

## Rules for Nordic Masters Championships in Athletics

### 1. Nordic Masters Championships

- 1.1 The Nordic Masters Committee is responsible for arranging the following Nordic Masters Championships in Athletics:
- Outdoor Championships in even years.
  - Indoor Championships in odd years.
- (Later cross-country race might be included in the Nordic Masters Championships)
- 1.2 The Nordic Masters Championships in Athletics are to be held in five-year classes for men and women 35 years and older, in accordance with the competition rules of IAAF / WMA. However, with the year of birth and not the day of birth as the basis for determining the age class.
- 1.3 For Master Athletes who live in a Nordic country, but who is not a citizen of this country, the following applies for participation in the Nordic Masters Championships:  
A Nordic citizens can, if he / she wishes, compete for the country of residence, provided that he / she represents an athletic association in the country of residence, is officially registered in the country, permanently residing there and mostly staying there for at least one year.  
For a non-Nordic citizens the same applies and that he / she is not in the same year participating in his/her national championships or represents his/her country in an international championships during the same year.
- 1.4 For the Nordic Masters Championships in Athletics the organizing country's language and English are the official languages to be used in the invitation, at the Internet website and in the competition. The starters command should be in English.
- 1.5 The invitation with the preliminary timetable for the Nordic Masters Championships in Athletics will be circulated to the Nordic affiliates no later than six months before the competition date. Organizer will also open its own website on the Internet, where all information about the competitions is published.
- 1.6 Within one week prior to the championship, there shall be a printed program with the final timetable and start lists. The information shall also be placed on the website as soon as it is ready. An event may not start earlier than indicated in the timetable.
- 1.7 The result of the competition should be shown on the website on the day of the competition, and official results shall be circulated to the Nordic affiliates within one month after the championships. Organizer will provide each participating country with preliminary results at the end of the championships.
- 1.8 Registration for the championships shall be made through the website together with the payment. A list of each nation's registrations must be sent to the national federations for approval.
- Upon request, registration and payment can also be done through the national federation no later than 5 weeks prior to the championship. Late registration is allowed for an extra fee.
- 1.9 Registration fees at the Nordic Masters Championships in Athletics will be established by the The Nordic Athletics Masters Committee.  
The present fees are:
- First event: 40 Euros
  - 2nd and the following events: 20 Euros.
  - Throwing pentathlon (in addition to other events): 50 Euros.
  - Throwing pentathlon (as the only event): 70 Euros.
  - After deadline: Each event: 100 Euros.
  - Relays: No registration fee is required. Only one national team in each age group.
- 1.10 Nordic Masters Championships in Athletics are international championships, which among other things involves following WMA rules for competition and competition clothing. This means that until further decided the old false start rule should be applied.

- 1.11 The masters committee in the country that organizes the Nordic Masters Championships appoints the technical delegate for outdoor or indoor championships. One of the tasks of the technical delegate is to check and approve the competition arena before the invitation to the Nordic Masters Championships in Athletics is sent out.
- 1.12 A technical meeting is to be held the evening before first competition day at the Nordic Masters Championships. If the competition begins the first day at 16:00 or later the technical meeting can take place the same day in good time before the start of the competition.
- 1.13 At each Nordic Championships there will be a competition jury appointed with representatives of the competition organizing committee and a participating affiliate from each participating country.
- Protests will be handled according to IAAF/WMA rules, which in short says that if you are not satisfied with the decision by an event referee you can appeal to the jury. The competitor or team manager will normally be requested to make the protest within 30 minutes after the official announcement of the results. Protest fee is € 90 or corresponding sum in local currency. The fee will be returned if the jury accepts the protest.
- 1.14 The bib number at the Nordic Masters Championships shall, in addition to a starting number, also contain the age group. Each participant should wear 2 bibs (front and back) except in those events where competition rules normally require only one number (high jump, pole vault and throws).
- 1.15 In all the Nordic Masters Championships in Athletics, the Nordic athletics masters committee official medal in gold, silver and bronze shall be awarded to the top three in each event. There are no performance limits to obtain medals. Awards shall be handed out in a dignified setting.
- 1.16 Organizer is responsible for ordering of the official medals and can choose the supplier. However it will always be possible to order the official medals from Hallmans in Stockholm.
- 1.17 Participants may use their own throwing equipment, that has to be weighed and checked by the organizer not later than one hour before the start of the event.
- 1.18 Organizer is responsible for and pays for the provision of adequate medical services, which includes physicians on site throughout the championships.
- 1.19 Organizer is responsible for that all event managers are authorized and have adequate knowledge for their task. Nordic athletics masters committee may require replacement of an event manager at obvious deficiencies in his/her work.
- 1.20 To ensure that the Nordic Masters Championships in Athletics is held with good quality, the following special rules and frameworks are established.
- 1.21 Relay is included in the outdoor event program (1.000 m) and indoor (4 x 200 m). Age groups: M / K35 M / K40, M / K50 etc. in 10-year classes. A team must have at least two participants belonging to the relevant age group. Other participants may come from older age groups. The general rule is that each country can set up one team in each age group. If it is technically possible, a country could participate with 2 teams in an age group, but only one team can obtain the medal, and it is the country's fastest team that counts as "national team".  
Relay teams are registered during the competition at a time decided by the competition organizing committee. Relay teams participate free of charge.

## 2. Nordic Masters Championships – outdoor

2.1 The Nordic Masters Championships outdoor is organized every even year in the following order:  
2018 Sweden  
2020 Finland  
2022 Iceland  
2024 Norway  
etc.

2.2 The championships shall be held over three consecutive days, Friday-Sunday, at an athletic field with synthetic surface and at least six circular lanes of 400 meters and otherwise satisfying IAAF requirements for championship arena (runways, throwing facilities, etc.). Automatic photo finish and wind measurement shall be used.

2.3 The event program shall be:

	Men	Women
Friday	100 m 5.000 m Pole Vault Long Jump Weight Throw Hammer Throw Javelin Throw 5.000 m Track Walk	100 m 1.500 m Pole Vault High Jump Weight Throw Hammer Throw Javelin Throw 5.000 m Track Walk
Saturday	200 / 300 / 400 m Hurdles 200 m 800 m Steeplechase 3.000 m / 2.000 m High Jump Shot Put Discus Throw 1.000 m Relay (100 - 200 - 300 - 400 m)	200 / 300 / 400 m Hurdles 200 m 800 m Steeplechase 2.000 m Long Jump Shot Put Discus Throw 1.000 m Relay (100 - 200 - 300 - 400 m)
Sunday	80 / 100 / 110 m Hurdles 400 m 1.500 m 10.000 m Triple Jump  Throwing Pentathlon 10 km Road walk	80 / 100 m Hurdles 400 m  5.000 m Triple Jump  Throwing Pentathlon 10 km Road walk

2.4 The organizer shall implement a mandatory opening ceremony on Friday in a dignified setting. The committee recommends organizing some kind of friendship party for participants on Saturday evening.

2.5 At the end of the championships, the organizer submits the Nordic Athletics Masters Championships trophy to the next championships organizing country. Organizer shall provide the trophy along with a commemorative plaque.

2.6 The event program shall cover the same events as WMA's World Master Competitions outdoors for masters except cross country running, marathon/half marathon running and heptathlon/decathlon.

2.7 When setting up groups for throwing, a group should contain a maximum of 10 participants.

2.8 Doping tests can be conducted at the Nordic Masters championships outdoors. Organizer is responsible for and pays for the tests in accordance with IAAF / WMA's anti-doping rules.

### 3. Nordic masters Championships – indoor.

3.1 The Nordic Masters Championships Indoor are organized every odd year preliminary in the following order:  
2017 Sweden  
2021 Iceland  
2023 Finland  
2025 Norway  
etc.

This schedule can be changed due to the fact that it has been decided not to organize indoor championships the same years, as there are WMA CI organized in Europe.

3.2 The Championships shall be held over three consecutive days, Friday-Sunday, at an indoor arena with synthetic surface and at least four circular lanes of 200 m with banked curves and surface, that allows 6 mm spikes and have at least six lanes for sprint and short hurdles. Automatic photo finish shall be used.

3.3 Event program

	Men	Women
Friday	60 m 800 m Track Walk 3.000 m Triple Jump	60 m 800 m Track Walk 3.000 m Triple Jump Shot Put
Saturday	200 m 3.000 m 4 x 200 m relay High Jump Pole Vault Shot Put	200 m 3.000 m 4 x 200 m relay Long Jump Weight Throw
Sunday	400 m 1.500 m 60 m hurdles Long Jump Weight Throw	400 m 1.500 m 60 m hurdles High Jump Pole Vault

3.4 The organizer shall implement mandatory opening ceremony on Friday in a dignified setting. The committee recommends that some kind of friendship party for participants be organized on Saturday evening.

3.5 When setting up groups for throwing, a group should contain a maximum of 10 participants.

3.6 Weight throw should be held indoors ("covered"). If this is not possible for the organizers, this must be clearly stated in the invitation.

3.7 Doping tests can be conducted at the Nordic Masters championships indoors. Organizer is responsible for and pays for the tests in accordance with IAAF / WMA's anti-doping rules.

### 4. Nordic Masters Championships - approval

4.1 These competition rules were approved by Nordic Masters Committee in San Sebastian, Spain, August 25, 2005 and replace all previous contest rules.

Competition rules have been supplemented by the decision at:

- Nordic Veteran Athletics Committee meeting in Poznan, Poland July 23, 2006,
- Nordic Veteran Athletics Committee meeting in Aarhus, Denmark, June 29, 2007,
- Nordic Veteran Athletics Committee Meeting in Riccione, Italy September 8, 2007,
- Nordic Veteran Athletics Committee meeting in Reykjavik, Iceland March 1, 2008
- Nordic Veteran Athletics Committee meeting in Ljubljana, Slovenia July 28, 2008,
- Nordic Veteran Athletics Committee meeting in Huddinge, Sweden June 27, 2009

- Nordic Veteran Athletics Committee meeting in Lahti, Finland, August 4, 2009.
- Nordic Veteran Athletics Committee meeting in Nyiregyhaza, Hungary July 18, 2010
- Nordic Veteran Athletics Committee meeting in Lyon, France, August 8, 2015
- Nordic Masters Athletics Committee meeting in Odense, Denmark June 30, 2016,
- Nordic Masters Athletics Committee meeting in Huddinge, Sweden March 10, 2017
- Nordic Masters Athletics Committee meeting in Aarhus, Denmark July 28, 2017
- Nordic Masters Athletics Committee meeting in Borås, Sweden July 5, 2018
- Nordic Masters Athletics Committee meeting in Jesolo, Italia September 8, 2019

## Appendix

### Nordic Masters Athletics Committee (NMACo)

1. NMACo consists of representatives from all Nordic countries.
2. NMACo chairman and secretary will be appointed by the national committee during the years when the nation arranges NMACS and NMACi.
3. NMACo will have official meeting shortly before EMA and WMA General Assembly and in connection with the technical meeting at NMACS and NMACi.
4. Invitation and agenda for the NMACo meeting should be sent by mail to the members at least 3 weeks before the meeting.
5. Minutes of the meeting should be sent by mail to members not later than 3 weeks after the meeting.