

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS

COMPETITION RULES

2016-2017

IN FORCE AS FROM 1ST NOVEMBER 2015

Rule 252 – Trail Running

RULE 252

Trail Races

Course

1. (a) Trail Races take place on a variety of terrain (including dirt roads, forest paths and single track footpaths) within a natural environment in open country (such as mountains, desert, forests or plains) that is mainly off-road.
- (b) Sections of macadamised surfaces or concrete are acceptable but should be the minimum possible for the desired course and must not exceed 20% of the total distance of the race. There shall be no set limit on distance or altitude gain or loss.
- (c) The Organisers shall, prior to the race, announce the distance and total ascent / descent of the course which must have been measured and provide a map and detailed profile of the course together with a description of the technical difficulties to be confronted during the race.
- (d) The course must represent the logical discovery of a region.
- (e) The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.

Equipment

2. (a) Trail Running does not specify the use of a particular technique or specific equipment in its progression.
- (b) The Organiser may, however, impose or recommend obligatory security equipment applicable to the conditions expected or possibly to be encountered during the race which would allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.
- (c) A survival blanket, whistle, supply of water and a food reserve are the minimum elements which each athlete should possess.
- (d) If specifically permitted by the Organisers, athletes may use poles such as hiking poles.

Start

3. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b))^{*1}. In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.

Safety

4. The Organisers shall ensure the safety of athletes and officials and must have a race specific plan for health, safety and rescue, including the means to provide assistance to athletes and other participants in distress.

Aid Stations

5. Since trail Running is based on self-sufficiency, each athlete shall be autonomous between aid stations in relation to clothing, communications, food and drink. Accordingly, aid stations shall be sufficiently spaced out according to the organisers' plan so as to respect the autonomy of athletes but taking in account health and safety.

Race Conduct

6. 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, he shall be disqualified.
7. Assistance may only be provided at aid stations.
8. The Organisers of each trail race shall publish specific Regulations setting out the circumstances that may result in the penalisation or disqualification of an athlete.

*1 – Rule 162.2(b)

- (b) In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), the command shall be "On your marks".