

## **TECHNICAL REGULATIONS FOR BALTIC TEAM CHAMPIONSHIPS IN ATHLETICS**

The Athletics Federations of Estonia, Latvia and Lithuania negotiate about organizing Baltic Youth Team Championships during every year's conference of the calendar.

The tripartite agreement is made for every Team Championships which must include:

- the time and place of the Team Championships;
- the age of competitors and events that are included in the Team Championships;
- all participants must be from the correct age group and cannot be from younger age group;
- the procedure for the costs of organizing and participation;
- the confirmation of the organizing Federation that competitions shall be arranged entirely according to the IAAF's Competition Rules and according to the technical regulations.

### **1. Technical meeting**

The organizing Federation of the Team Championships shall arrange a technical meeting before the beginning of the first day of the competition. Official representatives of every team, the competition director and referees will take part in the technical meeting. The Federation's technical delegate or official representative appointed by the Federation will lead the meeting.

Topics of the meeting:

- in high jump and pole vault: starting heights and the subsequent heights to which the bar will be raised;
- in triple jump: the distance of the take-off line from the landing area;
- how to make and solve protests and appeals;
- how to present personal implements for inspection;
- Call Room procedures;
- proceeding of awarding ceremony;
- other relevant questions.

### **2. Implements and hurdles. Number of trials. Jump-off.**

2.1. Implements, height of hurdles and placement of hurdles to the track:

2.1.1. In all age group Team Championships, all the technical parameters of implements and placement of hurdles shall be according to IAAF's Competition Rules and according to the technical regulations.

2.1.2. In U16 age group Team Championships, the following technical parameters shall be used:

Implements:

	<b>Shot</b>	<b>Discus</b>	<b>Hammer</b>	<b>Javelin</b>
<b>Girls</b>	3 kg	0,75 kg	3 kg	400 g
<b>Boys</b>	4 kg	1 kg	4 kg	600 g

Hurdles:

<b>Distance</b>	<b>Number of hurdles</b>	<b>Height of hurdles</b>	<b>Distance from start line to first hurdle</b>	<b>Distance between hurdles</b>
<b>Girls</b>				
60 m	5	76,2 cm	12,0 m	7,75 m
100 m	10	76,2 cm	12,0 m	7,75 m
300 m	7	76,2 cm	45 m	35 m
<b>Boys</b>				
60 m	5	83,8 cm	13,0 m	8,25 m
110 m	10	83,8 cm	13,0 m	8,25 m
300 m	7	76,2 cm	45 m	35 m

2.1.3. In U18 age group Team Championship, the following technical parameters shall be used:

Implements:

	<b>Shot</b>	<b>Discus</b>	<b>Hammer</b>	<b>Javelin</b>
<b>Girls</b>	3 kg	1 kg	3 kg	500 g
<b>Boys</b>	5 kg	1,5 kg	5 kg	700 g

Hurdles:

<b>Distance</b>	<b>Number of hurdles</b>	<b>Height of hurdles</b>	<b>Distance from start line to first hurdle</b>	<b>Distance between hurdles</b>
<b>Girls</b>				
60 m	5	76,2 cm	13,0 m	8,50 m
100 m	10	76,2 cm	13,0 m	8,50 m
400 m	10	76,2 cm	45 m	35 m
<b>Boys</b>				
60 m	5	91,4 cm	13,72 m	9,14 m
110 m	10	91,4 cm	13,72 m	9,14 m
400 m	10	83,8 cm	45 m	35 m

2.1.4. In U20 age group Team Championship, the following technical parameters shall be used:

Implements:

	<b>Shot</b>	<b>Discus</b>	<b>Hammer</b>	<b>Javelin</b>
<b>Women</b>	4 kg	1 kg	4 kg	600 g
<b>Men</b>	6 kg	1,75 kg	6 kg	800 g

Hurdles:

<b>Distance</b>	<b>Number of hurdles</b>	<b>Height of hurdles</b>	<b>Distance from start line to first hurdle</b>	<b>Distance between hurdles</b>
<b>Women</b>				
60m	5	83,8 cm	13,0 m	8,50 m

100m	10	83,8 cm	13,0 m	8,50 m
400m	10	76,2 cm	45 m	35 m
<b>Men</b>				
60 m	5	99,1 cm	13,72 m	9,14 m
110 m	10	99,1 cm	13,72 m	9,14 m
400 m	10	91,4 cm	45	35

- 2.2. Number of trials. In shot put, discus throw, javelin throw, hammer throw, long jump and triple jump every competitor has 6 trials. The competing order for every round shall be the same.
- 2.3. Jump-off. In case of the same results in high jump or pole vault, jump-off shall not be held and two first places will be given out.

### 3. Size of the team

Team Championships of individual events: Up to 2 participants in one event for every team; one team in relays.

Team Championships of combined events: Up to 4 girls and 4 boys from every team in every age group.

### 4. Events

#### 4.1. U16 Team Championships:

**Girls** – 100m, 400m, 1500m, 100mH, 300mH, High Jump, Long Jump, Triple Jump, Shot Put, Javelin Throw, Discus Throw; Medley Relay 100-200-300-400m

**Boys** – 100m, 400m, 1500m, 110mH, 300mH, High Jump, Long Jump, Triple Jump, Shot Put, Javelin Throw, Discus Throw; Medley Relay 100-200-300-400m

NB! One athlete can take part of 2 individual events and a relay.

#### 4.2. U18 Team Championships:

**Girls** – 100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, 2000 m SC, 4 x 100m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Javelin Throw, Discus Throw, Hammer Throw;

**Boys** – 100m, 200m, 400m, 800m, 1500m, 3000m, 110mH, 400mH, 2000 m SC, 4 x 100m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Javelin Throw, Discus Throw, Hammer Throw.

Girls and Boys - 4 x 400 m (Mixed Relay 2 Boys + 2 Girls)

#### 4.3. U20 Team Championships:

**Women** – 100m, 400m, 1500m, 100mH, 400mH, High Jump, Long Jump, Triple Jump, Shot Put, Javelin Throw, Discus Throw

**Men** – 100m, 400m, 1500m, 110mH, 400mH, High Jump, Long Jump, Triple Jump, Shot Put, Javelin Throw, Discus Throw

Men and Women - 4 x 400 m (Mixed Relay 2 Men's + 2 Women's)

#### 4.4. U18 Indoor Team Championships:

**Girls** – 60m, 300m, 800m, 3000m, 60mH, 4x200m, High Jump, Pole Vault, Long Jump,

Triple Jump, Shot Put.

**Boys** - 60m, 300m, 800m, 3000m, 60mH, 4x200m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put.

4.5. Baltic Team Championships / President Cup:

**Women** – 100m, 200m, 400m, 800m, 1500m, 5000m, 100mH, 400mH, 3000m SC, 4 x 100m, 4 x 400m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Javelin Throw, Discus Throw, Hammer Throw.

**Men** – 100m, 200m, 400m, 800m, 1500m, 5000m, 110mH, 400mH, 3000m SC, 4 x 100m, 4 x 400m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Javelin Throw, Discus Throw, Hammer Throw.

4.6. U16, U18 and U20 Combined Events Team Championships:

**Girls** – Heptathlon

**Boys** - Decathlon

4.7. U18 and U20 Indoor Combined Events Team Championships:

**Girls** – Pentathlon

**Boys** - Heptathlon

4.8. Race Walking Team Championships:

**Men and Boys**

U20 10 000 m Walk

U18 10 000 m Walk

U16 5 000 m Walk

**Women and Girls**

U20 10 000 m Walk

U18 5 000 m Walk

U16 3 000m Walk

**5. Calculation of team points**

Team points will be calculated for every age group for girls and boys jointly. In addition, collective calculation in combined events Team Championship for age groups (U18 and U20) is carried out.

- 5.1. In Team Championships of individual events points for individual events 6-5-4-3-2-1 and in relay races 6-4-2 will be accounted. All the competitors (or teams in relay races) that are tied for the position will get the points for a higher place. In case of even team points, the team which has more first places will rank a higher position. In case of the equal count of first places, the second places will be taken into account, etc.
- 5.2. In Team Championships of combined events in each age group the points of three girls and three boys will be taken into account. If fewer than three girls or three boys in each age group will finish the combined event, the team will lose their team points in this age group. In case of even team points, the team which includes the competitor with the best individual result will rank a higher position. In case of their

equality, a second best will be taken into account, etc.

**6. Awarding.**

6.1. Team Championships of individual events:

- winners of individual events and winners of relay team shall be rewarded with gold medals 2<sup>nd</sup> place with silver medal and 3<sup>rd</sup> place with bronze medal;
- in each age group the scores of boys and girls will be added together: winning team will be rewarded with traveling trophy.

6.2. Team Championships of combined events:

- every winner of his/her age group shall be rewarded with a gold medal 2<sup>nd</sup> with a silver medal and 3<sup>rd</sup> place with bronze medal;
- in all age groups the scores of boys and girls will be added together:
- in collective calculation of all age groups: winning team will be rewarded with traveling trophy.

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ESTONIA

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LATVIA

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LITHUANIA