



**2nd AFRICAN U18 AND U20
COMBINED CAA CHAMPIONSHIPS
LUSAKA, APRIL, 29, 2022- MAY 03, 2023**

TECHNICAL REGULATIONS

I- DATE AND VENUE

The combined 4th African **U18** Championships and the 15th African **U20** championships of the CAA will take place in **Lusaka (Zambia) from 29 April to 03 May 2023**. Both competitions comprise the **2nd African U18 and U20 Combined championships**.

II- PROGRAM OF EVENTS

2.1- The U18 Program will include the following forty Events: (40): 20 for Men and 20 for Women:

***MEN:**

100m–200m–400m–800m–1500m–3000m–110m Hurdles – 400m Hurdles –2000m SC–10.000 m Walk- Relay Medley (100-200-300-400 m)-Octathlon–High jump- Pole vault – Long jump– Triple jump– Shot Put– Discus– Hammer– Javelin.

***WOMEN:**

100m–200m–400m–800m–1500m–3000m– 100m Hurdles – 400m Hurdles – 2000 m SC–5.000 m Walk – Relay Medley -Heptathlon– High jump – Pole vault – Long jump – Triple jump – Shot Put – Discus – Hammer – Javelin.

2.2- The U20 Program will include the following forty four Events: (45): 22 for Men and 22 for Women, and 01 Mixed Event:

***MEN:**

100m–200m–400m–800m–1500m–5000m–10000m–110m Hurdles – 400m Hurdles –3000m SC–10.000 m Walk - 4 x 100m–4 x 400m -Decathlon– High jump- Pole vault - Long jump– Triple jump – Shot Put– Discus – Hammer – Javelin.

***WOMEN**

100m–200m–400m–800m–1500m–3000m–5000m– 100m Hurdles – 400m Hurdles – 3000 m SC–10.000 m Walk –4 x 100 m–4 x 400 -Heptathlon– High jump – Pole vault – Long jump – Triple jump - Shot Put – Discus – Hammer – Javelin.

***MIXED EVENT: 4 x 400m**

III- PARTICIPATION

3.1- Age Categories

U18 Athletes: any athlete aged **16 or 17 years** on December 31 (born in **2006 or 2007**) may compete in any event.

U20 Athletes: any athlete aged **18 or 19 years** on December 31 (born in **2004 or 2005**) may compete in any event.

The passport or the National identity card shall be the reference document to control the athlete's age.

The delegations will submit the passport of entered Athletes to the technical delegates who will proceed with the verification of ages. Photocopy of each passport will be made for the CAA.

3.2- Entry criteria

No qualification Standard is required by the CAA for the U18 events

The qualification standards are in appendix For the U20 events

3.3- Entry Rules

- **For the U18**, each member federation is allowed to enter in each individual event a maximum of **three (03) athletes** and one team in each relay Race.
- **The maximum events in which an U18 athlete may participate are two (02) individual events plus one relay.**
- **However, if the two individual events are races, only one of these two individual races may exceed 200m.**
- **In accordance with the rules of the African U20 championships**, each Member Federation is allowed to enter in each event:
 - **Either one (01) athlete** even if he/she has not performed the entry standards
 - **Or two (02) or three (03) Athletes** who have all achieved the entry standards.

Relay Team:

- Each member Federation may enter a relay team for each of the relay races.
- Any four athletes from among those entered for the competition, whether for that or any other event may be used in the composition of the relay team for any round.
- However, once a relay team has started in a competition, up to a total of four additional athletes may be used as substitutes in the composition of the team.
- The composition of the team and the order of running for a relay shall be officially declared no later than **one hour before the published first call time.**
- **Any team, who does not respect this rule, shall be disqualified.**

3.4- Preliminary Entries

The preliminary entry forms in the enclosed standard format shall be duly filled by the member Federation to confirm its agreement of principle to participate in these championships.

They will indicate the following items:

- The number of participants by event
- The number of accompanying officials

The deadline for preliminary entry is fixed: **December 30, 2022, at midnight, Zambia hours.**

3.5- Final Nominative Entries

The final nominative entries shall be made on the forms in appendix reserved for this purpose. They will indicate:

- The event, name, surname, date of birth and performance of the athlete.
- The name, surname of accompanying officials
- **The copy of the passport or the Identity National Card of each Athlete**
- The List of national records for the concerned categories if any

The deadline to submit final nominative entries is fixed on **03 April 2023 at Midnight, Zambia hours.**

All entry forms (preliminary: quantitative and final: nominative) shall be submitted to the local organizing committee with a copy to CAA

- **This form shall also indicate the date and travel formalities**

3.6- Final confirmation of entries

Heads of delegation or representatives shall confirm the names of athletes being already entered and who will actually compete. This final confirmation of participation will take place during the technical meeting and will take in account all competition days and all the events of the championships.

Thus, the heads of delegations will no longer need to make daily confirmations for the other days.

However, in case of absence of one or more athletes in an event, the heads of delegations are requested to proceed with their withdrawal by submitting a request for withdrawal at the TIC.

The withdrawal forms will be available at the TIC(Technical Information Center).

TECHNICAL INFORMATION

4.1- The Technical Information Centre (TIC)

A Technical information centre will be placed in the stadium; its main role is to assure a better link between each delegation, the technical secretariat, the organizing committee and the technical Delegate.

Besides, the TIC shall be in charge of the following:

- Notification of startlists

- Registration of confirmations
- Protest by the jury of appeal
- Publication of results
- Urgent notifications.

4-2- Technical meeting

A technical meeting will be held on **April 28, 2019**, meeting during which up to two representatives per delegation will be allowed to attend.

The technical meeting will take place at **HEROES STADIUM LUSAKA**. The time of this meeting will be announced to the delegations at their arrival in Lusaka.

The following people will take part in the technical meeting:

- The representative of the national host federation
- The CAA President or his representative.
- The local organizing committee representative.
- The technical delegates.
- The organizational delegates
- The anti doping delegate.
- The medical delegate
- The Members of the Jury of appeal.
- The International Technical Officials (ITOs)
- Two (02) Representatives by Delegation. The main Local Technical Officials

The Agenda of the Technical meeting shall be the following one:

- Welcome address by the president of ZAMBIA ATHLETICS.
- Welcome address by Mr Hamad Kalkaba MALBOUN, the CAA President
- Presentation of the various CAA Delegates and the Local authorities.
- Situation of final entries
- Final time table.
- Qualification Mode in races and movements of the bars for vertical jumps
- Competition implements
- Combined Events
- Call room
- Protests and appeals
- Anti-doping control
- Questions/Answers

The technical meeting will end with an orientation visit to the different sites by the chiefs of delegations (main stadium, cloakrooms, warming-up area, call room, TIC, rest area for combined events, etc.). Up to two (02) Representatives by Delegation will be allowed to take part in this visit.

4.3- Personal implements

Personal implements will be authorized provided that they have a ratification certificate, that they are not on the official list provided by the organizers and that they have been checked according to the Technical delegates' instructions.

These implements may be used by other competitors until the end of the final of the concerned event.

4.4-Pole Vault

Pole bags must be clearly marked with the athlete's name, bib number and country.

All the poles will be transported from the airport to the stadium where they will be stored until the competition day.

Before the different competitions the poles will be at the competition area where they will be checked.

4.5- Call room

- Athletes must report to the call room according to the schedule below:

Events	1 st call	Last call	Entry call room	Exit call room	Entry stadium
Trackevents	40 mn before	30 mn before	25 mn before	15 mn before	10 mn before
Relay/Hurdles	45 mn before	35 mn before	30 mn before	20 mn before	15 mn before
Field events	60 mn before	50 mn before	45 mn before	35 mn before	30 mn before
High jump	70 mn before	60 mn before	55 mn before	45 mn before	40 mn before
Pole vault	80 mn before	70 mn before	65 mn before	55 mn before	50 mn before

- Once in the call room, athletes will be identified with their accreditation cards and their competitor's numbers. After identification, the following checks will be done:
 - Competition numbers bib.
 - Uniform clothing of the competition

4.6- No authorized items

- It will be also checked that other items such as bags, bottles do not display prohibited advertisement.
- It is forbidden to bring in the competition areas electronic appliances such as radios-walkman- mobile phones etc.
- These items will be identified and stored at the call room and retrieved after the event at the call room.

-After verification by the officials, athletes will head to the waiting area of the call room where they will receive final instructions before being accompanied to the event place.

4.7- Combined Events

- **The Octathlon Boys** U18 will be composed of the eight (08) following events:
 - **Day 1:** 100 m- long jump- shot put- 400 m
 - **Day 2:** 110 m hurdles- high Jump- javelin- 1000 m

The WA scoring table of the combined events (indoor for the 1000m) will be used to mark these events though the Implements are lighter and the hurdles lower.

- For all combined events, Athletes entered must report in person and alone at the call room at the scheduled time. Delay for reporting at the call room may lead to the exclusion of the athlete from participation in the event as well as the other events of the competition.
- A rest room will be available for athletes to rest and wait for the start of the following events.
- Although athletes are not obliged to stay in the rest room between events, this room will be the call room for the following event. The athletes must return to the rest room before the start of each following event in order to be checked again.
- The rest room is reserved to the athletes. However, appointed official of the delegations will have a right of access to meet their athletes.

4.8- Bibs

After the technical meeting, delegations will receive two (02) bibs per athlete, which must be worn, one on the back, one on the breast.

For all Jumping events, athletes are allowed to wear only one bib, either on the breast or on the back.

For track events, all competitors will receive at the call room two extra small numbers identifying the lane or the position; the extra numbers will be fixed on each side of the shorts or hips.

In the relays, country code bibs will be attributed to athletes, who must fix them on the chest and the individual numbers must be fixed on the chest.

It is forbidden to cut, punch or fold the bibs which must be worn as they were issued.

IV- TECHNICAL SPECIFICITIES

5-1- The height of the hurdles shall be in conformity with the WA competition rule **22.3**

- **100 m hurdles U18: 0.762 m / U20 : 0.838**
- **110 m hurdles U18 : 0.914 m / U20 : 0.991**
- **400 m hurdles Women U18: 0.762 m / U20 Women: 0.762 m**
- **400 mhurdles Men U18: 0. 838 m / U20 Men: 0.914**

5-2- Implement specifications

The implement specifications will be in conformity with the WA rules: **32- 33- 34- 36 and 38**

Shot put: U18 Boys: 5 kg / U18 Girls: 3kg / U20 Men: 6 kg/U20 Women: 4 kg

Discus: U18Men: 1.5 kg / U18Women /U20 Women: 1 kg /U20 Men: 1.750 kg

Hammer: U18Men: 5 kg /U18 Women: 3 kg/ U20 Men: 6 kg/U20 Women: 4 kg

Javelin: U 18 Men: 700 g / U18 Women: 500 g/U20 Women: 600 g/U20 Men: 800 g

5.3- Medley Relay (U18)

The order shall be the following:

- **1st leg : 100 m**
- **2nd leg : 200 m**
- **3rd leg : 300 m**
- **4th leg : 400 m**

The first two legs will be run entirely in lanes and the third leg will be in lane up to the nearer edge of the break line where athletes may leave their respective lanes.

V- PROTEST AND APPEAL

Protest will be dealt with as provided by WA Rule **8**.

Protest concerning the result or the conduct of the event shall be made within **thirty minutes (30)** following the official announcement of the result of the event.

Any protest, shall in the first instance be made orally to the Referee, either by the athlete himself or by someone acting on his behalf. The Referee may decide on the protest or may refer the matter to the jury of appeal. If the Referee makes a decision, there shall be a right of appeal to the jury.

An appeal to the jury of appeal must be made in writing on the appeal form which will be available at the T.I.C, and it must be signed by an Official on behalf of the athlete and shall be accompanied by a deposit of **100 US \$** (or the equivalent in local currency), which will be forfeited if the protest is not upheld.

An appeal to the jury shall be made **thirty (30) minutes within the decision of the Referee**.

Ratio for Team Officials

Number of Athletes	Number of Officials
From: 01 to : 03	01
From: 04 to: 06	02
From: 07 to: 10	03
From: 11 to: 15	04
From: 16 to: 20	05
From: 21 to: 25	06
From: 26 to: 30	07
From: 31 to: 35	08
From: 36 to: 40	09
From 41 and more	10