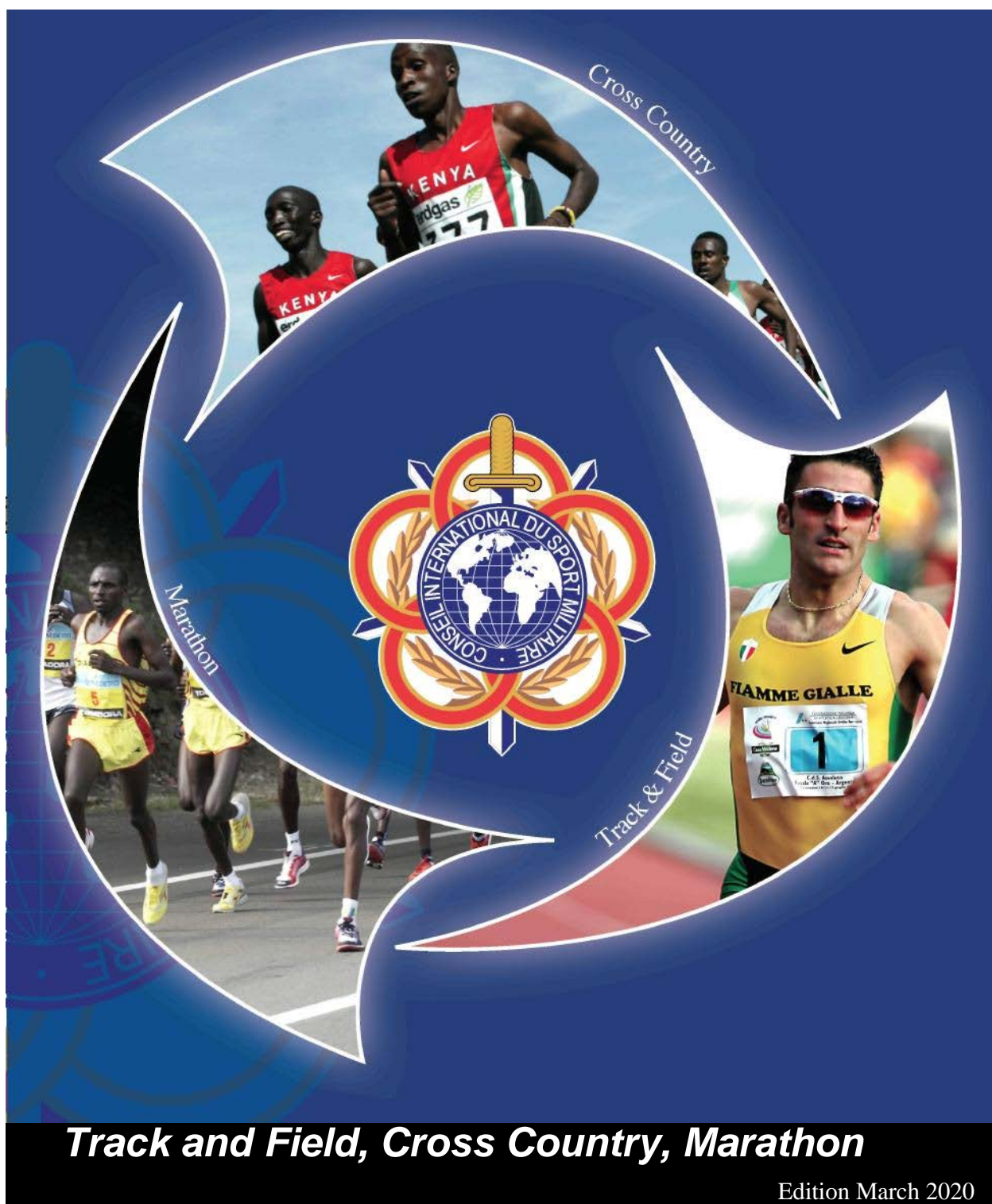


CISM Sports Regulation



Track and Field, Cross Country, Marathon

Edition March 2020



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**SPECIFIC REGULATION
FOR TRACK AND FIELD**

CISM SPORT REGULATIONS - TRACK & FIELD

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SHORT HISTORY

Running is a physical activity as old as the world.

One remembers with admiration the Athenian soldier, first military racer, running across mountains and valleys from Marathon to Athens to announce Milthiades' victory.

The virtues of running for the athlete's physiological development have always been recognized. It has become a regulated sport, practised in almost all the countries of the world.

Therefore, there is no need to explain to the readers the reasons that inspired the AFSC (Allied Forces Sports Council) first then CISM to include this fundamental sport in their calendar.

In fact, it was through the international military Track and Field championships that the larger public knew the AFSC.

Admitted in 1946 by the General Assembly of the Allied Forces Sports Council, the first international military championship was organised by the United States in Berlin in 1946. This first edition was a real success; seven countries took part and more than 100.000 spectators applauded the first champions at the Olympic stadium.

After the transformation of the AFSC to the International Military Sports Council (CISM), the Track and Field championship assumed a new dimension and began to obtain great success from 1953.

In the last 26 years, each member country of CISM has organised its own national military championships and it's hard to keep track of all the athletes who distinguished themselves on these occasions and then became established in the CISM championship.

The best examples of these establishments were the 100m world record established by Williams and Murchison at the 1956 CISM Track and Field championship, the discus throw world record obtained by Silvester at the 1961 CISM championship where 13 teams were present and the record participation (31 teams) at the 1987 track and field championship in Warendorf (Germany).

In this way the double objectives of CISM were realised : to promote mass sports and improve quality through closer international contacts.

INTRODUCTION

The Track and Field championship is basically organised principally every two (2) years, under the patronage of the International Military Sports Council (CISM).

During the year in which it does not take place, continental or regional championships may be organised.

The IAAF International Federation is requested to include the world military championships in its calendar.

1. REGULATION OF THE INTERNATIONAL FEDERATION

The regulations of the International Amateur Athletic Federation (IAAF) will be applied (most recent edition).

The present rules must regulate all the CISM Track and Field championships. The official language in which these this second part of the regulations has been established is English. This version prevails in case of dispute.

For all the cases non specified in the present regulations, the International Amateur Athletics Federation (IAAF) regulations will be applied.

2. PARTICIPATION - COMPOSITION OF A MISSION

Each country may enter a complete team of 20 athletes or an incomplete team. The

- 2.1.. number of athletes entered by the mission determines the maximum of authorised members for each mission.

COMPLETE TEAM (20 ATHLETES)

2.1.1.

- 1 Chief of Mission
- 1 team chief
- 3 coaches
- 1 masseur
- 1 "ad libitum"
- 20 athletes

- 27 members maximum

2.1.2. INCOMPLETE TEAM (LESS THAN 20 ATHLETES)

number of athletes per mission	Other mission members				
	Mission chief	Team Chief	Trainers	Masseur	ad libitum
1	1				
2-5	1		1		
6-10	1		1		
11-15	1	1	2	1	
16-19	1	1	3	1	1

- 2.2. No other additional member may feature in the mission without authorisation of the organising country.

- 2.3. The organising country has the liberty to register other athletes besides those stated in point 2.1. in all the events of the technical programme up to a maximum of 2 athletes per event. These athletes will be considered "out of competition".

- 2.4.** Each team may enter a maximum of :
- three (3) athletes per individual event;
- one (1) team in each relay race.

3. PROGRAMME OF THE STAY

3.1. CALENDAR

A. The duration of the stay is 8 (eight) days.

B. Programme

1st day :	arrival of mission
2nd day :	preparatory conference - training
3rd day :	training
4th day :	opening ceremony - start of the competition
5th day :	competitions
6th day :	competitions - closing ceremony
7th day :	cultural day
8th day :	departure of missions

C. Ceremonial days

The organising country it is considered necessary may modify the days foreseen for the opening and closing ceremonies.

D. Compulsory meeting

The compulsory meetings are dedicated to :
- information about CISM;
- Academic actions (meeting of doctors, trainers, etc.) and are determined and organised on the initiative of the Chief of the organising delegation.

-

4. ORGANIZATION OF THE CHAMPIONSHIP

4.1. CHOICE OF STADIUM

The stadium chosen by the organising delegation should be provided with :

- a track with 8 (eight) or 6 (six) lanes;
- modern installations and equipment.

The covering of the lanes and the concourse installations must be of synthetic material. All derogations must be submitted to the Permanent Commission for Sport for approval.

4.2. JUDGES

All the judges for the competition must be supplied by the organising country, according to the rules and characteristics provided by the IAAF Regulations.

4.3. EVENTS

MEN

A. RACES

- 100m - 200m - 400m - 800m - 1500m - 5000m - 10000m
- 110 hurdles - 400m hurdles
- 3000m steeplechase
- 4x100m relay - 4x400m relay

B. JUMPS

- High jump - long jump - triple jump - pole vault

C. THROWS

- Shot put - discus - javelin - hammer

- D. The organising country has the liberty to include the following complementary events in the programme : decathlon, marathon, 20 km road walk;

WOMEN

A. RACES

- 100m - 200m - 400m - 800m - 1500m - 5000m or 10000m - 400m hurdles

B. JUMPS

- High jump - long jump

- C. The organising country has the liberty to include the following complementary events in the programme : marathon, pole vault, shot put;

If an organising country adds one or more optional events for men, and/or women, but receives a number of entries less than :

- 6 (six) competitors in decathlon;
- 10 (ten) competitors in the Walk and in the Marathon;
- 6 (six) competitors for each female event,

It may decide not to perform the event in question, but must communicate it to all delegations at least thirty (30) days before the beginning of the championship.

If the organising country intends to include some or all of the optional events mentioned above, the timetable programme would be appropriately integrated.

5. CALENDAR OF THE CHAMPIONSHIP

5.1.. The order of events and the timetable will be the following, bearing possible changes which the organising country may apply following the number of entries in each event:

First day - morning		
0.00	- 400 m hurdles	preliminary heats
0.40	- 800 m	preliminary heats
1.15	- 100 m	preliminary heats
First day - afternoon		
	- opening ceremony	
0.00	- high jump	finals
0.00	- triple jump	PH/F
0.10	- 100 m	semi-fnals
0.15	- javelin	PH/F
0.30	- 400 mH	semi-fnals
0.50	- 10.000 m	finals
1.30	- 800 m	finals
1.45	- 100 m	finals
2.00	- 400 hurdles	finals
Second day - morning		
0.00	- 400 m	preliminary heats
Second day - afternoon		
0.00	- hammer	PH/F
1.15	- 4x100 m	preliminary heats
1.50	- 400m	semi-fnals
1.50	- shot put	PH/F
2.10	- 1.500 m	preliminary heats
2.50	- 4x100 m	finals
3.05	- 400 m	finals
3.15	- 5.000 m	finals
Third day - morning		
0.00	- 110 m hurdles	preliminary heats
1.30	- 200 m	preliminary heats
2.00	- 4x100 m	preliminary heats
Third day - afternoon		
0.00	- pole vault	finals
1.00	- long jump	PH/F
1.15	- 200 m	semi-fnals
1.15	- discus	PH/F
1.25	- 3.000 m ST	finals
1.40	- 1.500 m	finals
1.50	- 4x400 m	finals
2.10	- 110 m hurdles	finals
2.25	- 200 m	finals
	- closing ceremony	

symbols used: **PH** : preliminary

heats | **F** : finals

Possible shifting of events on other days must be authorised by the PTC Chairman.
Possible changing of timetable on the same day will be decided by the organising country for reasons arising from the number of entries only.

5.2. Possible variations of the timetable programme must be communicated to the participating countries at least 60 days before the beginning of the championship.

5.3.. The number of finalists in the throwing and extension jump events, must be equal to the number of lanes available in the stadium where the championships are held. For the other events the IAAF regulations will be applied.

6. CLASSIFICATION

6.1. INDIVIDUAL CLASSIFICATION

Only an individual classification is established.

6.2. COUNTRY CLASSIFICATION

No country classification is foreseen.

7. REWARDS

7.1. OFFICIAL MEDALS

The organising country must reward each athlete with the following official medals for individual events or relays :

- CISM gold medal and diploma of champion for the winner of each event;
- CISM silver medal for the second placed athlete in each event;
- CISM bronze medal for the third placed athlete in each event.

7.2. OTHER REWARDS

Other possible rewards will be granted on the initiative of the organising country (cups, medals, souvenirs, etc.).

8. RATIFICATION OF RECORDS

8.1. WORLD - REGIONAL - NATIONAL RECORDS

The organising committee of the championship must ensure :

- that all the records broken during the CISM championship may be ratified;
- the carrying out of the modalities foreseen by the IAAF so that all world records can be ratified;
- that the ratification of records is not made impossible because of coaching during the events. In this respect, a service order should be carried out.

8.2. CISM RECORDS

A record ratification sheet will be prepared by the organising country for all CISM records equalled or broken.

It should be signed by all the officials that have judged the event, and by the referee-judge,

and transmitted to the CISM Permanent General Secretariat.

The Organising Committee will compulsorily include the list of the present CISM records

in the programme of the championships.

9. ANTI-DOPING CONTROL

9.1 The anti-doping tests and procedures shall be carried out accordingly the CISM and WADA anti-doping regulations.

9.2 The number of tests and minimum level of analysis should follow the Test Distribution Planning (TDP) issued by CISM General Secretariat and posted on the CISM website annually.

9.3 In accordance with CISM Regulations and related CISM Sports Regulations all new world record holders must be submitted to an Anti-Doping test in order to validate their new record. Organizing Committees should provide extra Anti-Doping Kits to fulfil this task, if necessary.

10. TECHNICAL DIRECTOR

10.1. DESIGNATION

The organising country designates the Technical Director.

10.2. FUNCTIONS

- A.** Help the Organising Committee resolve the technical problems.
- B.** Advise the CISM Representative in all the technical tasks such as :
 - preparatory conference
 - jury of Appeals, etc.
- C.** Preside over the Technical Jury.
- D.** Assure :
 - the strict application of particular regulations;
 - the formation of the different committees and jury.

**SPECIFIC REGULATION
FOR CROSS-COUNTRY**

CISM SPORT REGULATIONS - CROSS-COUNTRY

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SHORT HISTORY

The Cross Country is a physical and natural activity which was practised since the old age. The world history of sport gives us very often the example of that Athenian soldier who ran through hills and valleys, from Marathon to Athens to announce the victory of General Miltiade.

This achievement shows the different virtues of running which develops endurance and resistance qualities, requires the effort liking and raises the team spirit. Running is a natural and a basic sport; it is within reach of every soldier in any army. All world armies organize Cross Country competitions to intensify sport practice and to keep up their soldier's full physical activities. The usefulness of Cross Country is so definite that it reflects the soldier physical condition. Being ruled and managed by international organisms, Cross Country is propagated through all the continents.

The first Military Championship of Cross Country took place under the auspices of the Allied Forces Sports Council (AFSC) in 1974 in HANOVRE (organized by Great Britain). This beginning was a success since nine countries took part at the competition.

With the creation of the International Military Sport Council (CISM), Cross Country knew a new soar being materialized by a great success as early as 1953.

In 1960, CISM Cross Country championship was organized by the Belgian delegation in Brussels in presence of his Majesty the King Baudouin; athletes from 15 countries participated at this event.

Since 1962, the participation of excellent runners from the Maghreb (North Africa) brought a new interest to this championship.

In 1962, the 19th General Assembly innovated and introduced the Short Cross event to its programme. This event has known such a success that several civilian national federations adopt it today.

On February the 28th, 1980 at Fontainebleau, the CISM knew a new consecration with the organization of the first Cross Country event reserved to feminine military personal. A new page of the CISM history has been opened.

1. GENERAL REGULATIONS

- 1.1. Every year a Cross Country championship is organized under the auspices of the International Military Sport Council (CISM).
- 1.2. For any non-specified case in the present regulation refer to the regulation of the IAAF Cross-Country committee and the Regulation of the CISM Procedures.
- 1.3. In case of protest about the interpretation of the second part (technical rules) the French version shall prevail.
- 1.4. The dates of the CISM Cross Country championship will be fixed in a manner to be set in the international calendar.

2. PARTICIPATION - COMPOSITION OF THE DELEGATION

2.1. GENERAL

A nation can participate in the Cross Country championship with complete teams or individuals.

One cannot participate in more than one event if two different countries organize these events.

Once after the technical meeting, team composition can no longer be changed unless a derogation is given by the championship delegated doctor.

2.2. PARTICIPATION WITH COMPLETE TEAMS

The table below gives the composition of the delegation when it participates with three (3), two (2) or one (1) complete team.

FUNCTION	PARTICIPATION WITH						
	3 complete teams	2 complete teams			1 complete team		
	L.S.W. Cross	L.S. Cross	L.W. Cross	S.W. Cross	L. Cross	S. Cross	W. Cross
Chief of mission	1	1	1	1	1	1	1
Chief of the team	1	1	1	1	1	/	/
Coaches	2	1	1	1	1	1	1
Ad Libitum	1	1	1	1	1	1	1
Athletes Long Cross	6	6	6	/	6	/	/
Athletes Short Cross	4	4	/	4	/	4	/
Athletes Women's Cross	5	/	5	5	/	/	5
Total	20	14	15	13	10	7	8

Symbols used : L : Long Cross

S : Short Cross

F : Women's Cross

2.3. PARTICIPATION WITH 1 COMPLETE TEAM AND INDIVIDUALS

2.3.1. A nation can participate in the Cross Country championship with both one (1) complete team and individuals in one (1) or two (2) events.

2.3.2. In this case, the delegation cannot include more than three (3) persons beside the appointed athletes.

2.4. PARTICIPATION WITH INDIVIDUALS

2.4.1. A nation can participate in the Cross Country championship with individuals in three (3), two (2) or one (1) event.

2.4.2. In this case, the delegation can include only two (2) persons at most if the number of athletes is not less than three (3).

2.4.3. If the number of athletes is less than three (3) only one (1) person is authorized to be with them.

2.5. DEROGATIONS

The Executive Committee of CISM must approve any derogation to the prescription of Article 2.

3. COMPETITIONS

Three (3) events of the CISM Cross Country championship are organized.

- Two (2) masculine events :
 - * Long Cross (min 11 km and max 12 km),
 - * Short Cross (min 4 km and max 5 km).
- One (1) feminine event :
 - * Feminine Cross (min 4 km and max 5 km).

4. PROGRAMME OF STAY

4.1. DURING STAY

The minimum duration of stay must be of four (4) full days.

4.2. THE PROGRAMME

4.2.1. The programme of stay can be established as follow :

- 1st day : Arrival of the delegations.
- 2nd day : Technical meeting, recognition of the running paths.
- 3rd day : Opening ceremony, championship, closing ceremony.
- 4th day : Cultural day.
- 5th day : Departure of the delegations.

4.2.2. The opening and closing ceremonies can however take place on days other than those scheduled in the programme.

4.2.3. The obligatory meetings concern :

- The information on CISM
- The actions of the permanent technical of committee, are fixed and organized by the chief of the organizing delegation.

5. DRAWING OF LOTS FOR DEPARTURE

Technical committee will indicate placing on the starting line after a drawing of lots, and the members of each team will be behind one another at the starting line.

The technical committee will give sequential numbers to all concurrents. The number must be attached firmly to the chest and clearly visible. The numbers are supplied by the sponsoring country.

6. PARTICULAR REGULATIONS

6.1. EVENT'S DISTANCE

6.1.1. LONG CROSS

The distance to run can be neither less than 11 km, nor more than 12km.

6.1.2. SHORT CROSS

The distance to run can be neither less than 4 km, nor more than 5 km.

6.1.3. WOMEN'S CROSS

The distance to run can be neither less than 4 kms nor more than 5 kms.

6.1.4. It is preferable to choose a single 5 Km course for both, short cross and women's cross.

6.2. CIRCUIT

The distance to be covered will be set on an hilly ground. The crossing of wooded areas, which have no set roads or paths, must be clearly indicated to the runners. The crossing streets must be avoided.

The course must have minimum and a maximum number of laps, according to the following table

<u>Race</u>	<u>minimum</u>	<u>maximum</u>
short cross	2	3
long cross	4	6
women's cross	2	3

6.3. THE OBSTACLES

6.3.1. GENERALITIES

Elevated obstacles and deep holes are excluded, all dangerous ascents and descents, any obstacle which constitutes a greater difficulty than be planned by the event (Art250.1. IAAF Regulation).

However the different events must have a certain number of natural or artificial obstacles. The artificial obstacles must be, if possible, like the natural ones, which can be met in a free space.

6.3.2. PARTICULARY POINTS

In any case, the number of obstacles cannot be more than twelve (12) for Long Cross, four (4 for Short Cross, three (3) for Women's Cross.

The artificial obstacles can be made out of wood without any foliage. The dimensions should not be more than 90 cm in height and between 20 cm and 40 cm in width. The women's obstacle cannot be higher than 60 cm.

The last obstacle should not be placed within the last five hundred (500) m .

6.4. TRACING

The running path should be clearly marked, and it would be better if fags were used, red ones on the left and white ones on the right to be visible at 125 m distance.

6.5. DEPARTURE AND ARRIVAL

6.5.1 DEPARTURE

In events where a great number of participants are involved, it is recommended to give a "warning" 05 minutes before the start.

For every event the start will be given by a gunshot. The usual orders for the distance events are given.

In events where a great number of participants are involved, bottlenecks within 1 500 m from the start line should be avoided.

6.5.2. RACE

Water and other suitable refreshments shall be available at the start and the finish of all races. For all events, drinking/sponging stations shall be provided at every lap if weather conditions allow such provisions (Art 250.9. IAAF Regulation).

6.5.3. ARRIVAL

- The finished area should be large and long enough to permit to several runners to sprint.
- The arrival should be materialized on the ground by a chalked line between two posts holding the pennant "arrival" visible to the concurrent.
- The performances accomplished by the first concurrent will be timed by chronometers.

6.5.4. JUDGES AT THE ARRIVAL LINE

A. At the end of the race, the Judge will decide about the respective place of the runners whose results must be added up for each team (Art 250.8. IAAF Regulation).

B. However it is recommended to provide an official with a tape recorder and another with a video-tap to register the passage order of the athletes to eventually solve any classification problems.

In case this is materially impossible, the register system (pique-note) method will be used.

6.6. TECHNICAL ORGANIZATION

- The description of the running path with maps and sketches are joined to the official invitation.
- The organization (under technical committee) designates the officials necessary for the good going of the events (IAAF Regulation).

6.7. DRESS

6.7.1. RUNNING DRESS

Should be clean, conceived and put on in a way not to offend (Art 143.1. IAAF Regulation).

6.7.2. SHOES

Athletes can run barefooted, with one or with a pair of shoes within the limits of the regulation (Art. 143.4. IAAF Regulation).

6.8. TRAININGS

The organizer should establish a planning for trainings such that all delegations are able to take advantage of the running path until the eve of the event.

7. ANTI-DOPING CONTROL

7.1 The anti-doping tests and procedures shall be carried out accordingly the CISM and WADA anti-doping regulations.

7.2 The number of tests and minimum level of analysis should follow the Test Distribution Planning (TDP) issued by CISM General Secretariat and posted on the CISM website annually.

8. TITLES AND REWARDS

8.1. TITLES GIVEN

The CISM Cross Country championship organization attributes the following titles :

8.1.1. INDIVIDUALLY

CISM champion titles of Long Cross, Short Cross and Feminine Cross.

8.1.2. PER TEAM

CISM team champion titles of Long Cross, Short Cross and Feminine Cross.

8.2. CLASSIFICATIONS

For each of the three (3) organized events, it is established a general individual classification and a general team classification.

8.2.1. GENERAL INDIVIDUAL CLASSIFICATION

A number of points are attributed to each concurrent. The number corresponds to the concurrent's place in the arrival order.

1 point to the 1st.

2 points to the 2nd.

15 points to the 15th, etc.

8.2.2. GENERAL TEAM CLASSIFICATION

From the general individual classification, it is established a general team classification for every event using the following procedure.

A. Long Cross

Only the points attributed to the first (4) runners of each team are counted.

B. Short distance and Women's Cross

By analogy, only the points given to the first three (3) runners of each team will be counted up.

8.2.3. FINAL RESULTS

The team which gets the lowest number of point will be declared winner (Article 250.8. IAAF Regulation).

In an ex-aequo case: the advantage will be given to the team whose last runner will be the nearest to the winner.

8.2.4. INCOMPLETE TEAMS

If, before the beginning of the events, a team is reduced to four (4) athletes in the Long Cross, three (3) athletes in the Short Cross and Women's Cross, the team will participate in the team classification. In any other case, the concurrent will depart and take part only in general individual classification.

8.3. REWARDS

For every event, the organizing nation must offer the following rewards :

8.3.1. LONG CROSS

- A. Three (3) medals (Gold, Silver, and Bronze) to the first three of the general individual classification.
- B. 18 medals (six (6) Gold, six (6) Silver, six (6) Bronze) to the six athletes of the first three teams of the general team classification and a Cup for the first classified team.

8.3.2. SHORT CROSS

- A. Three (3) medals (Gold, Silver, and Bronze) to the first three of the general individual classification.
- B. 12 medals (Four (4) Gold, Four (4) Silver, Four (4) Bronzes) to the four athletes of the first three teams of the general team classification and a Cup for the first classified team.

8.3.3. FEMININE CROSS

- A. Three (3) medals (Gold, Silver, and Bronze) to the first three of the general individual classification.
- B. 15 medals (Five (5) Gold, Five (5) Silver, Five (5) Bronze) to the five athletes of the first three teams of the general team classification and a Cup for the first classified team.

*** TABLE LIST OF MEDALS AND DIPLOMAS ***

EVENTS		MEDALS				CHAMPION DIPLOMAS
		GOLD	SILVE	BRONZ	CUPS	
Long Cross	Individual Classification	1	1	1		1
	Classification per team	6	6	6	1	6
Short Cross	Individual Classification	1	1	1		1
	Classification per team	4	4	4	1	4
Feminine Cross	Individual Classification	1	1	1		1
	Classification per team	5	5	5	1	5
Total medals, diplomas and Cups		18	18	18	3	18

8.3.4. CHALLENGE CUPS

A challenge cup is delivered to the first team of each competition. Between two successive competitions the challenge cup is confided to the victorious nations, which must take care of print and maintenance expenses. The challenge cup is returned tot the organizing country before the successive championship.

8.3.5. SUPERCUP

A Super cup will be awarded to the best men's team, having obtained the best score according to the overall results (long cross plus short cross).

Scoring

- a) Points for each team will be calculated by the sum of the points from the two events. The team, which obtains the minimum points in the combined classification, will be declared the winner.

- b) In case of dead heat in combined cross the best placing obtained by the teams in the two competitions will be considered. Should there be another dead heat the best individual placing will be considered.

9. FAIR PLAY

- 9.1. A sportsman or a team which, during a cross-country championship of the CISM, would do honour to the CISM's device "Friendship by sport " would receive an honorific distinction.
- 9.2. A fair play trophy will be given to an athletic or a team, which has shown a fair play attitude.
- 9.3. Is concerned by this distinction any athletic, team or responsible who by their respect of sportive ethics, the non-violence and the sense of military honour have proved to be very "just so" during the competition.
- 9.4. The CISM Official Representative, the President of the PTC and the organizing country's representative are the persons who can make this appreciation.
- 9.5. The attitude of an athletic or a team, the fair play of which deserves to be cited, as example must be mentioned in reports established in the end of each championship by the CISM Official Representative and the PTC chairman.
- 9.6. The athletic and the team can be proposed for exceptional fact (event) at the international commission of fair play.
- 9.7. This trophy will be offered (with the suggestion of the permanent commission for sports) by the CISM Secretary General during a General Assembly to the delegation, athletic or the team leader concerned.
- 9.8. This trophy is not attributed systematically.

10. TECHNICAL JURY AND JURY OF APPEAL

The two juries will act following the rules contained in the part 1 of these regulations. In particular, a President and four members compose the technical jury. PTC members attending the championship have a priority in the choice.

**SPECIFIC REGULATION
FOR MARATHON**

CISM SPORT REGULATIONS - MARATHON

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SHORT HISTORY

Marathon is a classic disciplines of the athletic program, more exactly one of the long distance competitions, it is a endurance foot race which covers 42,195km (or 26 miles and 385 yards length adopted for the Marathon of the 1908 Summer Olympics in London and officially established, after some slight variations, at the 1924 Summer Olympics in Paris).

The name marathon comes from the place in Ancient Greece where on 490 BCE, the Battle of Mara-thon took place among the Athenians led by General Miltiades and the Persians led by Darius I. The legend states that, once the much bigger Persian Invading Army had been defeated, a Greek soldier called Pheidippides ran the entire distance from the town of Marathon to Athens (around about 40 km) without stopping in order to announce the victory and then just collapse and die. When the idea of a revival of Ancient Olympics became a reality with the first edition of the modern Olympics, held in Athens on 1896, the legend of Marathon was recalled (owing to the idea of the historian Michel Bréal, heavily supported by Pierre de Coubertin) by the organization of a marathon race. The winner of the first Olympic Marathon, held on a 40 km distance, was the Greek Spiridon Louis (it is told that he took his time, during the race, to stop at a refreshment point and drink a glass of wine). For several years the marathon races were held without definitive rules, on lengths going from 40 to 42,75 km, before the actual standard distance was determined as a matter of fact on 1924.

Regarding the first Olympic events, very famous became the race of Dorando Pietri, during the Lon-don Games on 1908, who fall five times before his arrival as the winner, and was later disqualified due to the help he had just on the last few meters of the race.

At the beginning, marathon was a male-only race, it was extended also to female on the 1970's, included on the World Championships program on 1983 and on the Olympic program since the Los Angeles Games on 1984.

Recent studies stated that among all the Track and Field disciplines marathon is the one where there is less difference between male and female. As it is a discipline that more than others submits the human body to physical stress, athletes have to organise with great care training and recovery, giving great importance to feeding. The main difficulty during a marathon, beside dehydration, seems to be what is called "the bonk", or better the physical uneasiness that athletes face when reaching the 32 km "wall", when, in other words, the body has nearly finished glycogen supplies coming from carbohydrates, and starts to corrode energy coming from fat, causing a fall of PH in blood. In addition to the ordinary suit for athletes (vest or T-shirt, shorts and appropriate shoes), on the occasion of official competitions a microchip is jointed, fixed on the shoes or breast (called Trans-ponder timing system), that, throughout an antenna, reports the name, timing and position of each runner to the data system, allowing to verify the correctness of the track. In case of any deviation, in fact, the athletes are disqualified. Along the 42,195 km of the race (regulation foresees a maximum error of 42m), every 5km there is a refreshment point.

1. GENERAL REULATION

1.1. Every year the World Military Marathon Championship is organized under the auspices of the International Military Sport Council (CISM).

1.2 EVENT

The event could be organized singularly or included in the International marathon that is recognized by the official calendar of the Federation that will host the event.

1.1.3 For any non - specific case in the present regulation refer to the regulation of the IAAF committee and the Regulation of the CISM Procedures.

1.1.4 The dates of the CISM Marathon Championship will be fixed in a manner to be set in the international calendar.

2 PARTECIPATICI - COMPOSITION OF THE DELEGATION

2.1. GENERAL

A nation can participate in the Marathon Championship with complete teams or individuals.

2.2 PARTECIPATION WITH COMPLETE TEAMS

The table below gives the composition of the delegation when it participates with two (2) or one (1) complete team.

FUNCTION	PARTICIPATION WITH		
	Complete teams	Only women	Only men
Chief of mission	1	1	1
Ad Libitum	1	0	0
Coaches	1	1	1
Athletes man	4	/	4
Athletes Women	4	4	/

2.3. PARTECIPATION WITH 1 COMPLETE TEAM AN INDIVIDUALA

2.3.1 A nation can participate in the World Military Marathon Championship with both (man and women) national teams or one (man or women) national team and individual.

2.4 PARTECIPATION WITH INDIVIDUAI^

2.4.1 A nation team can participate in World Military Marathon Championship with individuals two (2) or one (1) athletes. If the number of athletes is less than four (4 athletes, the nation will score to individual classification. If the national team will start with four (4) or three (3) athletes and they will arrive with one (1) or 2 (two), they will be score to individual classification.

2.5 DEROGATIONS

The Board of Directors of CISM must approve any derogation to the prescription of **Article**

2.

3 COMPETITION

The racing distance is km 42.195 (Marathon).

4 PROGRAMME OF

STAY 4.1 DURING STAY

4.1.1 The minimum duration of stay must be of four (4) days.

4.2 THE PROGRAMME

4.2.1 The programme of stay can be established as following:

- 1st day : Arrival of delegation.
- 2nd day : Opening ceremony and Technical meeting.
- 3rd day : **World Military Marathon Championship - race**
- 4th day : Departure of the delegations.

5. RACE

Water and other refreshments shall be available at the start and the finish of the race.

6. OFFICIAL REFRESHMENTS

6.1 The LOC will provide at the refreshment station:

- still water
- isotonic water sponges
- drinks can be taken by the athletes from the refreshment station by themselves.

The personal refreshment can be handed over at the T.I.C. (Technical Information Centre) three (3) hours before the start.

CLOTHING

7.1 RUNNINGWEAR

Should be clean, conceived and put on in way no to offend (Art. 143.1 IAAF Regulation).

8. ANTI-DOPING CONTROL

8.1 The anti-doping tests and procedures shall be carried out accordingly the CISM and WADA anti-doping regulations.

8.2 The number of tests and minimum level of analysis should follow the Test Distribution Planning (TDP) issued by CISM General Secretariat and posted on the CISM website annually.

8.3 In accordance with CISM Regulations and related CISM Sports Regulations all new world record holders must be submitted to an Anti-Doping test in order to validate their new record. Organizing Committees should provide extra Anti-Doping Kits to fulfil this task, if necessary.

9.1 TITLES GIVEN

The CISM World Military Marathon Championship organization attributes the following titles:

9.1.1 INDIVIDUALLY

CISM Champion titles for man and women.

9.1.2 PER TEAM

CISM team championship title for man and women.

10. GENERAL INDIVIDUAL CLASSIFICATION

10.1 Concerning the individual classification, the first 3 athletes (man and women) will be reward.

10.1.2. GENERAL TEAM CLASSIFICATION

10.1.3 for the general team classification, it will be established by the best 3 arrival time (man and women) at the finish line.

- Man race best 3 times at the finish line.
- Women race best 3 arrival time at the finish line.

11. FINAL RESULT

The nation with the best lowest time (the amount of the 3 best athletes) will be declared winner. In an ex aequo case, the advantage will be given to the nation whose last runner will be nearest to the winner.

INCOMPLETE NATION

11.1 All the national teams that will go to the start line with an incomplete team, two (2) or one (1) athletes will be considered as individual.

12. REWARDS

12.1 for every event, the organizing nation must offer the following rewards:

- Three medals (Gold, Silver and Bronze) to the first three athletes for the individual and team classification (man and women).

13. VICTORY CEREMONY

13.1 The best three (3) times to every team, in the marathon and the best three (3) nations will be presented with bronze, Silver and gold medal as appropriate. The victory ceremony will take place at the time indicate in the technical meeting.

EVENTS		MEDALS			
		GOLD	SILVER	BRONZE	CUPS
MAN	Individual Classification	1	1	1	
	Classification Team	4	4	4	1
WOMEN	Individual Classification	1	1	1	
	Classification Team	4	4	4	1

14. PROTEST AND APPEALS

14.1 Protested are allowed and shall be resolved according to IAAF Rule 146. Protests concerning the result or the conduct of the race, must be made within 30 minutes of the announcement of the results of the official announcement of the result of the race. The nation will pay 100 \$ for any protest.

15. TECHNICAL JURY AND JURY OF APPEL

The two juries will act following the rules contained in the part 1 of this regulation. In particular, a President and four members compose the technical jury. PTC members attending the championship have priority in the choice.

