# TABLE OF CONTENTS

## 1 - SPECIFIC REGULATIONS FOR TRACK AND FIELD
1. Regulation of the International Federation  
2. Participation – Composition of a mission  
3. Programme of the stay  
4. Organization of the championship  
5. Calendar of the championship  
6. Classification  
7. Rewards  
8. Ratification of records  
9. Fair Play  
10. Anti-Doping Control

## 2 - SPECIFIC REGULATIONS FOR CROSS-COUNTRY
1. General Regulations  
2. Participation – Composition of the Delegation  
3. Competitions  
4. Programme of Stay  
5. Drawing of lots for departure  
6. Particular Regulations  
7. Anti-Doping Control  
8. Titles and Rewards  
9. Fair Play

## 3 - SPECIFIC REGULATIONS FOR MARATHON
1. General Regulations  
2. Participation – Composition of the Delegation  
3. Competitions  
4. Programme of Stay  
5. Course  
6. Drinking, Sponging and refreshment stations  
7. Race conduct  
8. Clothing  
9. Anti-doping Control  
10. Titles given  
11. Classification  
12. Rewards and victory ceremony  
13. Protest and Appeals
## TABLE OF CONTENTS

### 4 - SPECIFIC REGULATION FOR HALF MARATHON

### 5 - SPECIFIC REGULATION FOR ATHLETICS COMPETITION IN «CADET GAMES»
- 1. General Regulation
- 2. Participation
- 3. Events
- 4. Calendar of the Championship
- 5. Awards
- 6. CISM Track and Field Cadet Records

### 6 - SPECIFIC REGULATION FOR PARALYMPIC ACTIVITY
- 1. Generalities
- 2. Eligible athletes and classification
- 3. Event list according to classification and type
- 4. Podium and medal configurations
CISM GENERAL SECRETARIAT

Address: Rue Jacques Jordaens 26, B-1000, Brussels
Mail: cism@milsport.one
Phone: +32 2 6476852 | Fax: +32 2 6475387

CISM SPORTS DEPARTMENT

Director Sports Department:
Lt. Col Jan van den Dool (NED)

Address: Rue Jacques Jordaens 26, B-1000, Brussels
Mail: sport@milsport.one | jan.vandendool@milsport.one
Phone: +32 2 6500275 | Fax: +32 2 6475387

COMPOSITION OF TRACK AND FIELD AND CROSS-COUNTRY COMMITTEE

President CISM Committee:
W.O. Margherita Magnani (ITA)

Address: Gruppo Polisportivo Fiamme Gialle, Via Croviana n.120, 00124, Castelporziano (Roma), Italia
Mail: trackandfield@milsport.one | margherita.magnani@fiammegialle.org
Phone/WhatsApp: +39 366 5884173

MEMBERS OF THE CISM COMMITTEE:

1. Col. Lofti Bouguerra (TUN): loftibouguerra@yahoo.fr
2. Col. Oleg Parkhomenko (RUS): oleg300378@mail.ru
3. Col. Joseph Galvin (USA): joseph.galvin@usmc.mil
4. Lt. Col. Stefan Spahr (SUI): stefan.spahr@vtg.admin.ch
5. Lt. Col. Carlos Eduardo Espinoza YÉPEZ (ECU): cespinozay@hotmail.com
6. Maj. Mostafa ZARINAFFZAL (IRI): mostafa.zarinaffzal2007@gmail.com
7. FWO Stelios Bismpas (GRE): stelios.bismpas@gmail.com
8. OR-4 Sophie Duarte (FRA): sophie_duarte@hotmail.com
INTRODUCTION

The Track and Field championship should be organized principally every two (2) years, alternating with CISM World Summer Games in which athletics is an important part and one of the main sports. During the year in which it does not take place, continental or regional championships may be organized.

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 Miltiades’ victory. The virtues of running for the athlete’s physiological development have always been recognized. It has become a regulated sport, practiced 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 organized 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 starting from 1953 up to the present day.

SPECIFIC REGULATIONS FOR TRACK AND FIELD

1) Continental Championships comply with the following conditions:
   1) Organization in conformity with the CISM Regulations
   2) Invitation to participate extended to all member nations of the continent
   3) Effective participation by at least six (6) nations for men and/or three (3) for women
   4) Organization of official ceremonies
   5) Designation of a continental representative
   6) Awarding of medals.

2) Regional championships comply with the following conditions:
   1) Organization in conformity with the CISM Regulations
   2) Invitation to participate extended to member nations of the regional Liaison Office and, if desired, to any member nation outside the region
   3) Effective participation by at least four (4) nations for men and/or two (2) for women
   4) Organization of official ceremonies
1 - REGULATION OF THE INTERNATIONAL FEDERATION

The present rules must regulate all the CISM championships and Games in which athletics is present and does not have a dedicated and specific regulations. For all the cases not specified in the present regulations, World Athletics Federation (WA) Competition Rules will be applied.

The World Athletics technical and competition rules of reference are those relating to the most recent edition of 2020, also considering the updates of 2021.

2 - PARTICIPATION – COMPOSITION OF A MISSION

2.1. Each country may enter a complete team consisting of 24 athletes, or an incomplete team. The number of athletes entered by the mission determines the maximum of authorized members of each mission

2.1.1 COMPLETE TEAM (24 ATHLETES)

- 1 Chief of Mission (CoM)
- 1 Team Chief Captain (TC)
- 3 Coaches
- 2 Masseurs
- 1 “ad libitum”
- 24 athletes

32 members maximum

2.1.1 INCOMPLETE TEAM (LESS THAN 24 ATHLETES)

The number of the “other mission members of a” like Chief of Mission, Team Captain, Coaches, Masseurs... is established on the number of the athletes present.

<table>
<thead>
<tr>
<th>NUMBER OF ATHLETES FOR MISSION</th>
<th>OTHER MISSION MEMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chief of Mission (CoM)</td>
<td>Team Captain (TC)</td>
</tr>
<tr>
<td>Coaches - Trainers</td>
<td>Masseurs - Physiotherapists</td>
</tr>
<tr>
<td>Ad libitum</td>
<td></td>
</tr>
</tbody>
</table>

- 1 CoM
- 1 TC
- 1-2 Coaches
- 1-2 Masseurs
- 1 Ad libitum

2.2 No other additional member may feature in the mission without authorization of the Organizing country.

2.3 The Organizing country has the liberty to register other athletes besides those stated in point 2.1 in all events of the technical program up to a maximus of 2 athletes for event. These athletes will be considered “out of competition” and their position in the race will not be considered in the ranking of the CISM competition.

5) Awarding of medals.

Upon request from an organizing nation, a regional event may be designated as continental championship. This should be done in collaboration with the organizing delegation, the Vice-President, and the pertinent President of CISM Sport Committee.
2.4 Each team may enter a maximum of:
7. two (2) athletes (men and women) per individual event
8. one (1) team in each relay race (men and women).

3. PROGRAMME OF THE STAY

The duration of the stay is 8 (eight) days. The program indicatively it will be so composed:

- 1st day: arrival of missions
- 2nd day: training - technical meeting - opening ceremony
- 3rd day: competitions
- 4th day: competitions
- 5th day: competitions
- 6th day: competitions
- 7th day: cultural day – closing ceremony
- 8th day: departure of missions

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

4. ORGANIZATION OF THE CHAMPIONSHIP

4.1 CHOICE OF STADIUM

The stadium chosen by the organizing delegation should be provided with a track with 8 (eight) lanes and modern installations and equipment. The covering of the lanes and the concourse installations must be of synthetic material, according to the rules and characteristics provided by the World Athletics Regulations.

4.2 JUDGES

All the judges for the competition must be supplied by the organizing country, following the Competition Rules of World Athletics Federation.

4.3 EVENTS

MEN:

- Track events:
  - 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 3000st, 110hs, 400hs, relay 4 x 100m, relay 4 x 400m

- Field events:
  - Jumps: High jump, long jump, triple jump, pole vault
  - Throwing events: Shot put, discus, javelin, hammer

WOMEN:

- Track events:
  - 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 3000st, 100hs, 400hs, relay 4 x 100m, relay 4 x 400m

- Field events:
  - Jumps: High jump, long jump, triple jump, pole vault
  - Throwing events: Shot put, discus, javelin, hammer

The organizing country has the liberty to include the following complementary events in the program: combined events (decathlon men and heptathlon women), Marathon, Half Marathon, 20 km road walk, 35 km road walk; If the organizing country intends to include some or all the optional events mentioned above, the timetable program would be appropriately integrated.

If an organizing country receives in any event a number of entries less than 6 (six) competitors or less 10 (ten) competitors in the optional Road Race like Marathon, Hal Marathon and Road Walk,
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 some or all of the optional events are included, the organizing country may adjust the number of participants outlined in paragraphs 2.1.1 and 2.1.2

5. CALENDAR OF THE CHAMPIONSHIP

5.1 The order of events will be the following, bearing possible changes which the organizing country may apply following the number of entries in each event. This order of event was created considering the number of the participants in the last editions of the championships and games.

<table>
<thead>
<tr>
<th>DAY / TIME</th>
<th>EVENT</th>
<th>GENDER</th>
<th>FASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 DAY MORNING</td>
<td>400 M</td>
<td>MEN</td>
<td>ROUND1</td>
</tr>
<tr>
<td>100 M</td>
<td>WOMEN</td>
<td>ROUND1</td>
<td></td>
</tr>
<tr>
<td>100 M</td>
<td>MEN</td>
<td>ROUND1</td>
<td></td>
</tr>
<tr>
<td>Shot Put</td>
<td>MEN</td>
<td>QUALIFICATION</td>
<td></td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>MEN</td>
<td>QUALIFICATION</td>
<td></td>
</tr>
<tr>
<td>1 DAY AFTERNOON</td>
<td>400 HS</td>
<td>MEN</td>
<td>ROUND1</td>
</tr>
<tr>
<td>1500 M</td>
<td>MEN</td>
<td>ROUND1</td>
<td></td>
</tr>
<tr>
<td>100 M</td>
<td>MEN</td>
<td>SEMI FINAL</td>
<td></td>
</tr>
<tr>
<td>100 M</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
<td></td>
</tr>
<tr>
<td>10.000 M</td>
<td>MEN</td>
<td>FINAL</td>
<td></td>
</tr>
<tr>
<td>Discus Throw</td>
<td>MEN</td>
<td>QUALIFICATION</td>
<td></td>
</tr>
<tr>
<td>Shot Put</td>
<td>MEN</td>
<td>FINAL</td>
<td></td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>WOMEN</td>
<td>FINAL</td>
<td></td>
</tr>
<tr>
<td>2 DAY MORNING</td>
<td>1500 M</td>
<td>WOMEN</td>
<td>ROUND1</td>
</tr>
<tr>
<td>800 M</td>
<td>MEN</td>
<td>ROUND1</td>
<td></td>
</tr>
<tr>
<td>200 M</td>
<td>MEN</td>
<td>ROUND1</td>
<td></td>
</tr>
<tr>
<td>200 M</td>
<td>WOMEN</td>
<td>ROUND1</td>
<td></td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>MEN</td>
<td>QUALIFICATION</td>
<td></td>
</tr>
<tr>
<td>DAY / TIME</td>
<td>EVENT</td>
<td>GENDER</td>
<td>FASE</td>
</tr>
<tr>
<td>---------------</td>
<td>--------------</td>
<td>--------</td>
<td>----------</td>
</tr>
<tr>
<td>2 DAY</td>
<td><strong>Triple Jump</strong></td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td>AFTERNOON</td>
<td>Pole Vault</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>High Jump</td>
<td>MEN</td>
<td>QUALIFICATION</td>
</tr>
<tr>
<td></td>
<td>400 hs</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>400 hs</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>3000 hs</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>400 m</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>400 m</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>10,000 m</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>3000 st</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>100 m</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>100 m</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td><strong>Hammer Throw</strong></td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td><strong>Discus Throw</strong></td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td>3 DAY</td>
<td><strong>Triple Jump</strong></td>
<td>MEN</td>
<td>QUALIFICATION</td>
</tr>
<tr>
<td>MORNING</td>
<td>200 m</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>200 m</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>100 hs</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>110 hs</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td>3 DAY</td>
<td><strong>High Jump</strong></td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td>AFTERNOON</td>
<td><strong>Long Jump</strong></td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>400 hs</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>400 hs</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>1500 m</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>110 hs</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>100 hs</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>400 m</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>400 m</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>800 m</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>5000 m</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td><strong>200 m</strong></td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td><strong>200 m</strong></td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td><strong>Shot Put</strong></td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td><strong>Hammer Throw</strong></td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td><strong>Discus Throw</strong></td>
<td>MEN</td>
<td>FINAL</td>
</tr>
</tbody>
</table>
Possible changing of timetable will be decided by the organizing country for reasons arising from the number of entries only.

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

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 organizing 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 organizing country (cups, medals, souvenirs, etc.).

8. RATIFICATION OF RECORDS

8.1 WORLD - REGIONAL - NATIONAL RECORDS

The organizing 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 World Athletics 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 organizing country for all CISM records equaled 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 HQ General Secretariat. The Organizing Committee will compulsorily include the list of the present CISM records in the program of the championships.

### 9. FAIR PLAY

#### 9.1 A sportsman, a sportswomen or a team which, during a CISM Cross Country Championship, embodies the ideal of the CISM’s device “Friendship by sport” may receive this honor.

#### 9.2 A fair play trophy will be given to an athlete or a team, which has shown an outstanding fair play attitude.

#### 9.3 Is concerned by this distinction any athletes, team or responsible who by their respect of sportive ethics, the non-
violence and the sense of military honor have proved to be very “just so” during the competition.

#### 9.4 The CISM Official Representative, the President and the members of Sport Committee 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 President of the committee.

#### 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 CISM Commission for sports) by the CISM Secretary General during a General Assembly to the delegation, athlete or team leader concerned.

#### 9.8 This trophy is non attributed systematically.

### 9. ANTI-DOPING CONTROL

#### 9.1 A doping control is accomplished according to the provisions in the CISM Regulations chap. IX and in accordance with the most up-to-date WADA Regulations.

#### 9.2 The organizing committee of a championship shall ensure that referees/judges, installations and equipment correspond with the respective rules and shall guarantee the Anti-doping control must be done according to the annual CISM Antidoping test distribution plan (TDP) issued by CISM General Secretariat.

#### 9.3 The Fair Play distinction is awarded to any athlete or team who demonstrates the highest standards of sportsmanship, honorable competition, and the ideals of “Friendship through Sport.

### 10. PROTEST AND APPEALS

Protested are allowed and shall be resolved according to World Athletics Competition Rules. 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.
SPECIFIC REGULATION FOR CROSS-COUNTRY

SHORT HISTORY

The Cross Country is a physical and natural activity which was practiced 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.

INTRODUCTION

There are extreme variations in conditions in which Cross Country Running are practiced throughout the world and it is difficult to legislate international standardization of these events. It must be accepted that the difference between very successful and unsuccessful events often lies in the natural characteristics of the venue and the abilities of the course designer.

1. GENERAL REGULATIONS

1.1 Every year a Cross Country championship is organized under the auspices of the International Military Sport Council (CISM), except in the same year in which are planned the CISM World Winter Games in which cross country has become an integral part of the technical program.

1.2 For any non-specified case in the present regulation refer to the regulation of the World Athletics Technical Rule (Part VIII regarding Cross Country, Mountain and Trail races).

2. COMPETITIONS

2.1 Three (3) mandatory events of the CISM Cross Country Championship are organized:

1. Men Cross: the distance to run can be neither less than 10km, nor more than 12 km.

2. Women Cross: the distance to run can be neither less than 6 km, nor more than 8 km.

3. Mixed Relay: the distance to run can be neither less than 6 km, nor more than 8 km.

2.2 MIXED RELAY

In the mixed relay, teams are composed by four (4) athletes: two (2)
men and two (2) women that will run a leg approximately of 2000m, passing the baton. The total distance covered by the relay will be about 8–10km. Every team will be free in the define the formation of the relay and the alternation of the athletes that must be declared during the technical meeting or the day before the competition (ex: one man, one woman, one woman, one man; two women, two men; one woman, one man, one woman, one man, …).

3. PARTICIPATION - COMPOSITION OF THE DELEGATION

3.1 GENERAL

A nation can participate in the Cross-Country championship with complete teams or individuals. Once after the technical meeting, team composition can no longer be changed unless a derogation is given by the championship delegated doctor.

3.2 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.

<table>
<thead>
<tr>
<th>FUNCTION</th>
<th>3 COMPLETE TEAMS</th>
<th>2 COMPLETE TEAMS</th>
<th>1 COMPLETE TEAM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>MEN XC – WOMEN XC – MIXED RELAY</td>
<td>MEN XC</td>
<td>WOMEN XC</td>
</tr>
<tr>
<td>CHIEF OF MISSION (COM)</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>TEAM CAPTAIN (TC)</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>COACHES</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>AD LIBITUM</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>ATHLETES MEN XC</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>ATHLETES WOMEN XC</td>
<td>6</td>
<td>/</td>
<td>6</td>
</tr>
<tr>
<td>MIXED RELAY</td>
<td>4</td>
<td>4</td>
<td>/</td>
</tr>
<tr>
<td>TOTAL</td>
<td>21</td>
<td>14</td>
<td>16</td>
</tr>
</tbody>
</table>
3.3 PARTICIPATION WITH 1 COMPLETE TEAM AND INDIVIDUALS

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

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

3.4 PARTICIPATION WITH INDIVIDUALS

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

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

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

3.5 DEROGATION

The Executive Committee of CISM must approve any derogation to the prescription of Article 3.

4. PROGRAMME OF STAY

4.1 DURING STAY

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

4.2 THE PROGRAM

4.2.1 The program of stay can be established as fellow:

- 1st day: arrival of the delegations
- 2nd day: technical meeting, recognition of the running paths, opening ceremony
- 3rd day: race
- 4th day: cultural day, closing ceremony
- 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 program.

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 concurrent. The number must be attached firmly to the chest and clearly visible. The numbers are supplied by the sponsoring country.
6. PARTICULAR REGULATIONS

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 concurrent. The number must be attached firmly to the chest and clearly visible. The numbers are supplied by the sponsoring country.

6.1 CIRCUIT

The course must be designed on an open or woodland area, covered as far as possible by grass, with natural obstacles, which can be used by the course designer to build a challenging and interesting race course. The area must be wide enough to accommodate not only the course but also all the necessary facilities. The crossing of roads or any kind of macadamized surfaces shall be avoided or at least kept to a minimum. When it is impossible to avoid such conditions in one or two areas of the course, the areas must be covered by grass, earth or mats. Apart from the start and finish areas, the course must not contain any other long straight. A «natural», undulating course with smooth curves and short straights, is the most suitable.

6.1.1 LOOP

A loop course must be designed, with the loop measuring between 1500 m and 2000 m. If necessary, a small loop can be added in order to adjust the distances to the required overall distances of the various events, in which case the small loop must be run in the early stages of the event. It is recommended that each long loop should have a total ascent of at least 10 m.

6.1.2 COURSE MARKINGS

The course shall be clearly marked with tape on both sides. It is recommended that all along one side of the course a 1m wide corridor, heavily fenced from the outside of the course, shall be installed for the use of organization officials and media only (obligatory for Championship events). Crucial areas must be heavily fenced; the start area (including the Warm-up Area and the Call Room) and finish area (including any mixed zone). Only accredited people will be allowed access to these areas. The general public should only be allowed to cross the course at well-organized cross-over points, marshalled by stewards. It is recommended that, apart from the start and finish areas, the course be a width of 5 meters, including the obstacle areas.

6.1.3 SPECIFY FOR RELAYS

For Cross Country Relays, lines 50mm wide 20m apart shall be drawn across the course to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organizers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

6.2 THE OBSTACLES

Existing natural obstacles shall be used if possible. However, very high obstacles should be avoided, as should deep ditches, dangerous ascents / descents, thick undergrowth and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition. It is preferable that artificial obstacles should not be used but if such use is unavoidable, they should be made to simulate natural obstacles met within open country. In races where there are large numbers of athletes, narrow gaps or other hindrances which would deny the athletes an unhampered run shall be avoided for the first 300m.

6.3 THE START AND DEPARTURE

The races shall be started by the firing of a gun, cannon, air horn or like device. In races which include many athletes, five-minute, three-minute and one-minute warnings should be given. Wherever possible departure boxes should be provided for team’s races with the members of each team to be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organizers. On the command “On your marks”, the starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it and shall then start the race. In events where a great number of participants are involved, bottlenecks within 500m from the start line should be avoided.
6.4 FINISH AREA
The finish area shall be wide enough to enable several runners to sprint side by side and long enough to separate them at the finish. Unless a Transponder Timing system is being used together with a backup system (such as a video recording) to check finishing orders, finish lanes («funnels») should be set up some 8 to 10 meters after the finish line with a maximum width of 0.70-0.80m. Once in the funnels, the athletes must not be able to overtake one another. The funnels should be 35-40m long into which the athletes will be directed as they cross the finish line. At the end of each funnel, officials will note the athletes’ numbers/names and if applicable recover their transponder timing chips. The funnels should have moveable ropes at the end at which the athlete enter, so that when one lane is full, the next rope can be drawn across behind the last athlete, to enable the next finisher to enter the new finish lane, and so on.

6.5 SAFETY
Organizers of Cross-Country Races shall ensure the safety of athletes and officials.

6.6 DRINKING, SPONGING AND REFRESHMENTS
Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking / sponging station shall be provided every lap, if weather conditions warrant such provision. Where conditions warrant, considering the nature of the event, the weather conditions and the state of fitness of most of the competitors, water and sponges may be placed at more regular intervals along the route.

6.7 RACE CONDUCT
If the Referee is satisfied on the report of a Judge or umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, they shall be disqualified.

6.8 DRESS
Running dress should be clean, conceived and put on in a way not to offend.

6.9 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 A doping control is accomplished according to the provisions in the CISM Regulations chap. IX and in accordance with the most up-to-date WADA Regulations.

7.2 The organizing committee of a championship shall ensure that referees/judges, installations and equipment correspond with the respective rules and shall guarantee the Anti-doping control must be done according to the annual CISM Antidoping test distribution plan (TDP) issued by CISM General Secretariat.
8. TITLES AND REWARDS

8.1 TITLES GIVEN

The CISM Cross Country championship organization attributes the following titles:

- **INDIVIDUALS:** CISM champion titles of Cross men, Cross women.
- **TEAM:** CISM team champion titles of Cross (men and women), and Mixed Relay.

8.2.1. GENERAL INDIVIDUAL CLASSIFICATION

A number of points are attributed to each concurrent or team. 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, ...

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.

- **Cross:** only the points attributed to the four (4) runners of each team are counted.

8.2.3 FINAL RESULTS

The team which gets the lowest number of points will be declared winner. 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

There will be incomplete teams if less than four (4) athletes in the cross (men and women), will not reach the finish line. In this case the athletes will be counted as individuals.

8.3 REWARDS

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

- **CROSS** (men and women): Three (3) medals (Gold, Silver, and Bronze) to the first three of the general individual classification. Maximus 18 medals (six (6) Gold, six (6) Silver, six (6) Bronze) to the six athletes of the first three teams (men and women) of the general team classification and a Cup for the first classified teams.

- **Mixed Relay:** Maximum 12 medals (four (4) Gold, four (4) Silver, four (4) Bronze) to the four athletes of the first three teams of the general Mixed Relay classification and a Cup for the first classified teams.
### 9. Fair Play

9.1 A sportsman, a sportswoman or a team which, during a CISM Cross Country Championship, embodies the ideal of the CISM’s device “Friendship by sport” may receive this honor.

9.2 A fair play trophy will be given to an athletic or a team, which has shown an outstanding fair play attitude.

9.3 The Fair Play distinction is awarded to any athlete or team who demonstrates the highest standards of sportsmanship, honorable competition, and the ideals of “Friendship through Sport”.

9.4 The CISM Official Representative, the President of Sport Committee 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 President of the committee.

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 CISM Commission for sports) by the CISM Secretary General during a General Assembly to the delegation, athlete or team leader concerned.

9.8 This trophy is non-attributed systematically.

### 10. Protest and Appeals

Protests are allowed and shall be resolved according to World Athletics Competition Rules. 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.

---

**Table: List of Medals and Diplomas**

<table>
<thead>
<tr>
<th>Events</th>
<th>Medals</th>
<th>Champion Diplomas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Gold</td>
<td>Silver</td>
</tr>
<tr>
<td><strong>MEN CROSS COUNTRY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>INDIVIDUAL CLASSIFICATION</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>CLASSIFICATION FOR TEAM</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td><strong>WOMEN CROSS COUNTRY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>INDIVIDUAL CLASSIFICATION</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>CLASSIFICATION FOR TEAM</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td><strong>MIXED RELAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CLASSIFICATION FOR TEAM</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td><strong>TOTAL MEDALS, DIPLOMAS AND CUPS</strong></td>
<td>18</td>
<td>18</td>
</tr>
</tbody>
</table>
SHORT HISTORY

Marathon is a classic discipline 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 Marathon 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 in 1896, the legend of Marathon was recalled the organization of a marathon race. The winner of the first Olympic Marathon, held on a 40 km distance, was the Greek Spyridon 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 in 1924. Regarding the first Olympic events, very famous became the race of the Italian Dorando Pietri, during the London Games in 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 in 1984.

The Half marathon is a distance recognized by World Athletics International Federation and corresponds exactly to 21,0975km.

World Athletics organizes an autonomous World Half Marathon championship, which takes place every two (2) years, and aims for the participation of a high number of athletes, both marathon runners and middle-distance runners specialized in track distances of 5000 and 10.000 meters. The first edition of the World Half Marathon Championship took place in Newcastle Upon Tyne (United Kingdom) in 1992, while the last edition was in Gdynia (Poland) in 2020.

In 2016, European Athletics included the Half Marathon in the European Championships, taking place every four years.
4. PROGRAM OF STAY

4.1 DURING STAY
The minimum duration of stay must be of four (4) days.

4.2 THE PROGRAM
The program of stay can be established as following:
- 1st day: Arrival of delegation
- 2nd day: Opening ceremony and Technical Meeting
- 3rd day: Race
- 4th day: departure of delegations

or
- 4th day: cultural day, closing ceremony
- 5th day: departure of the delegations

5. COURSES

5.1 The courses must be approved as required by international procedures and comply with all required standards. The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the courses, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic Field of Play.

5.2 The courses shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race.

5.3 The distance in kilometers on the route shall be displayed to all athletes.

5.4 START
The races shall be started by the firing of a gun, cannon, air horn or like device. In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the races should be given. On the command “On your marks”, the athletes shall assemble on the start line in the manner determined by the organizers. The starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it and shall then start the race.

5.5 SAFETY
The organizers of Road Races shall ensure the safety of athletes and officials. The Organizers shall ensure that the roads used for the competition are closed to motorized traffic in all directions.
6. DRINKING, SPONGING AND REFRESHMENT STATIONS

6.1 Water and other suitable refreshments shall be available at the start and finish of all races.

6.2 For all events, water shall be available at suitable intervals of approximately 5km. Where conditions warrant, considering the nature of the event, the weather the competitors, water and/or refreshments may be placed at more regular intervals along the route.

6.3 Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organizers will determine which refreshments it will provide based on prevailing conditions.

6.4 Refreshments will normally be provided by the Organizers, but it may permit athletes to provide their own, in which case the athletes shall nominate at which stations they shall be made available to them. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizers from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

6.5 The Organizers shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to or may be put by authorized persons into the hands of the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official or authorized person shall, under any circumstances, move beside an athlete while they are taking refreshment or water.

6.6 A maximum of two officials per member may be stationed at any one time behind the area designated for them.

6.7 An athlete may, at any time, carry water or refreshment by hand or attached to their body provided it was carried from the start or collected or received at an official station.

6.8 An athlete who receives or collects refreshment or water from a place other than the official stations, except were provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

7. RACE CONDUCT

7.1 An athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course they do not shorten the distance to be covered.

7.2 If the Referee is satisfied on the report of a judge or umpires or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, they shall be disqualified.

8. CLOTHING

8.1 Running wear should be clean, conceived and put on in way not to offend (Art. 143.1 WA Competitions Rules).

9. ANTI-DOPING CONTROL

9.1 A doping control is accomplished according to the provisions in the CISM Regulations chap. IX and in accordance with the most up-to-date WADA Regulations.

9.2 The organizing committee of a championship shall ensure that referees/judges, installations and equipment correspond with the respective rules and shall guarantee the Anti-doping control must be done according to the annual CISM Antidoping test distribution plan (TDP) issued by CISM General Secretariat.

9.3 In accordance with CISM Regulations and World Athletics Competitions Rules all new world and area 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. TITLES GIVEN

10.1 The CISM World Military Marathon or Half Marathon Championship organization attributes the following titles:
- Individually: CISM Champion titles for man and women.
- For Team: CISM team championship title for man and women.

11. CLASSIFICATION

11.1 Concerning the general individual classification, the first three (3) athletes (man and women) will be rewarded.

11.2 For the general team classification, it will be established by the best three (3) arrival time (men and women) at the finish line. Men and Women race best three (3) arrival times at the finish line.

11.3 Final result: the nation with the best lowest time (the amount of the three (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.

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

12. REWARDS AND VICTORY CEREMONY

12.1 For every event, the organizing nation must offer the following rewards: Three (3) medals (Gold, Silver and Bronze) to the first three (3) athletes for the individual and team classification (men and women).

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

<table>
<thead>
<tr>
<th>EVENTS</th>
<th>MEDALS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>GOLD</td>
</tr>
<tr>
<td>MEN</td>
<td>1</td>
</tr>
<tr>
<td>INDIVIDUAL</td>
<td>4</td>
</tr>
<tr>
<td>CLASSIFICATION</td>
<td></td>
</tr>
<tr>
<td>TEAM</td>
<td></td>
</tr>
<tr>
<td>CLASSIFICATION</td>
<td></td>
</tr>
<tr>
<td>WOMEN</td>
<td>1</td>
</tr>
<tr>
<td>INDIVIDUAL</td>
<td>4</td>
</tr>
<tr>
<td>CLASSIFICATION</td>
<td></td>
</tr>
</tbody>
</table>

13. PROTEST AND APPEALS

Protested are allowed and shall be resolved according to World Athletics Competition Rules. Protests concerning the result or the conduct of the race, must be made within 30 minutes of the announcement of the results or the official announcement of the result of the race. The nation will pay 100 $ for any protest.
**1. GENERAL REGULATION**

The competitions will be conducted in accordance with this Track & Field Regulations (most recent edition of 2021) and with World Athletics technical and Competition Rules (most recent edition of 2020, also considering the updates of 2021).

**2. PARTICIPATION**

**2.1 AGE CATEGORIES**

Following the CISM basic principle of universality of its Military Game, for “Cadet Games” the CISM has set up the age categories from 17 to 26, as lower and upper limits.

**2.2. STATUS OF CADET**

The CISM Cadet World Games are opened to all student who comply with the above definition. All participants must hold the official valid cadet identity card from their respective military educational institution.

**2.3 There is absolutely no discrimination against sex, religion, races or political origins. Participation of women is strongly encouraged.**

**2.4 COMPOSITION OF A MISSION**

In the World Cadet Games any Mission can participate in all different sport or in only some of them. The composition of the mission is therefore directly linked to the choice of sport in which the mission will participate. In Track and Field, each country may enter a complete team consisting of 18 athletes (10 competitors’ men and 8 competitors’ women), on an incomplete team.

### Maximal composition of Track & Field Mission:

<table>
<thead>
<tr>
<th>ORD.</th>
<th>FUNCTION</th>
<th>NUMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>TEAM CAPTAIN</td>
<td>1</td>
</tr>
<tr>
<td>2.</td>
<td>TRAINER/COACH</td>
<td>2</td>
</tr>
<tr>
<td>3.</td>
<td>COMPETITORS MEN</td>
<td>10</td>
</tr>
<tr>
<td>4.</td>
<td>COMPETITORS WOMEN</td>
<td>10</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td>23</td>
</tr>
</tbody>
</table>

Each team may enter a maximum of:

- Two (2) athletes (men and women) for individual event
- One (1) team in each relay race (men and women)
- Each athlete may participate in a maximum of 2 individual events and 2 relays

**3. EVENTS**

**3.1 The technical track and field program inside World Cadet Games includes currently the following specialties:**

**MEN :**

- Track events: 100m, 200m, 400m, 800m, 1500m, 5000m, relay 4 x 100m, relay 4 x 400m
- Field events:
  - Jumps: High jump, long jump
  - Throwing events: Shot put

**WOMEN :**

- Track events: 100m, 200m, 400m, 800m, 1500m, 5000m, relay 4 x 100m, relay 4 x 400m
- Field events
- Jumps: High jump, long jump
- Throwing events: Shot put

**3.2 GOALS**

The above events were established based on a survey of nations. The goal for the future is to submit a new survey to increase the number of events of Track & Field program inside World Cadet Games and to stimulate the women participation.
4. CALENDAR OF THE CHAMPIONSHIP

The order of events will be the following, bearing possible changes which the organizing country may apply following the number of entries in each event. This order of event was created considering the number of the participants in the last editions of the championships and games.

<table>
<thead>
<tr>
<th>DAY / TIME</th>
<th>EVENT</th>
<th>GENDER</th>
<th>FASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 DAY ALL DAY</td>
<td>100M</td>
<td>WOMEN</td>
<td>ROUND 1</td>
</tr>
<tr>
<td></td>
<td>100M</td>
<td>MEN</td>
<td>ROUND 1</td>
</tr>
<tr>
<td></td>
<td>400M</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>400M</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>800M</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>800M</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>100M</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>100M</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>HIGH JUMP</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>5000M</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>5000M</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td>2 DAY ALL DAY</td>
<td>4X400M</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>4X400M</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>SHOT PUT</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>HIGH JUMP</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>100M</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>100M</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>800M</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>800M</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>4X100M</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>4X100M</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td>3 DAY ALL DAY</td>
<td>200M</td>
<td>WOMEN</td>
<td>ROUND 1</td>
</tr>
<tr>
<td></td>
<td>200M</td>
<td>MEN</td>
<td>ROUND 1</td>
</tr>
<tr>
<td></td>
<td>LONG JUMP</td>
<td>MEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>SHOT PUT</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
<tr>
<td></td>
<td>1500M</td>
<td>WOMEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>1500M</td>
<td>MEN</td>
<td>SEMI FINAL</td>
</tr>
<tr>
<td></td>
<td>400 M</td>
<td>WOMEN</td>
<td>FINAL</td>
</tr>
</tbody>
</table>
### 5. AWARDS

The organizing country must reward the three (3) first places in each individual event or relays with medals and diplomas. Other possible rewards will be granted on the initiative of the organizing country (cups, medals, souvenirs, etc.).

### 6. CISM TRACK AND FIELD CADET RECORDS

A record ratification sheet will be prepared by the organizing country for all CISM records equaled 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 HQ General Secretariat. The Organizing Committee will compulsorily include the list of the present CISM records in the program of the championships.

### 7. PROTEST AND APPEALS

Protests are allowed and shall be resolved according to World Athletics Competition Rules. 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.
President CISM Track and Field Committee:
W.O. Margherita Magnani (ITA)

Referent CISM Track and Field Paralympic Activity:
Denis Charreyre (FRA)
- Fédération Française Handisport, Conseiller Technique National
- Mail: d.charreyre@handisport.org
- Phone/WhatsApp: +33 (0)6 26 15 45 58

1. GENERALITIES

1.1 INTRODUCTION

Carried by the desire to promote sport for soldiers wounded on duty, active or veterans of our Armed Forces, CISM promotes the integration of specific, adapted events to put the spotlight on the physical and mental fortitude of our soldiers.

Athletics, flagship sport to show fortitude and valour is also a driving force to promote this integration into the event schedule of our different championships.

The goal is also to include para-sport in the Medals Table for athletics and to generalise the practice in multidisciplinary competitions.

Therefore, we need to answer to a design brief showing the same level of organisation and professionalism as current technical organisation.

Notably, we need to make choices that demonstrate stringent, coherent criteria for podium configuration, classification and type. Please find below the rules and regulations that answer to this design brief.

1.2 SPORTING REGULATIONS

Competitive para-sport has already developed significantly and structured itself in the civilian world through its international instance, the International Paralympic Committee (IPC) and the specific athletics instance, World Paralympic Athletics.

Over time, rules and regulations have been updated and tested to answer to the stringent design brief given to us.

The rules and regulations of Military Para-Athletics will espouse the totality of the technical and reglementary recommendations of the WPA (as is custom with all disciplines who have an equivalent in the civilian sporting world)

Let it be noted that military personnel or former military personnel diagnosed with Post Traumatic Stress or those ineligible for competition according to WPA criteria or classification as per the rules and regulations ask to create, for them, specific rules and regulations.

In the spirit of the Invictus Games which inspire and animate us, we propose the creation of this category.

The full sum of these rules and regulations will be applied with exceptions given in favour to the General Rules and Regulations of CISM and the local Organising Committee.

WPA Rules and Regulations can be retrieved at the URL below:
https://www.paralympic.org/athletics/rules

2. ELIGIBLE ATHLETES AND CLASSIFICATION

2.1 ELIGIBLE ATHLETES ACCORDING TO TYPE OF HANDICAP

2.1.1 ELIGIBLE CATEGORIES ACCORDING TO WPA RULES AND REGULATIONS

Please find below the table presenting the full roster of categories, applicable in the same way according to type. World Para Athletics designates its Sport Classes according to the discipline used in the Event: The Track Events (running or wheelchair racing) and Jump Events have the prefix “T”; the Throwing Events have the prefix “F”. Athletes are given a single class for discus, shot put and javelin Events. Athletes are not permitted to choose to compete from a standing position in one discipline and a sitting position in another discipline (for example, throwing Events ad F57 and compete in track Events as a T42).
The Sport Classes in World Para Athletics are as follows:

**Wheelchairs/Sitting Athletes**
- Track – Classes: T31, T32, T33, T34, T51, T52, T53, T54
- Throwing – Classes: F31, F32, F33, F34, F51, F52, F53, F54, F55, F56, F57

**Ambulant / Standing Athletes**
- **Track / Jump – Classes**
  - T35, T36, T37, T38
  - T40, T41, T42, T43, T44, T45, T46, T47
  - T61, T62, T63, T64
- **Throwing Classes**
  - F35, F36, F37, F38
  - F40, F41, F42, F43, F44, F45, F46
  - F61, F62, F63, F64

Full details of the above classification can be retrieved at the URL below:
https://www.paralympic.org/athletics/rules

### 2.1.2 NON ELIGIBLE CATEGORY ACCORDING TO WPA RULES AND REGULATIONS
The non-eligible category set forth by the WPA rules and regulations will be designated as T or F70 and is comprised of military athletes with Post Traumatic Stress and physical symptoms noneligible for WPA classification but recognised as wounded on duty by the constituent armed forces of CISM.

### 2.1 ORGANISATION OF CLASSIFICATION

#### 2.2.1 GENERALITIES
CISM includes a panel of WPA classification classifiers, trained by the national Paralympic committee of their country or by the WPA. This panel will organise itself to guarantee the establishment of a CISM classification list or register where the athletes desiring to participate in events required a classification will appear.

During a competition, only members of the panel can emit their notice of classification for all athletes and all situations.

The panel will have a President of CISM Classifiers, designated for each competition who will be tasked with the correct functioning of classification.

They must ensure the correct transmission of information to the organising committee as well as the CISM Track and Field PCSC or their designated representative.

The President of this panel, or one of their designated representatives will be part of the Jury of Appeal in case of any dispute or litigation concerning classification.

#### 2.2.2 ATHLETE CASES

a. For athletes already classified by WPA, the certificate of classification is requested. This will be considered regardless of the status of the athlete at the moment of the competition, whether it is ‘confirmed’ or ‘pending review’.

b. For unclassified athletes there are two options:

1. Be classified by WPA the year preceding the referenced championship.
2. Be classified by the CISM Classifiers Panel during the referenced championship.

Be advised that these athletes appear on an internal CISM register, but this classification will not be recognised by WPA.

c. For athletes in the T/F70 category only CISM classification will be considered. These athletes may present a pre-established classification in the Invictus Games in the IF4 & IT7 categories.

The Classifier Panel is sovereign in their decision to consider or not the IG classification. In all cases, athletes will be required to confirm their classification during the classification session of their first referenced championship.

They will be subjected to a follow-up if their status demands a review as needed.

#### 2.2.3 APPEALING DECISIONS OF CISM CLASSIFIERS
Any nation may appeal a decision through their Chief of Delegation as per CISM General Rules and Regulations pursuant to appeals.

In this case, the appeal will be managed by the President of the CISM classifiers with the assistance of, if solicited a member of their team.

The athlete will be present with their Chief of Delegation or their designated representative by them and, if they desire, a representative of the medical corps of their nation.
3. EVENT LIST ACCORDING TO CLASSIFICATION AND TYPE

The following choices were dictated by the need to have events with enough athletes to organise them in a spirit of competitiveness and representative of their categories.

This list will not change between the World Military Summer Games, allowing member states to anticipate and organise the training of their athletes as much as possible.

Table of Events opened depending on categories:

<table>
<thead>
<tr>
<th>Category</th>
<th>100M</th>
<th>400M</th>
<th>1500M</th>
<th>LONG JUMP</th>
<th>SHOT PUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>STANDING ATHLETES</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>T/F70 ATHLETES</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>WHEELCHAIR ATHLETES</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td>x</td>
</tr>
</tbody>
</table>

Event organisation:
In order to set up events and competitions with a maximal number of participants categories may be grouped depending on the registered athletes for each event and for each championship.

The local organising committee, alongside the CISM Track and Field PCSC or their designated representative will be sovereign with regards to the organisation of these groupings.

The configurations of the podiums depending on these grouping can be found in the following section.

4. PODIUM AND MEDAL CONFIGURATIONS

Table of Medal Attribution dependent on number of participants by type:

<table>
<thead>
<tr>
<th>Number of Athletes</th>
<th>Medals</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+</td>
<td>3 MEDALS</td>
</tr>
<tr>
<td>3-4</td>
<td>2 MEDALS</td>
</tr>
<tr>
<td>1-2</td>
<td>NO MEDALS</td>
</tr>
</tbody>
</table>

Case of grouped categories:
- For the configuration of the podium, we will use the rating tables set forth in the WPA (Raza Point System) depending on the classifications and type. These tables can be retrieved at the URL below:
  https://www.paralympic.org/athletics/rules
- For the configuration of podiums for the T/F70 category and categories without rating table the events and medals will be organised without grouping with any other type of handicap.

5. PROTEST AND APPEALS

Protested are allowed and shall be resolved according to World Paralympic Athletics Competition Rules. 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.
President of CISM Track and field Committee
Warrant Officer Margherita Magnani (ITA)

Members:
Colonel Bouguerra Lotfi (TUN)
Lieutenant-Colonel Stefan Spahr (SUI)
Colonel Oleg Parkhomenko (RUS)
Colonel Joseph Galvin (USA)
Lieutenant-Colonel Carlos Eduardo Espinoza Yépez (ECU)
Major Mostafa Zarinafzai (IRI)
Fwo Stelios Bismpas (GRE)
Or-4 Sophie Duarte (FRA)