAMPLE: First event - 200 Meter Run: Should 12 contestants report to the Clerk then there would be 2 heats of 6 runners each. Late

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contestants should not be accommodated. If they don't report soon enough, it is their own fault.

This Heptathlon requires two 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 M. Hurdles; 18-39: .840m / 33"

80 M. Hurdles; 40+: .762m / 30"

High Jump

Shotput; 18-49: 4.0 Kg

50+: 3.0 Kg

200 M. Run

### **Second Day -**

Long Jump

Javelin; 18-49: 600 gm

50+: 500 gm

800 Meter Run

## **GENERAL RULES**

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

In the running events and Hurdles, a competitor shall be disqualified in any event in which she has made three false starts.

If heats are necessary in any of the track events, the competitors for each heat (except 800 Meter Run) may be drawn by lot with three or more competitors in each heat. In the 800 Meter, the heats may be made up, and a draw made, as competitors become available from the previous event. Where possible, one heat should consist of the leading competitors at the end of six (6) events. The referee shall have authority to rearrange any heat 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. She shall therefore not be included in the final placing or scoring.

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

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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 World Athletics scoring tables. If electronic timing is used in the 200 Meter Run, 800 Meter Run, and the Hurdles, the time will be given in hundredths and the I.A.A.F. scoring table for hundredths will be used. If timing is done by stopwatches the times will be given in tenths and the I.A.A.F. scoring table for tenths will be used. In case of a tie, the winner shall be the competitor scoring the greater number of points in any one of the seven (7) events. This procedure shall apply to ties for any place in the competition.

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