



CISM

International Military Sports Council

CISM Sports Committee Track&Field

Rules and Regulations

English Edition 2026

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Chapter I: General

1.1 World Athletics (WA) regulations

All CISM athletics events (such as the CISM Military World Championship and the CISM Military World Games) shall be conducted in accordance with the World Athletics (WA) Rules and Regulations, as WA is the governing international federation for the sport¹.

Exceptions apply only when explicitly stated in this CISM Sports Committee – Athletics Regulation. Additional exceptions may be authorized solely upon prior consultation with the President of the CISM Sport Committee. All participants shall be informed of any changes during the Technical Meeting. Such updates may also be communicated through official bulletins or event-specific regulations.

1.2 Host Nation and organization

The objective is to organize at least one CISM Track & Field Championship per year.

Although Championships may be organized exclusively within a military framework, cooperation with civilian Organizing Committees is strongly recommended, particularly to ensure the necessary technical and logistical expertise.

It is preferable for the host nation to contact the PCSC in advance to discuss all details, including technical matters and the most suitable period for the Championship, considering international athletics calendars.

If required, a preliminary inspection visit may be carried out by the PCSC or by one or more members of the CISM Sports Committee (CSC), in coordination with the Host Nation.

1.3 Award ceremonies

1.3.1 Official Medals

The Host Nation must provide individual and team medals in accordance with CISM regulations and consistent with World Athletics practices.

1.3.2 Fair Play Cup

To promote CISM values and sportsmanship, a Fair Play Cup may be awarded to an athlete or team displaying an exceptional act of fair play. The award is optional and requires unanimous agreement that the act truly merits recognition. It may also be granted following consultation between the PCSC, the OCR and the Local Organising Committee. This distinction aims to highlight exemplary behaviour and promote the values of fair play, integrity and respect within the sport.

1.4 Anti-Doping

CISM fully supports Fair Play and a clean sport environment. Doping is strictly prohibited, as it violates health, integrity, equal opportunity, and the fundamental values of sport. Applicable rules follow the World Anti-Doping Agency (WADA) Code and International Standards. CISM, World Athletics, National Anti-Doping Organizations (NADOs), and Major Event Organizers are all bound by these rules. The annually updated WADA Prohibited List identifies all banned

¹ For para-athletics activities, the relevant international federation is World Para Athletics (WPA).

substances and methods and is available on the WADA website. Athletes requiring the use of prohibited substances or methods for medical reasons must apply for a Therapeutic Use Exemption (TUE) following the procedure published on the CISM website.

At every CISM Military World Athletics Championship, anti-doping testing is mandatory according to the WADA Code and International Standards.

The number and type of tests are defined in the CISM Test Distribution Plan (TDP) by the CISM Anti-Doping Manager and communicated to the Local Organizing Committee (LOC) before the Championship.

A CISM Anti-Doping Commission (ADC) shall be appointed for each Championship. It consists of:

- the Official CISM Representative (OCR), acting as Chair
- the PCSC.
- an anti-doping representative of the LOC, supported by the Doping Control Officer of the designated Sample Collection Authority.

Any athlete may be selected for doping control; selection procedures are determined by the ADC.

1.5 Protests and Appeals

1.5.1 Role of the Technical Jury

The Technical Jury is responsible for issuing decisions concerning the correct application of competition rules throughout the event. It ensures that all technical aspects of the competition are conducted in full compliance with the relevant regulations.

1.5.2 Composition of the Technical Jury

The composition of the Technical Jury is defined by the PCSC Athletics during the Technical Meeting. It must be composed of at least three members, preferably chosen among the CSC representatives present and additional qualified delegates from the participating missions.

1.5.3 Protests to the Technical Jury

Protests relating to the result or conduct of an event must be submitted within 30 minutes of the official announcement of the event result. Should the initial decision be contested, a written appeal may be lodged with the Technical Jury within the same thirty-minute deadline.

1.5.4 Appeal deposit

Any written appeal submitted to the Technical Jury must be accompanied by an appeal deposit of 100 USD. The deposit shall be refunded if the appeal is upheld; otherwise, it will be retained by the Organising Committee. Appeals not accompanied by the required deposit within the established deadline shall be considered inadmissible.

1.5.5 Jury of Appeal – Authority and Function

Decisions of the Technical Jury may be appealed, as a second instance, before the Jury of Appeal. The Jury of Appeal is appointed by the OCR of the event and must consist of a minimum of three other members, selected from the participating delegations and, where possible, representing different continents to ensure neutrality and diversity.

Chapter II: World Military Athletics Championship

2.1 Participation

2.1.1 Maximum Athlete quota (24 athletes total)

Each nation may register up to 24 athletes in total (men and women combined). There are no minimum requirements and no mandatory gender distribution. The limit of 24 serves only for technical and logistical management. The total number of athletes automatically determines the maximum number of support staff permitted.

2.1.2 Adjustment of the maximum Athlete quota

The limit of 24 athletes per mission may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of sports facilities
- objective logistical constraints
- size of the technical program

Any modification must be agreed in advance between the Host Nation, the PCSC Athletics and the CISM Sports Department. After it has been formally approved and agreed upon, it must be communicated to all delegations by including it in the invitation file

2.1.3 Mission Composition – Reduced Athlete quota

The number of support staff permitted follows the table below:

Athletes	Mission Chief	Team Captain	Coaches / Trainers	Ad libitum / Masseurs / Physiotherapists
1	1	—	—	—
2 - 5	1	—	1	—
6 - 10	1	—	1	1
11-15	1	1	2	1
16 - 24	1	1	3	3

2.1.4 Additional members

No additional mission personnel may be added without explicit authorization from the Host Nation.

2.1.5 Athlete entry limits per Nation

Each nation may enter:

- Up to 2 athletes in every individual event.
- 1 team per relay (4×100 m, 4×400 m, 4×400 m mixed).

No restrictions on athletes taking part in more than one relay.

2.2 Events

2.2.1 List of events

The programme follows the WA Competition & Technical Rules and aligns with the event structure of recent World Athletics Championships. Combined events and the 42,195 km race walk are not included, due to logistical and organizational constraints.

MEN'S EVENTS

Track Events:

100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 10,000 m, 3000 m steeplechase, 110 m hurdles, 400 m hurdles, 4×100 m relay, 4×400 m relay.

Field Events – Jumps:

High Jump, Long Jump, Triple Jump, Pole Vault.

Field Events – Throws:

Shot Put, Discus Throw, Javelin Throw, Hammer Throw.

Road Events:

Marathon, Race Walking 21,097 km,

WOMEN'S EVENTS

Track Events:

100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 10,000 m, 3000 m steeplechase, 100 m hurdles, 400 m hurdles, 4×100 m relay, 4×400 m relay.

Field Events – Jumps:

High Jump, Long Jump, Triple Jump, Pole Vault.

Field Events – Throws:

Shot Put, Discus Throw, Javelin Throw, Hammer Throw.

Road Events:

Marathon, Race Walking 21,097 km

MIXED EVENT

4×400 m Mixed Relay

2.2.2 Minimum participation requirement

The Host Nation may cancel an event if fewer than:

- 6 athletes are registered (stadium events),
- 10 athletes for marathon and race walking.

The decision must be announced at least 30 days before the Championship begins.

2.3 Competition format

2.3.1 Championship duration and timetable definition

a) Recommended Championship Duration

For the full athletics program the recommended duration is 5 competition days (providing for morning and afternoon sessions). Any changes to the overall duration or event structure must be agreed in advance. After it has been formally approved, it must be communicated to all delegations by including it in the Invitation file.

b) Timetable Preparation and Approval

A preliminary, day-by-day timetable must be prepared by the LOC Technical Director in consultation with the PCSC before the Invitation File is published, ensuring the possibility for athletes to compete in multiple events, adequate recovery times and a balanced distribution of rounds.

2.3.2 Round format – general

The rounds format (heats, semifinals, finals, qualifications) is defined according to the number of entries and the WA Rules (considering also the established international practice and operational rules used by the federations).

A provisional daily competition schedule must appear in the Invitation File to allow delegations to plan multiple entries. The final timetable can only be confirmed after all final entries have been received.

2.3.3 Track events – round structure

a) Sprints & Hurdles (100–400 m)

1–8 entries: Direct Final

9–16 entries: Heats + Final

17+ entries: Heats + Semifinals + Final

b) Middle and Long distances

800 m

1–8 entries: Direct Final

9 – 24: Heats + Final

25 or more entries: Heats + Semifinals + Final

1500 m

1–15 entries: Direct Final

16 – 30: Heats + Final

31 or more entries: Heats + Semifinals + Final

3000 m Steeplechase – 5000 m

1– 20 entries: Direct Final

21 or more entries: Heats + Final

10.000 m

Direct Final

2.3.4 Field events

1–15 entries: Direct Final

16 or more entries: Qualification + Final

2.3.5 Relays

1–8 teams → Direct Final

9+ teams → Heats + Final

2.4 Award Ceremonies

2.4.1 Stadium events

Top three athletes are awarded (gold, silver, bronze).

2.4.2 Relays events

Top three teams are awarded (gold, silver and bronze). Each relay team member receives a medal.

2.4.3 Road events

Top three athletes are awarded (gold, silver, bronze). Only individual awards are presented.²

² However, when the Marathon or Half Marathon is organised as a stand-alone World Military Championship (see Chapter IV), team awards are also provided, in addition to individual honours.

Chapter III: World Military Cross-Country Championship

3.1 Participation

3.1.1 Maximum Athlete quota (12 athletes total)

Each nation may register up to 12 athletes, allowing participation in all mandatory events (Men's Individual, Women's Individual, Mixed Relay) or a reduced number of athletes if entering only some events. There is no minimum number of athletes required to participate, except for eligibility in team rankings.

Each nation may enter a maximum of:

- 1 men's team (4 athletes; top 3 score)
- 1 women's team (4 athletes; top 3 score)
- 1 mixed relay team (4 athletes: 2 men + 2 women)

3.1.2 Adjustment of the maximum Athlete quota

The athlete quota may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of course and warm-up areas
- logistical and safety constraints
- expected size of the competition

Any modification must be agreed in advance between the Host Nation, the PCSC Athletics and the CISM Sports Department. Once formally approved, it must be communicated to all delegations in the Invitation File.

3.1.3 Mission Composition – Reduced Athlete quota

The number of support staff permitted is proportional to the total number of athletes.

Athletes	Mission Chief	Coaches / Trainers	Ad libitum (Team Captain) / Masseurs / Physiotherapists
1	1	—	—
2–6	1	1	1
7–12	1	2	2

3.1.4 Additional members

No additional mission personnel may be added without explicit authorization from the Host Nation.

3.2 Events

MEN'S EVENT

Cross Country Race: approx. 10 km

WOMEN'S EVENT

Cross Country Race: approx. 8 km

MIXED EVENT

Mixed Relay: 6–8 km total

The relay consists of 4 athletes, two men and two women, and each of them runs between 1.5 and 2 km.

3.3 Competition Format

3.3.1 Championship Duration

Competitions are ideally held over two consecutive competition days but it is also possible to hold them in just one competition day³:

Day 1: Men's and Women's Individual Races

Day 2: Mixed Relay Race

3.3.2 Team and individual classification

Individual Ranking: Athletes are ranked based on their finishing position. Points correspond to position: 1 point for 1st place, 2 for 2nd, and so on.

Team Ranking: The team ranking is determined by the sum of points of the best three athletes per nation (men or women).

The team with the lowest total score wins. In case of a tie, the advantage goes to the team whose third scorer finishes closest to the individual winner.

Teams with fewer than three finishers appear only in the individual ranking.

3.4 Award Ceremonies

3.4.1 Individual awards

Top three athletes per gender are awarded gold, silver, and bronze medals.

3.4.2 Team awards

Top three teams per gender are awarded medals. All team members (up to four athletes per team) receive a medal.

3.4.3 Mixed Relay awards

The top three relay teams (4 athletes each) receive gold, silver, and bronze medals.

³ In the case of a two-day competition, athletes who have competed in the men's or women's individual event may also take part in the relay on the following day. However, if the competition is held in a single day, the athletes in the individual events and those in the relay must be different, as it is not permitted to compete in two events on the same day.

Chapter IV: World Military Marathon Championship – World Military Half Marathon Championship

4.1 Participation

4.1.1 Maximum Athlete quota (8 athletes total)

Each nation may register up to 8 athletes, allowing participation with both complete teams, or up to 4 athletes if participating with only one complete team (men or women), or a reduced number of athletes if entering only some events. There is no minimum number of athletes required to participate, except for eligibility in team rankings.

Each nation may enter a maximum of:

- 1 men's team (4 athletes; top 3 score)
- 1 women's team (4 athletes; top 3 score)

4.1.2 Adjustment of the maximum Athlete quota

The athlete quota may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of course and warm-up areas
- objective logistical constraints
- expected size of the competition

Any modification must be agreed in advance between the Host Nation, the PCSC Athletics and the CISM Sports Department. Once formally approved, it must be communicated to all delegations in the Invitation File.

4.1.3 Mission Composition – Reduced Athlete quota

The number of support staff permitted is proportional to the total number of athletes.

Athletes	Mission Chief	Coaches / Trainers	Ad libitum (Team Captain) / Masseurs / Physiotherapists
1	1	—	—
2 – 5	1	1	1
6 - 8	1	2	2

4.1.4 Additional members

No additional mission personnel may be added without explicit authorization from the Host Nation.

4.2 Events

MEN'S EVENTS

Marathon (42.195 km) or

Half Marathon (21.0975 km)

WOMEN'S EVENTS

Marathon (42.195 km) or

Half Marathon (21.0975 km)

4.3 Competition format

4.3.1 Championship duration

All competitions are held on a single competition day and include:

- Men's Race
- Women's Race

4.3.2 Team and individual classification

Individual classification is based on official finish times⁴.

Team classification is based on the sum of the best three finish times per nation (men or women). Teams with fewer than three finishers are classified individually only.

4.4 Award ceremonies

4.4.1 Individual awards

Top three athletes per gender receive gold, silver, and bronze medals.

4.4.2 Team awards

Top three teams per gender receive medals. Each team member (up to four athletes) receives a medal.

⁴ The official timing for the competition is based on gun time.

Chapter V: Athletics Championship during Cadet Games

5.1 Participation

5.1.1 Maximum Athlete quota (20 athletes total)

Each nation may register up to 20 athletes in total with a maximum of 11 men and 9 women (this distribution reflects the current statistical trend showing a higher male participation rate in the Cadet category). Any unassigned places in the women's quota cannot be transferred to the men's quota, and vice versa. The limit of 20 athletes is set solely for technical and logistical management purposes. The total number of athletes automatically determines the maximum number of support staff permitted.

5.1.2 Adjustment of the maximum Athlete quota

The limit of 20 athletes per mission may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of sports facilities
- objective logistical constraints
- size of the technical program

Any modification must be agreed in advance between the Host Nation, the PCSC Athletics and the CISM Sports Department. After it has been formally approved and agreed upon, it must be communicated to all delegations by including it in the invitation file.

5.1.3 Mission Composition – Reduced Athlete quota

With a full team of up to 20 athletes (maximum 11 men and 9 women), each nation is entitled to bring a maximum of 2 coaches and 1 Team Captain.

The number of support staff is proportional to the number of athletes entered. Based on this proportional system:

- If a nation enters up to 10 athletes (half team size): it may bring 1 coach and 1 Team Captain
- If a nation enters fewer than 5 athletes (one quarter of the maximum team size): it may bring only 1 Team Captain.

5.1.4 Additional members

No additional mission personnel may be added without explicit authorization from the Host Nation.

5.1.5 Athlete entry limits per Nation

Each nation may enter:

- Up to 2 athletes in every individual event.
- 1 team per relay (4×100 m, 4×400 m, 4×400 m mixed).

No restrictions on athletes taking part in more than one relay.

5.2 Events

MEN'S EVENTS

Track Events: 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 10,000 m, 4×100 m relay, 4×400 m relay

Field Events – Jumps: High Jump, Long Jump

Field Events – Throws: Shot Put

WOMEN'S EVENTS

Track Events: 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 4×400 m relay.

Field Events – Jumps: Long Jump

MIXED EVENT

4×400 m Mixed Relay

5.3 Competition format

5.3.1 Championship duration and timetable definition

a) Recommended Championship Duration

For this athletics program the recommended duration is 3 competition days (providing for morning and afternoon sessions). Any changes to the overall duration or event structure must be agreed in advance. After it has been formally approved, it must be communicated to all delegations by including it in the Invitation file.

b) Timetable Preparation and Approval

A preliminary, day-by-day timetable must be prepared by the LOC Technical Director in consultation with the PCSC before the Invitation File is published, ensuring the possibility for athletes to compete in multiple events, an adequate recovery times and a balanced distribution of rounds.

5.3.2 Round format – general

The rounds format (heats, semifinals, finals, qualifications) is defined according to the number of entries and the WA Rules (considering also the established international practice and operational rules used by the federations).

A provisional daily competition schedule must appear in the Invitation File to allow delegations to plan multiple entries. The final timetable can only be confirmed after all final entries have been received. Any modifications may be implemented if mutually agreed upon in advance with the CSC.

5.3.3 Track events – round structure

a) Sprints (100–400 m)

1–8 entries: Direct Final

9–16 entries: Heats + Final

17+ entries: Heats + Semifinals + Final

b) Middle and Long distances

800 m

1– 8 entries: Direct Final

9 – 24: Heats + Final

25 or more entries: Heats + Semifinals + Final

1500 m

1–15 entries: Direct Final

16 – 30: Heats + Final

31 or more entries: Heats + Semifinals + Final

5000 m

1– 20 entries: Direct Final

21 or more entries: Heats + Final

10.000 m

Direct Final

2.3.4 Field Events

1–15 entries: Direct Final

16 or more entries: Qualification + Final

2.3.5 Relays

1–8 teams: Direct Final

9+ teams: Heats + Final

5.4 Award Ceremonies

5.4.1 Individual events

Top three athletes are awarded (gold, silver, bronze).

5.4.2 Relays events

Top three teams are awarded (gold, silver and bronze). Each relay team member receives a medal.

CHAPTER VI: World Para - Athletics Military Championship

6.1 Participation

6.1.1 Maximum Athlete quota (10 athletes total)

Each nation may register up to 10 para-athletes in total (recommended composition: 6 men and 4 women). There is no minimum requirement. If a delegation has no female athletes, the women's positions may be filled by additional male athletes.

6.1.2 Adjustment of the maximum Athlete quota

The athlete quota may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of course and warm-up areas
- logistical and safety constraints
- expected size of the competition

Any modification must be agreed in advance between the Host Nation, the PCSC Athletics and the CISM Sports Department. Once formally approved, it must be communicated to all delegations in the Invitation File.

6.1.3 Mission Composition – Reduced Athlete quota

Minimum recommended mission composition for delegations entering para-athletes:

Athletes	Mission Chief	Coaches / Trainers	Ad libitum (Team Captain) / Masseurs / Physiotherapists
1 - 2	1	1	—
3 - 10	1	1	3 *

* May be replaced by an additional coach or trainer.

6.1.4 Additional members (special needs cases)

Delegations may request authorization for additional medical staff if an athlete demonstrates documented need for continuous or 24-hour assistance

6.1.5 Entry limits per athlete

Each athlete may enter up to 3 events.

6.2 Events

The programme follows WPA rules and aligns with standard international para-athletics formats.

Track: 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m

Jumps: Long Jump, High Jump

Throws: Discus Throw, Javelin Throw, Shot Put

6.3 Classification

6.3.1 Classification requirements

To be eligible to compete, each athlete must provide one of the following: a valid World Para Athletics International Classification, or a valid National Classification, or confirmation of eligibility for the Open Category, in accordance with CISM policies. A copy of the classification card or national declaration must be submitted during the entry process.

6.3.2 Eligible classes

1) Wheelchair / Seated Athletes

Track - T Classes:

T31, T32, T33, T34, T51, T52, T53, T54, T71, T72

Throwing – F Classes:

F31, F32, F33, F34, F51, F52, F53, F54, F55, F56, F57

2) Ambulant / Standing Athletes

Track / Jump – T Classes:

T35, T36, T37, T38, T40, T41, T42, T43, T44, T45, T46, T47, T61, T62, T63, T64

Throwing – F Classes:

F35, F36, F37, F38, F40, F41, F42, F43, F44, F45, F46, F61, F62, F63, F64

3) Open Category

Open Category is intended for athletes who cannot be classified under IPC/WPA Regulations. Open Category. It is in accordance with CISM Policy.

6.3.2 Category mergers and ranking method

After all entries have been received, the IPC/WPA Technical Experts will assist the LOC in determining any necessary event mergers. When events are merged, the final rankings will be established using the appropriate disability coefficients (Raza points system).

6.4 Championship duration and timetable definition

a) Recommended Championship Duration

For this athletics program the recommended duration is 3 competition days. Any changes to the overall duration or event structure must be agreed in advance. After it has been formally approved, it must be communicated to all delegations by including it in the Invitation file.

b) Timetable Preparation and Approval

A preliminary, day-by-day timetable must be prepared by the LOC Technical Director in consultation with the PCSC before the Invitation File is published, ensuring the possibility for athletes to compete in multiple events, an adequate recovery times and a balanced distribution of rounds.

6.5 Award Ceremonies

6.5.1 Medal awarding rules

In events contested by athletes belonging to WPA-recognized sport classes and conducted in full accordance with IPC/WPA classification and competition rules, medals are awarded according to the official finish order. All medals assigned in these events are fully valid and included in the official medal table.

6.5.2 Medal awarding in merged categories

In events where categories are merged after the closing of entries, medals are assigned based on the final ranking produced through the WPA disability coefficient system (Raza Points). This method ensures fair comparison among the merged classes. Because all athletes involved belong to the IPC/WPA classification framework, the medals awarded in merged events are fully valid and are included in the official medal table.

6.5.3 Awards for the Open Category

Awards for the Open Category may include⁵ local prizes or honorary recognitions, such as diplomas or participation trophies. However, no official CISM medals will be presented for this category, and the results obtained will not be counted toward the official medal table.

⁵ Non-mandatory

Annex A: Overview of substantive changes

This annex provides an overview of the substantive changes between the 2025 and 2026 editions of the CISM Track and Field Regulations. Only material modifications have been included. Editorial changes such as corrections of typos, grammar, or formatting have not been listed.

Article	Change	Summary
Throughout	Format Change	In line with other CISM Sports Regulations