

# WPFG ABRIDGED RULES - DECATHLON -- Page 1

## GUIDING BODIES

World Police and Fire Games Federation (WPFGF)  
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International Amateur Athletic Federation (IAAF)  
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Web-Site: www.iaaf.org E-Mail: headquarters@iaaf.org

World Masters Athletics (WMA)  
[Formerly the World Association of Veteran Athletes (WAVA)]  
Web-site: www.world-masters-athletics.org

## EVENTS

**MEN:** Competitors shall compete ONLY within their actual age category. Event will be offered in the following Age Categories:

|         |           |
|---------|-----------|
| 18 - 29 | 50 - 54   |
| 30 - 34 | 55 - 59   |
| 35 - 39 | 60 - 64   |
| 40 - 44 | 65 & over |
| 45 - 49 |           |

## EQUIPMENT

NOTE: Poles are NOT provided for the pole vault event, unless stated otherwise in the Registration Book & Confirmation Letter.

## SCHEDULE

The Decathlon is an event scheduled within the Track & Field Program. The individual time schedule within the Decathlon may be adjusted depending on the length of time an event may take.

**Decathlon requires 2 days. All events will be run no less than 30 minutes apart and no more than 1 hour apart.**

The events are:

**First Day**  
100 Meter Run  
Long Jump

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Shotput - 18-49 7.26 Kg  
50-59 6.0 Kg  
60 + 5.0 Kg

High Jump  
400 Meter Run

### Second Day

110 Meter Hurdles - 18-29 1.067m (42")  
30-49 .991m (39")

100 Meter Hurdles 50-59 .914m (36")  
60 + .840m (33")  
16 m to 1<sup>st</sup> hurdle; 8 m between hurdles; 12 m to finish line

Discus - 18-49 2.0 Kg  
50-59 1.5 Kg  
60 + 1.0 Kg

Pole Vault (All age categories will compete.)

Javelin -  
18-49 (800 grams)  
50-59 (700 grams)  
60 + (600 grams)

1,500 Meter Run

### Scoring

Athletes entered from 18-34 will use the IAAF Scoring Tables. All others from 35+ will use Age Graded Scoring Tables.

### GENERAL SPORT RULES for Decathlon

In the Long Jump, Shotput, Discus and Javelin each competitor shall be allowed three trials only.

If flights are necessary in any of the track events, the competitors for each flight (except in the 1500 Meter) may be drawn by lot. In the 1500 Meter, the flights may be made up and a draw made as competitors become available from the previous event, and where possible one flight should consist of the leading competitors at the end of 9 events. The referee shall have authority to rearrange any flight if in his/her opinion it is desirable.

A competitor failing to start or take a trial in any event of the competition shall be considered to have abandoned the competition and shall not be allowed to participate in any following event. He shall therefore not be included in the final placing or scoring.

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A competitor disqualified for fouling another competitor in any event shall be permitted to compete in the remaining events, unless the referee shall rule that mere loss of points is not a sufficient penalty.

The winner shall be the competitor who has scored the highest number of points in all events, awarded on the basis of the I.A.A.F. scoring tables. In case of a tie, the winner shall be the competitor scoring the greater number of points in any one of the 10 events. This procedure shall apply to ties for any place in the competition.

The order of competing shall be drawn before each separate event.