

Precautions

1 Competition Rules

This event will be conducted in accordance with the 2023 Japan Athletics Federation Competition Rules, Japan Deaf Athletics Association Competition Rules, and the instructions set for this competition.

2 Training

Training shall be conducted safely under instructions of each competition officials and coach of each team.

(1) Training Location and Time

Location: Metropolitan Oi Stadium Track Field, Metropolitan Komazawa Stadium Track Field

	Main Field
Nov. 2 (Thurs.)	Metropolitan Oi Stadium Track Field 9:00 – 16:00
Nov. 3 (Fri.)	Metropolitan Oi Stadium Track Field 9:00 – 15:00
Nov. 4 (Sun.)	8:15~10:10、13:20~14:20 Back Straight Only
11月5日 (日)	8:15~9:10、11:30~12:00 Back Straight Only

(2) Priority Lane when training

1. Lap lane 1&2: Middle/long distance and jogging. Lap lane 3&Back straight lanes 3 to 8: passing batons for relay including short distance. Home straight lanes 5 to 8: Light stimulated start system and starting block practice.
2. Use of the grass area is prohibited.
3. Use of the track will be limited when lap race and field competitions are being held.

(3) Field practice should be conducted according to the board member at each competition location.

3 Technical Information Center (TIC)

(1) Application submission, open for answering questions regarding competition and rules.

TIC is in charge of setting up the following

(2) Setup TIC at the main entrance of the main stand.

(3) TIC is responsible for the following:

1. Admittance of the athletes (participants)
2. Correction of program, accepting absence form
3. Lost and Found
4. Reception for questions regarding competitions and other concerns.
5. Reception for protests

4 Mustering

1 Mustering location should be set up near 100m race start position

However, mustering for pole vault should be located by the field

2 Starting and finishing time for mustering of each competition should be based on the starting time of the competition as follows:

This applies to the entire qualifying and final rounds

	Start	Complete
Track	30 mins prior	20 mins prior
Field	40 mins prior	30 mins prior
Procedure	Standby at the mustering point after verification of athlete bibs, hip number (track), spike pins by the staff.	Enter the stadium by following guidance from staff.

3. Mustering for men's decathlon: only muster at the mustering point for the initial race on 1st and 2nd day Other mustering should be at each field with directions from the referee

4 Relay order form should be submitted at the mustering point 60 minutes prior to the complete time (80 min) Form is available at the mustering point.

(5) Points of Attention

1. If going to default the race, default form should be submitted to TIC 60 mins prior to race starting time. Form is available in the required documents provided for each teams or at the TIC.
2. If tardiness is observed for the race, the athlete should be treated as defaulting the race.
3. Athlete who has two or more races and the race times overlap, it should be reported to the staff at the mustering point by athlete him/herself or acting personnel.

5 Entrance and Exit to the Stadium

Entrance to the stadium is controlled by the attendant. Exiting will be as follows:

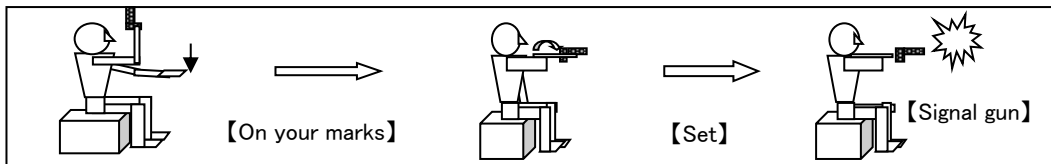
1. After arriving at the finish line, track athletes will return to the start point, collect their belongings and exit the stadium. Using the passage under the dugout on the home straight side will be prohibited. The passage in the stadium will open but depending on the situation, it may be blocked. Please follow the directions of the officials.
2. As for the field athletes, follow the directions of the officials when entering and exiting the stadium.

6 Arrangement, course order, and competing order for each race.

1. Lane arrangements for the qualifying round of track races and competing order for the field events are listed on the start list.
2. Final round arrangement and lanes for track races with qualifying round will be displayed on the electrical scoreboard and updated bulletin board.

7 Start

1. Starting remarks will be in English ("on your marks, set")
2. Actions of the starter will be as follows:



- (3) Excluding combined events, athlete will be disqualified after one false start.

For the combined events, athletes will be disqualified after second false start.

- (4) Light stimulated start system will be used for all track events.

Details are as follows:

- ① "On your marks" = Red, "Set" = Yellow (only for events up to 400m and first runner for the relay), "signal gun" = Green.
- ② Athletes will be able to choose use or not to use the system.
(If not using the system, the system should be moved to the back of the lane number)
- ③ If the system malfunctions, immediately sound the gun to interrupt the race. If they system cannot be used further on due to failure, stop using the system and change to visual start. Start using the system again if it is restored.

8 Races

Non-related personnel other than the athletes are prohibited from entering the racing area.

(1) Track Races

- ① Use photo finish device as a clock for all track races.
- ② As for the track races that use separate lane, athletes should continue to run in their assigned lane for safety even after crossing the finish line.
- ③ Final rounds for men/women 10000m and men/women 5000m will be executed simultaneously. Referee will decide whether or not to set up water stations.

(2) Field Events

- ① Field events for both men and women will be executed simultaneously.
- ② Warm-ups before the start of the event on the field should be directed by the technical officials.
- ③ The height adjustments of the bar for high jump/pole vault will be based on the table below but the referee will judge according to the weather or conditions. Marker should be removed by the athlete.

Event	Category	Warm-Up	Adjusting the bar
High Jump	Men High-School General	140cm	135—140—145—150—153—156—159— by 3cm
		150cm	
		170cm	
	Women, High School, General, Heptathlon	120cm	115—120—125—130—133—136—139— by 3cm
		130cm	
		140cm	
Decathlon	135cm	130—135—140—145—148—151—154— by 3cm	
	145cm		
	160cm		
Pole Vault	Men General	320cm	340—360—370—380—390—400—410— by 10cm
		340cm	
		420cm	
	Women General	200cm	220—240—250—260—270—280—290— by 10cm
		250cm	
		300cm	
	Decathlon	220cm	240—260—270—280—290—300—310— by 10cm
		240cm	
		320cm	

Note: If the first place is a tie and for consolation final, bar should be adjusted by 2cm for high-jump and 5cm for pole vault.

- ④ Use 1 pit for high-jump.
- ⑤ The position of the take-off board for the triple jump will be decided by the referee through discussion with the athlete.

(3) Combined Events

Waiting room for combined events will be setup beside the men's locker room. Waiting room is available for participating athletes and related staff (coach, interpreter, etc.).

9 Equipment

- ① Only equipment made available by the host should be used.
However, use pole brought by the athlete for pole vault.
If more than one javelin is not listed on the throwing equipment list provided by the host, up to two javelin that are individually owned (only those approved by the Japan Association of Athletics Federation), which passes the inspection by the official surveyor, can be used (brought in).
Approved javelin will be leased to other athletes.
- ② Athletes wishing to bring their own javelin, should submit their javelin to the inspection desk beside the headquarters with the "Throwing Equipment Inspection Request" filled in, 2 hours prior to the start of the event. Receipt will be issued for admitted javelin. Javelin can be picked up at the inspection desk in exchange for the receipt.

10 Footwear

- (1) Length of the spike pins should be within 9mm. For high-jump and javelin, within 12mm. The number of pins should be no more than 11 for both cases.
- (2) Shoes that have been noted as "No" in the shoes list approved by the World Athletics (WA) cannot be used.
<https://www.jaaf.or.jp/about/resist/technical/shoes/>
- (3) The thickness of the sole should be in accordance with the TR5 or "Regulations for footwear".
- (4) If and when the referee questions the shoes used, shoes may be asked to be submitted.

11 Athlete Bibs and Hip Number Signs

- (1) The hose will prepare the athlete bibs and will be distributed at the time of check-in.
- (2) Athlete bibs should be attached to the chest and the back of the uniform. For those athletes competing in the jump events, the bibs should be attached to either the chest or the back.
- (3) Athletes competing in track races, hip number signs (adhesive) will be provided when mustering. The provided number should be placed on either side of the hip.

12 Assistance

- (1) Only athletes competing in the race/event are allowed onto the field. Athletes are not allowed to bring cell phones, video cameras, music player, etc. to the racing/event field.
 - (2) Athlete is able to look at the video taken by the coach from the stand during the competition but cannot directly touch the equipment.
- 13 Protest
- Protests regarding the race/event should be submitted to the TIC by the athlete or an official representative of the team within 30 mins of the results displayed on the electrical bulletin board (within 15 mins before the commencement of next round).
- 14 Awards
- Events/races for Japan Athletics Championships, awards will be given up to the 3rd place winners for each race/events.
- 15 Ceremony
- (1) Events/races for Japan Athletics Championships, certificate and medal will be given to 1st to 3rd place winners. *If two entries, medal and certificate will be given to 1st place only. If three entries, medal and certificates will be given to the 1st place and 2nd place.
 - (2) Award ceremony for each competition will be performed immediately after the results have been revealed. Wait in the waiting room.
 - (3) Representative must attend the ceremony if the athlete is competing in another event.
- 16 Doping Control Test
- (1) This championship is Doping Control championship based on the Japan Anti-Doping Regulation.
 - (2) Participants for this championships (including athletes under 18) have agreed to the doping control process in accordance with Japan Anti-Doping Regulation at the time of entry. As for athletes under 18, will assume that parents/adults with parental authority have agreed upon entry to this championship.
 - (3) Athletes under 18 shall carry a waiver signed by the parent. Waiver can be downloaded from, Japan Anti-Doping Association (JADA) (<https://www.playtruejapan.org/jada/u18.html>) If under 18 athlete asks to get tested for doping, the signed waiver needs to be submitted. Signed waiver only needs to be submitted once when under 18. If the athlete asks to be tested again while they're under 18, they can tell the examiner that they have already submitted a signed waiver. If signed waiver cannot be submitted at the time of doping test, targeted athlete should submit the waive by mail to JADA. If, by any chance, waiver cannot be submitted, it will not affect the doping control process.
 - (4) If and when the athlete declines to be tested (urine, blood, etc.), avoids to get tested, does not abide the directions given by the examiner, or testing could not be completed due to other personal reasons such as transportation issues, the athlete may be considered as violating the Anti-Doping Regulation. If and when this is true, the athlete will face sanction accordingly.
 - (5) Please be aware that if athletes asks to get blood tested, they need to rest for 2 hours after their race/events have finished.
 - (6) Verify details of the Japan Anti-Doping Regulation at the Japan Anti-Doping Association website (<http://www.playtruejapan.org>)
- 17 Others
- (1) Results will be announced on the electrical bulletin board and flash report bulletin.
Results flash site: <http://goldjaic.org/jaic/member/tokyo/top.htm>
 - (2) As a general rule, first-aid measures will be taken accordingly at the medical treatment room located below the main stand. Further medical measures will not be taken.
 - (3) Athletes are able to use locker rooms located below the main stand. Please do not leave your belongings in the locker rooms.
 - (4) Clothing, goods, and valuable items are the responsibility of the owner. The host will not be responsible for any theft.
 - (5) Any lost and found delivered to the TIC will be kept there until the last day of the championships.
 - (5) Banners and flags can be placed within the main stand.