



Athletics

Date of competition: 5-7th August, 2025.

1. VENUE

Kalev Stadium

2. TECHNICAL COMMITTEE

The Technical Committee will be comprised of:

- Technical Director
- Assistant Technical Director
- Head Referee
- Member of ICG TC

3. IDENTIFICATION

- All athletes must show their accreditation card to the referee before competing.
- Without the card, the athlete will not be allowed to compete. **NO EXCEPTIONS.**

4. COMPETITION RULES

- Each city may register a maximum number of 8 girls and 8 boys and a minimum of 2 girls and 2 boys.
- Maximum 2 athletes from each team are allowed to participate in one event.
- Each athlete may compete in two events and TWO RELAY (4 x 100m, mix 4 x 100m).
- Girls running 800m and boys running 1500m are not allowed to compete in any other discipline the same day of their middle-distance competition (except for the relay).
- Athletics events: 100m, 400m, 100m Hurdles (boys only), 80m Hurdles (girls only), 800m (girls only), 1500m (boys only), long jump, high jump, Javelin, shot put, 4x100m relay, 4 x 100m – mix relay 2boys+2girls.
- Number of coaches: One for each boys' team, one for each girls' team.
- Personal best performance from each athlete will be required during registration for seeding purposes.



- Uniforms: Athletes must wear the uniform of their city.
- Competition numbers will be given to Team Managers/Coaches, who will be responsible for issuing bib numbers to all athletes in their team. The competition numbers must be worn firmly attached to the front and the back of the uniform with no less than four (4) pins so that the entire number and logo can be easily seen. No part of the number can be folded.
- Hip numbers (*bibs*) will be provided by an official at the start of events requiring them.
- If an athlete fails to scratch from an event after confirmation, she/he may not be permitted to compete in any other event in the Games including relays (See World Athletics Rule 142.4)
- The competition will take place according to World Athletics Rules and ICG Rules.

5. CALL ROOM

- There will be a call room in operation.
- All athletes must report to the call room on time with their competition numbers attached to their uniform.
- In the call room athletes will be expected to demonstrate that their competition uniform, singlet and numbers, shoes and other equipment comply with the completion rules.
- Please do not take unnecessary items into the call room like mobile phones, ipods etc. as they will be confiscated.
- Athletes will proceed to the start of their event from the call room ACCOMPANIED BY A CALL ROOM JUDGE OR FIELD EVENT OFFICIAL. Athletes who proceed to the event not accompanied by a judge or official may not be allowed to start.
- The closing Call Entry Times at the call room are (prior to scheduled event starting times): jumping and throwing events: 40 min; running events: 30 min.
- The composition of a team and the order of running for a relay shall be officially declared 90 min prior to relay scheduled event starting times.
- This time allows for marshaling and movements to the competition site. The remainder of the time may be used to complete the warmup at the competition site where the competition site is not in use (under supervision of the officials).
- If an athlete is already, or is likely to be, competing in another event at the designated call time, the athlete or his/her team official must notify the Call Room of this circumstance prior to the designated call time.
- Athletes who will fail to be at the call room on time will be suspended!
- Warm up: Athletes may warm up in the designated area.

- Starting Blocks: must be used by all athletes in the 100m, 400m, 100m hurdles, 80m hurdles and relay. These will be supplied by the venue. No private blocks will be permitted.
- False start: Each athlete responsible for a false start will be disqualified (World Athletics 162.7.)
- Shoes: The sole and heel of the shoe may be constructed so that they can accommodate up to 11 spikes. Any number of spikes between 0 and 11 may be used, but the number of spike positions cannot exceed 11. The protecting portion of the spike should not be longer than 9 mm. Exception is high Jump and javelin throwing, and javelin throwing where the length of more than 12 mm is not allowed. The spike point must be so designed, that at least half of the length measured from the tip of the spike, fits into a square mold with straight sides of 4 mm.

6. QUALIFICATION

100m

- Qualification: 8 heats, the first place of each heat and the 16 fastest runners for semi-final.
- 24 runners will advance to the semi-final. Advancement procedures will be set upon receipt of final entries.
- Semi-final: 3 heats, the first two places from each heat, and the two fastest runners will progress to the A final, and the second eight fastest runners will progress to the B final.
- MEDALS WILL BE GIVEN ONLY IN THE A FINAL

400m

- Qualification: - If the total number of participating is less than 32, then first place of each heat and the 4 fastest runners for final A and the next 8 fastest runners will progress to the final B. If the total number of teams participating is greater than 32, then 8 fastest runners for final A and the next 8 fastest runners will progress to the final B.
- MEDALS WILL BE GIVEN ONLY IN THE A FINAL.

800m (girls only)

- Qualification: 6 heats, the first place of each heat and 2 fastest runners will progress to the final A, and the next eight fastest runners will progress to the final B.
- Girls participating in the 800m run are not entitled to participate in another event on the same day.
- MEDALS WILL BE GIVEN ONLY IN THE A FINAL.

1500m (boys only)

- Qualification: 5 heats, the first two places of each heat and 2 fastest runners will progress to the final A, and the next eight fastest runners will progress to the final B.
- Boys participating in the 1500m run are not entitled to participate in another event on the same day.
- MEDALS WILL BE GIVEN ONLY IN THE A FINAL.

Long Jump

- Qualification standard: Girls 5.00m; Boys 5.80m
- Qualification: Each athlete has three attempts. All competitors who reach or exceed the qualification standard will progress to the final. If less than 12 athletes reach the qualification standard, the 12 best performances of qualification groups will progress to the final.
- Final: The best 8 athletes after three attempts will have three further attempts.

High Jump

- Qualification standard: Girls 1.55m, Boys 1.65m
- Qualification: All the competitors who will clear the above-mentioned qualifying standard reach the final. If less than 12 competitors jump the standard, the next best athletes in order will progress the final (until number of 12 competitors is reached).
- The heights for the qualifications:
Girls: 1.30, 1.35, 1.40, 1.45, 1.50, 1.55
Boys: 1.45, 1.50, 1.55, 1.60, 1.65
- The heights for the final:
Girls: 1.40, 1.45, 1.50, 1.55, +3 cm
Boys: 1.55, 1.60, 1.65, 1.70, 1.75, +3cm

Shot Put

- The shot weights are:
Boys: 5 kg
Girls: 3kg
- Shots will be provided by the organizers. For athletes wishing to use their own shot, the implement must be lodged with the Technical Manager at the equipment room by 9:00am on the day of competition in which your event is to be held. The implements will be impounded until after the competition when athletes may collect them from the equipment room. Any competitor may use all implements in the pool.

- Qualification standard:
Girls 10.00m,
Boys 12.00m
- Qualification: Each athlete has three attempts. All competitors who reach or exceed the qualification standard will progress to the final. If less than 12 athletes reach the qualification standard, the 12 best performances of qualification groups will progress to the final.
- Final: The best 8 athletes after three attempts will have three further attempts.

400x100m Relay

- If the total number of teams participating in 4x100m Relay is less than 32, semifinals be not organized and the first place of each heat and the 4 fastest runners for final A and the next 8 fastest runners will progress to the final B. If the total number of teams participating is greater than 32, then: 24 teams will advance to the semi-final - the first place of each heat and the fastest runners.
- Semi-final: 3 heats, the first two places from each heat, and the two fastest runners will progress to the A final, and the second eight fastest runners will progress to the B final.
- MEDALS WILL BE GIVEN ONLY IN THE A FINAL.

100m Hurdles Boys: H=0,840m

- Qualification: 8 fastest runners will progress to the final A and other 8 fastest runners to the final B.

100m Hurdles Girls H=0,762m

- Qualification: 8 fastest runners will progress to the final A and other 8 fastest runners to the final B.

4 x 100m Mix Relay (2 boys + 2 girls - free placement of participants in stages)

- First place of each heat and the 4 fastest runners for final A and the next 8 fastest runners will progress to the final B

Javelin

- The javelin weights are:
Boys: 600 g
Girls: 400 g
- Javelin will be provided by the organizers. For athletes wishing to use their own javelin, the implement must be lodged with the Technical Manager at the equipment room by 9:00AM on the day of competition in which your event is to be held. The implements will be impounded until after the competition when

athletes may collect them from the equipment room. Any competitor may use all implements in the pool.

- Qualification standard:
- Girls 30.00m,
- Boys 35.00m
- Qualification: each athlete has three attempts. All competitors who reach or exceed the qualification standard will progress to the final. If less than 12 athletes
- reach the qualification standard, the 12 best performances of qualification groups
- will progress to the final.
- Final: the best 8 athletes after three attempts will have three further attempts

7. DISPUTES

- Any disputes will be resolved in accordance with World Athletics Rules and the clauses included in the ICG Rules.
- Any official Protests will be referred to the Protest Committee according to the ICG Rules.

8. DISCIPLINARY RULES

- The ICG Code of Conduct must be always adhered to.
- Heads of Delegation, athletes and coaches, will be excluded from the Games for indecent behavior, offence made through words and/or actions, violent behavior, abusive language etc.
- All delegations must comply with any instruction given by the venue staff.
- Coaches are responsible for the well-being and behavior of their athletes at all times.

9. PRESENTATION OF MEDALS

The following medals will be awarded immediately after the tournament:

GOLD – for athletes and teams ranking first in the competition

SILVER – for athletes and teams ranking second in the competition

BRONZE – for athletes and teams ranking third in the competition

- Athletes must wear their team uniform or tracksuit for the ceremony.
- No flags of any type, city or country, will be allowed to be on display at the Medal Ceremony.
- No medals will be awarded to coaches.
- Medal presentations will be made at the designated time as per the schedule.
- Coaches are requested to assist in ensuring athletes are readily available and correctly dressed for the medal presentation.

10. MEDICAL

A First Aid Service will be available on site.

Full Medical Service will be available at one of the hospitals in Tallinn.

11. TECHNICAL MEETING

A technical meeting for all coaches will be held on 4th August 2025.

Time and venue will be provided upon arrival.

12. SPECIAL NOTE

No changes can be made to this ICG Technical Handbook without the consent of the ICG.