

NORDIC HANDBOOK

**Rules and Regulations covering the Meetings and
Competitions between the Nordic Athletic Federations**

**Approved by the Nordic Congress on April 19th, 2009,
in Lausanne**

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Part 1 - Constitutional Rules

1.1

The Athletic Federations in the Nordic Countries (Denmark, Finland, Iceland, Norway and Sweden), hereinafter called Members, have decided to co-operate without any common governing body. This co-operation should follow the agreement below. The aims of the co-operation between the members are:

- to maintain and develop friendly and loyal co-operation between the Members for the benefit of Athletics;
- to co-ordinate and decide about common Nordic activities such as Nordic Conferences and Competitions;
- to co-ordinate and decide about Nordic proposals to the Congress of the International Association of Athletics Federations (IAAF) and the European Athletic Association (EAA);
- to co-ordinate and decide about common nominations for elections to the IAAF and EAA Council and Committees.
- The highest authority for the co-operation between the Members is the Nordic Congress that will be held once a year.

1.2

The Nordic Handbook, which is approved by the Nordic Congress, covers the Rules and Regulations for the co-operation between the Members. Only the Nordic Congress can make additions and/or amendments to the Nordic Handbook.

1.3

The co-operation between the Members consists of various Conferences, Meetings and Competitions, which are described in the Parts 2 and 3 of the Nordic Handbook.

1.4

Unless otherwise expressed in the Nordic Handbook or by the Nordic Congress, each of the Members shall bear its own costs (travel, accommodation and meals) at each Conference, Meeting and Competition.

Part 2 - Conferences and Meetings

2.1 General Rules

2.1.1

The Nordic Conferences, Meetings, etc. are:

- Nordic Congress
- Nordic General Secretaries' Conference
- Nordic Junior and Youth Leaders' Conference
- Nordic Technical Conference
- Nordic Coaches' Seminar
- Other Meetings and Conferences, e.g. Marketing, Sports Medicine, etc.

2.1.2

English shall be used as working language during the Nordic Congress, but the Members may send their written reports and proposals, except for additions and/or amendments for the Nordic Handbook, also in "Scandinavian". The minutes shall be written in English.

2.1.3

At the other Conferences, Meetings, etc. covered by the Nordic Handbook, it is recommended that English be used as working language and for the minutes. If the Host Member wants to propose that "Scandinavian" be used instead, they shall ask the visiting delegations' consent in the official invitation. If any of the visiting delegations disagrees and informs about it in writing when entering their delegates, English shall be used.

2.1.4

The Host Member shall, unless otherwise expressed below, cover the costs for local transportation from the nearest international airport to the venue of the Conference or Meeting etc. and the costs of meeting facilities.

2.1.5

There is also a Nordic Walking Conference, but the Nordic Handbook doesn't cover these rules since Race Walking in some of the countries is organised by independent federations.

2.2 Nordic Congress

2.2.1

The Nordic Congresses, both ordinary and extraordinary, shall consist of delegates from each of the Members. One delegate from each Member shall be authorised to exercise that Member's vote.

2.2.2

Also individuals from the Nordic Countries, who are members of the IAAF and/or EAA Council, are invited to participate in the Nordic Congress.

2.2.3

An ordinary Nordic Congress will take place every year during the month of March or April, on the date and place fixed by the previous Nordic Congress. In the years of the EAA ordinary or extraordinary Congress, the date of the Nordic Congress will normally be two weeks before the said EAA Congress.

2.2.4

The Nordic Congress will be organised by one of the Members (normally in its Capital City) following a fixed five-year cycle.

2.2.5

Invitation to attend an ordinary or extraordinary Nordic Congress shall be sent in writing to each Member by the Host Member, at least **six weeks before** the date of the ordinary or extraordinary Congress. The invitation shall be accompanied by a preliminary agenda. Proposals (incl. reasons) of any kind, submitted by the Members, and their written status reports, must reach the Host Member at least **four weeks before** the Congress. Each Member shall also enter their Delegates to the Host Member, at least **four weeks before** the Congress. The Host Member shall send all documentation (programme, agenda, list of participants, proposals, reports etc.) to each Member, at least **two weeks** before the Congress.

2.2.6

The agenda at each ordinary Nordic Congress shall include the following items:

- Opening of the Congress by the President of the Host Member or his/her representative
- Appointment of Chairman and Secretary from the Host Member
- Appointment of persons who check the Minutes (one from each Member)

- Approval of the Minutes from the previous Nordic Congress (and, if any, extraordinary Congress)
- Evaluation of common Nordic activities during the previous year
- Status report from each Member
- Co-ordination the Nordic Competition Calendar for the following year
- Review of the long-term calendar for common Nordic activities
- Approval of proposals from previous Nordic Conferences
- Discussion on proposals and nominations for the next IAAF/EAA Congress or IAAF/EAA Extraordinary Congress *)
- Additions and/or amendments to the Nordic Handbook
- Proposals from Members
- Appointment of the Nordic Technical Committee **)
- Date and place of the next Nordic Congress

*) The Members shall, as far as possible, nominate their candidates not later than at the Nordic Congress held two years before the IAAF and EAA electoral Congress, where the nominees shall be discussed.

**) The nomination of the Nordic Technical Committee takes place every fourth year. The term of the Committee is four years (2005, 2009, etc.).

The Members shall, at the very latest, nominate their candidates at the Nordic Congress held one year before the IAAF and EAA electoral Congresses, and the CVs of the nominees must be forwarded to all the Members, not later than **three weeks before** the Nordic Congress, at which Congress the final decision about the candidates shall be made.

In exceptional cases, where the above procedure cannot be followed, any Member who wants to change, or add to, its nomination, for whatever reason, shall inform all the other Members in writing as soon as possible.

A Member who wishes to object to any such change of nomination, must do so in writing, as soon as possible, and preferably within seven (7) days of the receipt of the information, with a copy to all the other Members.

If a majority of Members is objecting, and if the Member who wishes to change the nomination cannot obtain majority by phone or mail, an extraordinary Congress shall be convened in accordance with Rule 2.2.8. However, such an extraordinary

Congress must be summoned as soon as possible, and in this case a Nordic decision can only be made by a majority of all Members.

2.2.7

Each Member shall nominate one person to be appointed to the Nordic Technical Committee. The Committee shall be appointed every fourth year (2005, 2009, etc.). One of the Committee Members shall be appointed as Chairman and one as Secretary. The Nordic Technical Committee shall propose additions and/or amendments to IAAF and EAA Rules and Regulations. The Committee may also propose additions and/or amendments to the Nordic Handbook. These proposals shall be submitted by the Members and forwarded to the Congress as official proposals.

2.2.8

An extraordinary Nordic Congress shall be convened following a request of at least three Members. The Member which is responsible for the ordinary Nordic Congress that year shall summon an extraordinary Nordic Congress within sixty (60) days from the receipt of the aforementioned request.

2.2.9

To be accepted, all additions and/or amendments to the Nordic Handbook must obtain four fifths (4/5) of the five Members' votes.

2.2.10

All other decisions must obtain majority (i.e. at least 3/5) of the five Members' votes to be accepted.

2.2.11

The Secretary shall send a draft of the minutes of the Congress to the persons who check the minutes **within two weeks** after the Congress. Any request for correction must be received **within four weeks** following the issue of the minutes. Formal approval of the minutes shall be done at the next following ordinary Nordic Congress.

2.3 Nordic General Secretaries' Conference

2.3.1

The Conference is open for the General Secretaries from each of the Members. The Host Member may also invite other people as guests and/or experts.

2.3.2

The Conference shall take place every year during the month of October, preferably two weeks before the EAA Calendar Conference, on the date and place fixed by the previous Nordic Congress, or at the previous Nordic General Secretaries' Conference.

2.3.3

The Conference will be organised by one of the Members, following a fixed five-year cycle, normally organised by the same Member which are host of the Nordic Congress that year.

2.3.4

Invitation to attend the Conference shall be sent in writing to each Member by the Host Member at least **six weeks before** the date of the Conference. The invitation shall be accompanied by a preliminary agenda. Proposals of any kind submitted by the Members, and their written status report, must reach the Host Member at least **four weeks before** the Conference. Each Member shall also enter their Delegates to the Host Member at least **four weeks before** the Conference. The Host Member shall send all documentation (programme, agenda, list of participants, proposals, reports, etc.) to each Member, at least **two weeks before** the Conference.

2.3.5

The agenda at the Conference shall include the following items:

- Opening of the Conference by the General Secretary of the Host Member or his/her representative
- Appointment of Chairman and Secretary from the Host Member
- Appointment of persons who check the minutes (one from each Member)
- Following up the minutes from the previous Nordic Congress and Conferences
- Decisions on items delegated from the Nordic Congress
- Status report from each Member

- Co-ordination of the Nordic Competition Calendar for the following year
- Review of the long-term calendar for common Nordic activities
- Proposals from Members
- Preparation of common proposals to the next Nordic Congress
- Date and place of the next Nordic General Secretaries' Conference

2.3.6

All decisions shall be made according to the majority of the Delegates voting.

The Host Member should also try to find one or more special themes that could be of common interest to discuss. External experts can be invited as lecturers.

2.3.7

The Secretary shall send a draft of the minutes from the Conference to the persons who check the minutes **within four weeks** after the Conference. Any request for correction must be received **within four weeks** following the issue of the minutes. Formal approval of the minutes shall be done at the next following ordinary Nordic Congress.

2.4 Nordic Junior and Youth Leaders' Conference

2.4.1

The Conference is open for representatives from each of the Members. Each Member should normally send one to three (1-3) participants who are responsible for Junior and Youth Athletics in their Federations. At least one of the participants from each country should be under 25 years. The Host Member may, however, send more than three participants.

2.4.2

The Conference will be organised in the years decided by the Nordic Congress, without any fixed rhythm. The date and place for the Conference will be fixed by the previous Nordic Congress.

2.4.3

Invitation to attend the Conference shall be sent in writing to each Member by the Host Member at least **six weeks before** the date of the Conference. A preliminary programme shall accompany the invitation. Proposals on items to be discussed submitted by the Members must reach the Host Member at least **four weeks before** the Conference. Each Member shall also enter their Delegates to the Host Member at least **four weeks before** the Conference. The Host Member shall send all documentation (programme, list of participants, etc.) to each Member at least **two weeks before** the Conference.

2.4.4

The aims of the Conference are:

- to exchange experiences of developmental work for Junior and Youth Athletics;
- to prepare proposals for the Nordic Congress concerning Junior and Youth Athletics;
- to follow up and evaluate the Nordic Junior Matches and Championships of the previous year;
- to inform each other about the preparations before the World and European Junior Championships;
- to let the Hosts of the up-coming Nordic Junior Matches and Championships inform about their preparations.

2.4.5

The Host Member shall appoint Chairman and Secretary for the Conference.

2.4.6

The Conference can only make proposals to the Nordic Congress, not make any kind of decisions.

2.4.7

The Host Member should also try to find one or more special themes that could be of common interest to discuss. External experts can be invited as lecturers.

2.4.8

The Secretary shall send a draft of the minutes from the Conference to the persons who check the minutes **within four weeks** after the Conference. Any request for correction of the minutes must be received **within four weeks** following the issue of the minutes. Formal approval of the minutes shall be done at the next following ordinary Nordic Congress.

2.5 Nordic Technical Conference

2.5.1

The Conference is open for the Nordic Technical Committee members and other representatives from each of the Members. Each Member should normally send one to three (1-3) participants who are experienced in the items that will be discussed. The Host Member may, however, enter more than three participants.

2.5.2

The Conference will take place **every even year** during the autumn, normally in the month of November on the date and place fixed by the Nordic Congress preceding the Conference.

2.5.3

The Conference will be organised by one of the Members following a fixed ten-year cycle.

2.5.4

Invitation to attend the Conference shall be sent in writing to each Member by the Host Member at least **six weeks before** the date of the Conference. A preliminary programme shall accompany the invitation. Proposals on items to be discussed submitted by the Members must reach the Host Member at least **four weeks before** the Conference. Each Member shall also enter their Delegates to the Host Member at least **four weeks before** the Conference. The Host Member shall send all documentation (programme, list of participants, etc.) to each Member at least **two weeks before** the Conference.

2.5.5

The aims of the Nordic Technical Conference are:

- to act as an advisory body to the Nordic Congress;
- to exchange ideas and experiences concerning athletic facilities, equipment, implements and other technical matters;
- to produce proposals for the Nordic Congress concerning additions and/or amendments to IAAF and EAA Rules and Regulations.

2.5.6

The Host Member shall appoint Chairman and Secretary for the Conference.

2.5.7

The Conference can only make proposals to the Nordic Congress, not make any kind of decisions.

2.5.8

The Host Member should also try to find one or more special themes that could be of common interest to discuss. External experts can be invited as lecturers.

2.5.9

The Secretary shall send a draft of the minutes from the Conference to the persons who check the minutes **within four weeks** after the Conference. Any request for correction of the minutes must be received **within four weeks** following the issue of the minutes. Formal approval of the minutes shall be done at the next following ordinary Nordic Congress.

2.6 Nordic Walking Conference

2.6.1

The regulations for this Conference are covered by the governing bodies for Race Walking in each of the Nordic Countries.

2.7 Nordic Coaches' Seminar

2.7.1

The Seminar is open for representatives from each of the Members. Each Member should normally send two to four (2-4) participants who are experienced in the items that will be discussed. The Host Member may, however, send more than four participants.

2.7.2

The Conference will be organised in the years decided by the Nordic Congress, without any fixed rhythm. The date and place for the Conference will be fixed by the previous Nordic Congress.

2.7.3

Invitation to attend the Seminar shall be sent in writing to each Member by the Host Member at least **six weeks before** the date of the Seminar. A preliminary programme shall accompany the invitation. Proposals on items to be discussed submitted by the Members must reach the Host Member at least **four weeks before** the Seminar. Each Member shall also enter their Delegates to the Host Member at least **four weeks before** the Seminar. The Host Member shall send all documentation (programme, list of participants, etc.) to each Member at least **two weeks before** the Seminar.

2.7.4

The aims of the Seminar are:

- to exchange ideas and experiences concerning high performance athletics;
- to produce proposals to the Nordic Congress.

2.7.5

The Host Member shall appoint Chairman and Secretary for the Seminar.

2.7.6

The Seminar can only make proposals to the Nordic Congress, not make any kind of decisions.

2.7.7

The Host Member should also try to find one or more special themes that could be of common interest to discuss. External experts can be invited as lecturers.

2.8 Other Conferences and Meetings

2.8.1

The Nordic Congress, both ordinary and extraordinary, has the authority to decide on other occasional meetings and conferences concerning e.g. marketing or sports medicine. The meetings and conferences shall be of common interest and open for all Members under conditions decided by the Nordic ordinary or extraordinary Congress.

Part 3 - Competition Regulations

3.1 General Rules and Recommendations

3.1.1

Each Nordic competition is organised in one of the Nordic countries, following a rotational system confirmed, and amended when necessary, by the Nordic Congress. The organiser of the competition is the respective Member, either alone or together with a club/clubs affiliated to it, hereinafter called **The Host**. The Member supervises the work of the local organisers and has the ultimate responsibility for all arrangements and the conduct of the competition. (See also 3.1.16.)

3.1.2

All competitions covered by these rules, notwithstanding the traditional name and basic character of the meeting, are also considered as **Nordic Championships** to the extension described in the respective section of these rules. (See also 3.1.16.)

3.1.3

Official invitations, with a preliminary timetable and other general information, shall be sent to the Members not later than **four months before** the competition. The Members shall send their preliminary entries, with approximate numbers of participants and team officials, to the Host not later than **two months before** the competition.

3.1.4

An official **Nordic Medal**, approved by the Nordic Congress, shall be used whenever such medal is available. If that is not the case, another type of medal, designed by the organising Host or a medal representative of the venue or region for example, can be used. The category (Championship / Match / Challenge or other), year and venue of the competition shall be indicated by the engraving.

3.1.5

It is recommended that commemorative medals be given to all members of the participating delegations. It is possible to use same type of prize medals and commemorative medals, but then the medals given to the three best athletes individually or to the athletes of the three best teams shall be clearly marked.

3.1.6

It is recommended that the competition stadium or area be decorated with the flags of all participating countries, possible guest nations included.

3.1.7

The programmes of possible opening and/or closing ceremonies may be planned and decided by the organiser. If an opening with the teams' marching-in and/or a short flag ceremony takes place, only the host nation's National Anthem may be played. The staging of closing ceremonies and/or playing the winning nation's National Anthem may be decided by the organiser, depending on time available for that.

3.1.8

At every Nordic competition, a **Technical Meeting** shall be held, preferably in the evening of the day before the (first) day of the competition. The Technical Meeting can decide on any technical or rule-related question that this Handbook or the IAAF Rules do not cover.

3.1.9

To save time in the Technical Meeting and to help the organiser to prepare the start lists early, it is recommended that a drawing scheme, where needed, be prepared and sent to the participating delegations with a result of an honest drawing in advance. The entries should then be made with allocation of the teams' available lanes and jumping/throwing positions.

3.1.10

At every Nordic competition there shall be a **Jury of Appeal**, consisting of at least three members, all from different countries/teams. The Chairman may be nominated by the Host Member, but he/she must not belong to the local competition organisation. The other members of the Jury are selected/nominated from the visiting delegations at the Technical Meeting.

3.1.11

At every Nordic competition of arena type, the availability of **doping test service** needed/required by the participating Members, e.g. for record validity purposes, must be secured by the Host. The service must be available within reasonable time and distance so that, in normal circumstances, tests can be made before the departure of the teams. All costs of these tests (sampling officer's services and laboratory analysis) shall be borne by the respective Members.

3.1.12

To any Nordic competition, the Host may also order random in-competition tests, at its own cost (service and laboratory), from an authorised national doping control organisation, to be carried out at the venue.

In this case, the control station's services are free of charge to the teams in connection with **extra** tests (e.g. for record validity purposes), but **these** tests' laboratory costs shall be borne by the respective Members that use the service.

3.1.13

At all Nordic competitions, the participating countries can be represented by athletes who

- are citizens of the respective countries; or
- are officially entitled by the IAAF to represent the respective countries in all international competitions under IAAF Rule 1.1, up to and including category (a) of the said Rule; or
- are officially entitled by the Members to represent the respective countries in regional championships (Rule 1.1(g)) and in international matches (1.1(h)).

3.1.14

The Competition Regulations can be changed or amended only by the Nordic Congress.

However, in urgent situations and when it is a question of adapting events, race distances, implement dimensions and such like, also the Nordic General Secretaries' Conference can make minor temporary changes for the next twelve months. These changes must be reported to the next Nordic Congress which shall decide on their possible continuation.

3.1.15

In all Nordic Events where Pole Vault is included in the competitions (incl. Combined Events), the Host shall actively advise and/or help the visiting teams to find the easiest possible ways of transporting the poles to and from the venue of the Event, especially within the host country. If this means, in addition to giving general information, also practical measures (e.g. transport aid) that entail additional costs, these shall be paid by the respective visiting countries.

3.1.16

As an attempt to increase the participation and to improve the level of the Nordic Championships for the age group U23 it has been decided to make the Event open also for the three Baltic Countries, i.e. Estonia, Latvia and Lithuania. During an agreed transition period covering the Events in 2008 and 2010, the Baltic athletes can compete in these Championships as official participants with full rights and responsibilities according to the Regulations published in the Nordic Handbook. The possible continuation of open Championships and the integration of the Baltic Countries into the rotation system will be decided on the basis of the experiences from the transition period.

3.2 Nordic Championships U23 ; open for EST-LAT-LTU

General

3.2.1

The Nordic Championships for athletes under 23 years is a Nordic Championship competition, where the official participating countries are Denmark, Finland, Iceland, Norway and Sweden. In 2008 and 2010, the Championships will be open, in addition to the Nordic Countries, also for the three Baltic Countries, i.e. Estonia, Latvia and Lithuania.

3.2.2

The Championships shall be organised **every even year** in one of the Nordic Countries. In 2008 and 2010, the current Nordic rotation will be followed.

3.2.3

The Championships shall be held during the summer, preferably in July or in August.

3.2.4

The Championships shall be held in a stadium with eight lanes and all necessary facilities and technical equipment to allow smooth and efficient organisation of the competitions.

3.2.5

The Host shall nominate a Technical Delegate for the Championships. This person shall be an ATO or an ITO. If any such official is not available from the organising country, the Host shall invite him/her from one of the other participating countries. The Host is responsible for his/her travels and full accommodation. The Technical Delegate has the normal duties described in the IAAF Rules.

3.2.6

In view of the nature of the Championships, it is recommended that the Host have a qualified statistician in the local organisation.

Programme

3.2.7

The Championships shall be organised in two days, and the programme of events is as follows:

Men: 100m, 200m, 400m, 800m, 1500m, 5000m, 110m Hurdles, 400m Hurdles, 3000m Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, 4x100m and 4x400m.

Women: 100m, 200m, 400m, 800m, 1500m, 5000m, 100m Hurdles, 400m Hurdles, 3000m Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, 4x100m and 4x400m.

3.2.8

The recommended division of events between the two days is as follows:

1st Day:

Men:	100 m	Women:	100 m
	400 m		400 m
	800 m		1500 m
	5000 m		
	400 m Hurdles		400 m Hurdles
	4x100 m		4x100 m
	High Jump		Pole Vault
	Triple Jump		Long Jump
	Shot Put		Discus
	Hammer		Javelin

2nd Day:

Men:	200 m	Women:	200 m
	1500 m		800 m
			5000 m
	110 m Hurdles		100 m Hurdles
	3000 m SC		3000 m SC
	4x400 m		4x400 m
	Pole Vault		High Jump
	Long Jump		Triple Jump
	Discus		Shot Put
	Javelin		Hammer

The Host has, however, the right to deviate from this structure, if the local conditions (e.g. the site layout of the stadium) or other reasons justify such changes. The preliminary timetable must be sent to all participating countries in connection with the invitation.

Participation

3.2.9

Basically, each participating country may enter max. three (3) participants in each individual event and one relay team in each relay race. There are no entry standards in the Nordic Championships.

In addition to the basic participation, the Host Nation has the right to enter maximum two (2) wildcard athletes in each event, however respecting the smooth organisation and the timetable of the events. These domestic wildcard athletes may be of any age, but they will be official championship participants only if they are of the right age for these Championships according to the Rule 3.2.10.

The Technical Delegate has the right to accept extra participants, of the U23 age group (Rule 3.2.10), proposed by other participating countries, however always respecting the smooth organisation and the timetable of the events. These extra participants cannot win Nordic Championship titles nor medals.

3.2.10

Each official participant must be **under the age of 23 years** on 31st December in the year of the Championships (i.e. 22 years or less).

3.2.11

Finland and Sweden agree to enter at least two (2) participants and Norway at least one (1) participant in each individual event. This guarantees a minimum participation of five (5) athletes per event.

3.2.12

If in any relay race **not more than one team** is entered, that relay event will be cancelled. In such a case, the Host must inform all the participating countries about the situation immediately after the deadline of the final entries.

It may still happen that, for one reason or another, a relay race must be cancelled in venue after the teams' arrival. If this leads to a situation where there are athletes whose only participation would have been in a relay, it is recommended (notwithstanding what is stated in 3.2.9) that they be entered as additional, but at the same time official, participants in sprint races where there are empty lanes available. The Technical Delegate decides on all these arrangements.

Technical Instructions

3.2.13

In the sprint events, i.e. distances from 100 up to and including 400 metres, with or without hurdles, if more than eight (8) athletes are entered, the competition shall be carried out by running two or more finals. If there are two or more finals, the results of that event are decided by the times.

In principle, the athletes with the best results in the ongoing year's statistics shall be selected to the A-final, but the Technical Delegate has the right to change the seeding, if the situation of the competition justifies a different approach.

If two or more finals are needed, i.e. when there are 9 runners or more, there must be at least three runners in the "weakest" final (even if this leaves one or two lanes empty in the next "higher" final).

In 100-110 metres, with or without hurdles, preliminary heats may be arranged, if they fit into the timetable and if the Technical Delegate accepts the arrangement.

Entries

3.2.14

The **final entries** with names, years of birth and best performances (SB and PB) of the competitors plus names of the team officials must be submitted to the organising Host not later than five days before the first day of the competition.

In view of the nature of the Championships, it is strongly recommended that the participating countries try to confirm even earlier the exact numbers of their participants per event (see 3.1.3).

Name changes due to injuries, illnesses or other justifiable reasons are allowed after the final entry deadline and until the Technical Meeting. Final confirmation of relay teams (names and running order) must be no later than 60 minutes before the start.

Nordic Champions

3.2.15

The best official competitor in each individual event shall be declared the Nordic Champion. The three best official competitors in the event are the Nordic medallists.

3.2.16

The winning relay team in each relay race shall be declared the Nordic Champion team. The three best teams in the race are the Nordic medallist teams.

Awards**3.2.17**

The three best official competitors in each individual event and the members of the three best relay teams in each relay race shall receive the Nordic Championship gold, silver and bronze medals respectively.

3.2.18

The Host may give also other prizes, e.g. to the best male and best female athlete of the Championships, or for any other outstanding performances.

Financial Regulations**3.2.19**

Each participating country pays the travel costs of its delegation to and from the venue of the competition. In practice this refers to the nearest airport, sea port or railway station. The Host organises all local transports and covers the costs thereof.

3.2.20

If the distance between the above mentioned airport, sea port or railway station and the lodgings is such that special (private) bus transportation is needed, it is the responsibility of the Host to help in organising the transportations, but the costs thereof shall be borne by the visiting delegation. An estimate of the price should be given in the invitation.

3.2.21

Each participating country pays the board and lodging costs (accommodation and meals) of its delegation. It is the responsibility of the Host to organise such services, and it should use its best efforts to negotiate favourable charges for the delegations. An estimate of the price should be given in the invitation.

3.3 Nordic Match, U20

General

3.3.1

The Nordic Match for athletes under 20 years (The Match) is a combined international match between teams and a Nordic Championship competition for individuals and relay teams.

3.3.2

The participating teams are Finland, Norway, Sweden and the combined team of Denmark and Iceland.

3.3.3

There are separate matches for the men's teams and for the women's teams.

3.3.4

If all four parties are not able to enter a complete team to the match(es), the respective match(es) can be staged between smaller number of teams with respective corrections in the scoring system. All Nordic countries can, however, enter individuals or relay teams in any event to compete for Nordic Championship Titles.

3.3.5

The Match shall be organised **every year** in one of the Nordic Countries.

3.3.6

The Match shall be held during the summer, preferably in July or in August.

3.3.7

The Match shall be held in a stadium with eight lanes and all necessary facilities and technical equipment to allow smooth and efficient organisation of the competitions. In exceptional circumstances, and if all parties agree, the Match can be organised also in a stadium with six lanes (see also 3.3.28).

Participants

3.3.8

Each team may enter two participants in each individual event. In case of individual participation (see 3.3.4), the maximum number of athletes from any of the four parties (see 3.3.2) is also two.

In each relay event of the Match, each **team** is represented by one relay team. For the Nordic Championship competition, each **country** may enter one relay team. (See also point 3.3.29.)

3.3.9

Each participant must be under the age of 20 years on 31st December in the year of the Match (i.e. 19 years or less).

3.3.10

Finland and Sweden agree to enter only athletes whose 18th or 19th birthday is in the year of the Match, except for the participants in the walking events who may be younger.

3.3.11

For Norway and Denmark/Iceland the lower end of the age category is open, i.e. only item 3.3.9 is applied.

Programme

3.3.12

The programme of the Match consists of the following events:

Men: 100m, 200m, 400m, 800m, 1500m, 5000m, 110m Hurdles, 400m Hurdles, 3000m Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, 5000m Walk, 4x100m and 4x400m.

Women: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles, 400m Hurdles, 2000m Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, 3000m Walk, 4x100m and 4x400m.

3.3.13

The international Juniors' implements according to IAAF Rules (Shot 6kg, Discus 1.75kg, Hammer 6kg, Javelin 800g) are used in the Match. In the hurdle races, seniors' hurdle heights are used, except for men's 110m Hurdles where the hurdle height used in the Match is 99.0 cm (new IAAF standard from 2006) or 100.0 cm.

Scoring

3.3.14

In individual events the points are given as: 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1 ;
and in relays as: 7 – 5 – 3 – 1.

(In case of only **three** teams: individuals 7-5-4-3-2-1 and relays 5-3-1.)

3.3.15

In case of a tie, the sum of the tying competitors' points is divided evenly between them.

3.3.16

A disqualified or non-finishing (non-marking) competitor gets no points.

3.3.17

The winner in each of the two matches is the team with highest aggregate of points. In case of a tie in points, it shall be resolved in favour of the team with higher number of first places. If the tie still remains, then in favour of the team with higher number of second places; and so on.

Nordic Champions

3.3.18

The winner of each individual event shall be declared the Nordic Champion. The three best competitors in the event are the Nordic medallists.

3.3.19

The winning relay team of each relay race shall be declared the Nordic Champion team. The three best teams in the race are the Nordic medallist teams. (See also point 3.3.29.)

Entries

3.3.20

The **final entries** with names, years of birth and best performances (SB and PB) of the competitors plus names of the team officials must be submitted to the organising Host not later than **five days** before the first day of the competition.

Name changes due to injuries, illnesses or other justifiable reasons are allowed after the final entry deadline and until the Technical Meeting. In case of last-minute injuries or illnesses, confirmed with a doctor's certificate, changes can still be made until 60 minutes before the start of the respective event. Final confirmation of relay teams (names and running order) must be no later than 60 minutes before the start.

3.3.21

It is recommended that each visiting delegation include one qualified walking judge.

Awards

3.3.22

The winning team in each Match shall get a trophy according to the choice of the Host.

3.3.23

The three best athletes in each individual event and the members of the three best relay teams in each relay race shall get Nordic Championship gold, silver and bronze medals respectively.

3.3.24

The Host may give prizes also to the following athletes/teams from the fourth place and on.

Financial Regulations

3.3.25

Each Member pays the travel costs of its delegation to and from the venue of the competition. In practice this refers to the nearest airport, sea port or railway station. The Host organises all local transports and covers the costs thereof.

In some special cases, in certain years, there may be exceptions to this rule. These exceptions are then mentioned in the respective match agreements between the Nordic Countries and/or in the minutes of the Nordic Congress.

3.3.26

If the distance between the above mentioned airport, sea port or railway station and the lodgings is such that special (private) bus transportation is needed, it is the responsibility of the Host to help in organising the transportations, but the costs thereof shall be borne by the visiting delegation. An estimate of the price should be given in the invitation.

3.3.27

Each Member pays the board and lodging costs (accommodation and meals) of its delegation. It is the responsibility of the Host to organise such services, and it should use its best efforts to negotiate favourable charges for the delegations. An estimate of the price should be given in the invitation.

Other

3.3.28

In the exceptional case that the Match is organised in a six-lane stadium, the sprint events, i.e. distances from 100 up to and including 400 metres, with or without hurdles, shall be run in two finals. The final results of the events are decided by the times of the competitors. If there is a tie, also after checking the times to 1/1000th of a second, it shall stand, also in the case that the tie concerns the first place.

The following procedure shall be used in compiling the A- and B-finals:

- First, the three fastest runners according to the ongoing year's statistics are put into the A-final. (Now there are representatives of 2 or 3 teams in A.)
- Then, the A-final is completed by adding, according to current statistics, the better runner(s) of the remaining team(s). Thus the A-final consists of 4 or 5 runners and covers all the four teams.
- Finally, each team has the right to change places of their own runners between the finals, if they wish so.

3.3.29

In relays it is possible that both Denmark and Iceland want to enter their own national relay teams for Nordic Championship purposes, even if the two countries appear as a combined team in the Match. If this is the case, both relay teams can run, but only one of them can represent the combined DEN/ISL team in the Match. The nomination shall be made in the Technical Meeting at the latest.

If there is only one combined DEN/ISL relay team, it can be a Nordic medallist team as such, even in the case where there are runners from both countries.

Men U18 - Dec: Special programme with partly reversed order, special running distances and international youth implements:

1st Day: 110 m Hurdles (91.4 cm) *
 Discus (1.5 kg)
 Pole Vault
 Javelin (700 g)
 300 m

2nd Day: 100 m
 Long Jump
 Shot Put (5.0 kg)
 High Jump
 1000 m

*) The Nordic Congress 2005 accepted the following updates to the hurdle event of Men U18 Decathlon: Race distance 110 m, hurdle height 91.4 cm, distance from start to first hurdle 13.72 m, distance between hurdles 8.90 m, distance from last hurdle to the finish line 16.18 m. Scoring table: Men's 110m Hurdles in the IAAF scoring tables.

Women U23 - Hept: Normal seniors' programme with seniors' implements and hurdle heights

Women U20 - Hept: Normal seniors' programme with seniors' implements and hurdle heights

Women U18 - Hept: Normal seniors' programme, **except for:**
 shot 3.0 kg
 hurdle height 76.2 cm

3.4.6

The **age limits** are defined as follows. "U23" means that the athlete's age is 22 years or less on 31st December in the year of the Championships, "U20" means that the athlete's age is 19 years or less on 31st December in the year of the Championships, etc.

3.4.7

Scoring tables to be used: Basically, in all events and in all age groups, notwithstanding possible deviating implement weights or hurdle heights, the normal IAAF Combined Events' Outdoor Scoring Tables shall be used.

However, in the age group **Men U18** there are **two exceptions**:

300 m: This event does not appear in the printed version of the IAAF Combined Events Scoring Tables. The Nordic Congress has decided, however, that a formula from the same basic source (Dr. Viktor Trkal) shall be used:

$$p = 2.58503 * (60.1 - \text{time})^{1.81}$$

1000 m: This event does not appear in the Combined Events **Outdoor** Scoring Tables. It does appear, however, in the Combined Events **Indoor** Scoring Tables (included in the same book with the outdoor tables), and this table shall be used in the NJCCE. The formula is as follows:

$$p = 0.08713 * (305.5 - \text{time})^{1.85}$$

Entries

3.4.8

Each Nordic Country may enter max. three (3) participants in each of the six events in the programme.

Exception: The Host Country has the right to one (1) guaranteed wildcard entry in each event in the programme. These wildcard athletes are official participants in the competition (titles, medals!).

Moreover, depending on the known participation and the timetable, the Host Organisation has the right to accept extra participants to be entered by the Nordic Countries. The extra participants cannot win Nordic Championship titles nor medals.

(As for possible non-Nordic guest competitors, see Rule 3.4.4.)

3.4.9

The **final entries** with names, years of birth and best performances (SB and PB) of the competitors plus names of the team officials must be submitted to the organising Host not later than **ten days** before the first day of the competition.

Name changes due to injuries, illnesses or other justifiable reasons are allowed after the final entry deadline and until the Technical Meeting. Any new (additional) entries, as described in 3.4.8, when/if accepted to the competition, shall be considered as extra participants.

Nordic Champions

3.4.10

The best official Nordic competitor of each combined events competition shall be declared the Nordic Champion. The three best official Nordic competitors are the Nordic medallists.

Awards

3.4.11

The three best official Nordic performers in each combined events competition shall get a Nordic Championship gold, silver and bronze medal respectively.

3.4.12

The Host may give also other prizes in order to cover the extra participants' possible success in the competitions or to extend the list of awarded official participants. The prizes mentioned in 3.4.11 are, however, the only official Nordic Championship prizes.

Financial Regulations

3.4.13

Each Member pays the travel costs of its delegation to and from the venue of the competition. In practice this refers to the nearest airport, sea port or railway station. The Host organises all local transports and covers the costs thereof.

3.4.14

If the distance between the above mentioned airport, sea port or railway station and the lodgings is such that special (private) bus transportation is needed, it is the responsibility of the Host to help in organising the transportations, but the costs thereof shall be borne by the visiting delegation. An estimate of the price should be given in the invitation.

3.4.15

Each Member pays the board and lodging costs (accommodation and meals) of its delegation. It is the responsibility of the Host to organise such services, and it should use its best efforts to negotiate favourable charges for the delegations. An estimate of the price should be given in the invitation.

3.4.16

In case of extra non-Nordic participants, mentioned in 3.4.4, the Host may negotiate and settle any financial terms that it considers appropriate.

3.5 Nordic Cross Country Championships

General

3.5.1

The Nordic Cross Country Championships (**NCCC**) is a combined team and individual competition, where the official participating countries are Denmark, Finland, Iceland, Norway and Sweden.

3.5.2

The NCCC shall be organised **every year** in one of the Nordic Countries.

3.5.3

The NCCC shall be held in the autumn, preferably 3 to 4 weeks before the European Cross Country Championships.

3.5.4

The Host shall have the right to invite extra (non-Nordic) participants to improve the quality and representativeness of the races towards the public. This extra participation shall, however, be kept on such level that it does not overshadow the proper Nordic Championship competition. The extra participants cannot win Nordic Championship titles or medals as teams nor as individuals.

Programme

3.5.5

The programme of the NCCC consists of the following races:

Women, Juniors	4.5 km
Women, Seniors	7.5 km
Men, Juniors	6.0 km
Men, Seniors	9.0 km

3.5.6

The distances are approximate and shall be adjusted to the local conditions.

3.5.7

The age group “Juniors” is the same as U20, i.e. for athletes whose age is 19 years or less on 31st December in the year of the competition.

Entries

3.5.8

Each Nordic Country may enter one team in each race in the programme. The sizes of the teams shall be:

Women, Juniors:	max. 7 runners start / 3 best score
Women, Seniors:	max. 7 runners start / 3 best score
Men, Juniors:	max. 7 runners start / 3 best score
Men, Seniors:	max. 8 runners start / 4 best score

3.5.9

If a Nordic Country cannot enter a complete team (i.e. at least the number of scoring runners), it shall have the right to enter individual runners who compete for the individual Nordic Championship titles.

The Host Country shall have the right to let a reasonable number of additional extra runners (“club athletes”) of good quality to participate as extra competitors, e.g. to increase the interest of the local audience. The extra participants cannot win Nordic Championship titles nor medals.

3.5.10

The **final entries** with names, years of birth and best performances (on the track) of the competitors plus names of the team officials must be submitted to the organising Host not later than **ten days** before the day of the competition.

Name changes to the entered teams due to injuries, illnesses or other justifiable reasons are allowed after the final entry deadline and until the Technical Meeting. Any possible new (additional) entries shall be considered as extra participants.

Nordic Champions

3.5.11

The best official Nordic finisher in each race shall be declared the Nordic Champion. The three best official Nordic finishers are the Nordic medallists.

3.5.12

The team competition in each race shall be decided by the aggregate of placings recorded by the **scoring** competitors (see 3.5.8) of each team. The placings are taken from the complete list of **all official Nordic finishers** (excluding any Nordic and/or non-Nordic extras) in the race, i.e. individual official Nordic participants and non-scoring team members included.

3.5.13

The team with the lowest aggregate of placings shall be declared the Nordic Champion. The following places shall be decided accordingly.

3.5.14

In case of a tie in points, it shall be resolved in favour of the team whose **last scoring member** achieves the better/best placing. (The principle is to favour the party whose **whole team** is “at home” earlier.)

Awards

3.5.15

The winning team in each race shall get a Nordic Championship trophy according to the choice of the Host, and the scoring members of that team shall get Nordic Championship gold medals. The scoring members of the second and the third teams shall get Nordic Championship silver and bronze medals respectively.

3.5.16

The three best official Nordic finishers in each race shall get a Nordic Championship gold, silver and bronze medal respectively.

3.5.17

The Host may give also other prizes in order to cover the extra participants' possible success in the races or to extend the list of awarded Nordic participants. The prizes mentioned in 3.5.15 and 3.5.16 are, however, the only official Nordic Championship prizes.

Financial regulations

3.5.18

Each Member pays the travel costs of its delegation to and from the venue of the competition. In practice this refers to the nearest airport, sea port or railway station. The Host organises all local transports and covers the costs thereof.

3.5.19

If the distance between the above mentioned airport, sea port or railway station and the lodgings is such that special (private) bus transportation is needed, it is the responsibility of the Host to help in organising the transportations, but the costs thereof shall be borne by the visiting delegation. An estimate of the price should be given in the invitation.

3.5.20

Each Member pays the board and lodging costs (accommodation and meals) of its delegation. It is the responsibility of the Host to organise such services, and it should use its best efforts to negotiate favourable charges for the delegations. An estimate of the price should be given in the invitation.

3.5.21

In case of extra non-Nordic participants, mentioned in 3.5.4, the Host may negotiate and settle any financial terms that it considers appropriate.

3.6 Nordic 10000m Challenge

General

3.6.1

The Nordic 10000m Challenge (**The Challenge**) is organised to promote and support long-distance running in the Nordic Countries. It consists of a high-class men's and a high-class women's 10000m race which are normally organised in connection with a full-programme athletic meeting, but can also be a separate meeting with just these two events.

The men's race and the women's race can also be organised in connection with two separate meetings, if that appears to be practical.

3.6.2

The Challenge shall be organised **every year** in one of the Nordic Countries.

3.6.3

The date(s) of the Challenge is/are normally decided with the aim to serve in the best way the Nordic long-distance runners in their preparing for the World and Area Events of the ongoing outdoor season.

3.6.4

The Host shall have the right to plan and build the races and their line-ups following their own preferences. It is, however, recommended that the possible pace-making be adjusted according to the competition day's best Nordic expectations.

Programme

3.6.5

The programme of the Challenge consists of the following two races:

Women, Seniors	10000 m
Men, Seniors	10000 m

3.6.6

Both races are individual competitions only.

Entries

3.6.7

Each Nordic Country may enter at least three participants in each race. The Host can set the quota higher, if they want so, but never lower. If the Host wants to set an upper limit to the official participation, it shall be mentioned in the invitation.

3.6.8

The quota of the Host Country is not limited, but it is recommended that the level of participants be kept such that not too many runners will be lapped.

3.6.9

The **final entries** with names, years of birth and best performances (SB and PB) of the competitors plus names of the team officials must be submitted to the organising Host not later than **ten days** before the day of the competition.

Name changes to the entered participation due to injuries, illnesses or other justifiable reasons are allowed after the final entry deadline and until the Technical Meeting. Any possible new (additional) entries shall be considered as extra participants without the right to compete for Nordic Championship titles or medals.

3.6.10

Entries from other countries are not limited either. It is, however, recommended that the Host do their best to build an interesting competition that creates good result opportunities for the Nordic participants.

3.6.11

It is solely the Host's right to decide on the policy concerning any possible appearance fees or performance bonuses.

Nordic Champions

3.6.12

The best official Nordic finisher in each race shall be declared the Nordic Champion. The three best official Nordic finishers are the Nordic medallists.

Awards

3.6.13

The Host shall have the right to decide what kind of prizes are given to the competitors (e.g. money, products, services, trophies, etc.). It is, however, recommended that the prizes, together with possible bonus policy, meet the usual standards for other international races of the same calibre.

3.6.14

The three best official Nordic finishers in each race shall get a Nordic Championship gold, silver and bronze medal respectively.

Financial regulations

3.6.15

Each Member pays the travel costs of its delegation to and from the venue of the competition. In practice this refers to the nearest airport, sea port or railway station. The Host organises all local transports and covers the costs thereof.

3.6.16

If the distance between the above mentioned airport, sea port or railway station and the lodgings is such that special (private) bus transportation is needed, it is the responsibility of the Host to help in organising the transportations, but the costs thereof shall be borne by the visiting delegation. An estimate of the price should be given in the invitation.

3.6.17

Each Member pays the board and lodging costs (accommodation and meals) of its delegation. It is the responsibility of the Host to organise such services, and it should use its best efforts to negotiate favourable charges for the delegations. An estimate of the price should be given in the invitation.