

# Alberta 55 plus Track & Field Rules

## General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: [www.alberta55plus.ca](http://www.alberta55plus.ca). If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

**Entry Procedures:** Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at [www.alberta55plus.ca](http://www.alberta55plus.ca)

## Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Rules for many of the activities that 55 plus play are contained in rules books written by provincial, national or international governing bodies. These rules are often referred to but any adaptations to these rules will be listed within each rule.

## Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

Age	Events	Participants Advancing to Provincial Games
55+	Women	2 per Zone
55+	Men	2 per Zone
60+	Women	2 per Zone
60+	Men	2 per Zone
65+	Women	2 per Zone
65+	Men	2 per Zone
70+	Women	2 per Zone
70+	Men	2 per Zone
75+	Women	2 per Zone
75+	Men	2 per Zone
80+	Women	2 per Zone
80+	Men	2 per Zone
85+	Women	2 per Zone
85+	Men	2 per Zone
55+	Women Time Predicted Walk (400m / 1000m)	1 per Zone
55+	Men Time Predicted Walk (400m / 1000m)	1 per Zone
<b>TOTAL NUMBER OF PARTICIPANTS PER ZONE = 30</b>		

### Track Events:

50m  
100m  
200m  
800m  
1500m  
3000m

### Field Events:

Discus  
Javelin  
Long Jump  
Shot put  
Triple jump

### Relay Events:

Relay 4 x 100m (women) (one team per Zone)  
  
Relay 4 x 100m (men) (one team per Zone)

Participants may enter a maximum of four (4) events, plus the relay if chosen by their Zone. Note: Relay teams to be determined on site. Two participants of the same gender may be “borrowed” from another Zone to complete the team.

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## Overview

1. The Alberta 55 plus Games and all sanctioned ALBERTA 55 PLUS events will follow the rules of the **I.A.A.F.** (International Amateur Athletic Federation). These rules can be found by searching [www.iaaf.org](http://www.iaaf.org). Certain modifications have been made to take into consideration the age category and level of competition.
2. It is recommended that a rubberized asphalt track be utilized whenever possible for any Alberta 55 plus sanctioned event. If a rubberized track is not available, it is suggested the track be shale.
3. The Start and finish lines as well as individual lanes should be clearly marked.
4. To start a sprint ( 50m to 400m) the command by the starters are: 'on your mark', 'set', and then the gun is fired to start the race. For the longer races (800m and up) the commands by the starter are: 'on your mark' and then the gun is fired to start the race.
5. For Races in lanes (up to 400m) the runners must stay in their own lane for the whole race. For races longer than 400m runners can run in the inside lane, but must not step on the curb or inside the track.
7. In the case of a tie, medals will be awarded to all tying runners.
8. A medical examination within two months of the start of the Games is strongly recommended. A Games waiver MUST be signed before participant can compete at any playoff level.
9. For **time predicted** races, each event should be conducted as one group.
  - a. Prior to the race, participants must submit their name and predicted time to the race marshal ½ hour prior to the start of the race.
  - b. Wheel chair participation in Time predicted races will be permissible.
  - c. Participants in time predicted races cannot participate in any other event, unless invited to participate in the relay.
  - d. Participants cannot use any watches or timers to pace themselves. No lap times will be provided.
  - e. As participants finish the race, their time will be recorded. Upon completion of the race, all actual times will be compared to predicted times. Times must be within a second, i.e. 4 minutes 21 seconds (4:21).
  - f. The participant closest to his/her predicted time will be the winner, and so on for subsequent places.
  - g. In the case of a tie the higher placing will go to the fastest total time.

## Equipment Specifications

For the javelin, discus and shot-put throwing events, the following implement weights for each age category will be used, as approved by the IAAF Veterans Committee.

AGE	JAVELIN		SHOT		DISCUS	
	Men	Women	Men	Women	Men	Women
55+	700 g.	500 g.	6 kg.	3 kg.	1.5 kg.	1 kg.
60+	600 g.	400 g.	5 kg.	3 kg.	1.0 kg.	1 kg.
65+	600 g.	400 g.	5 kg.	3 kg.	1.0 kg.	1 kg.
70+	500 g.	400 g.	4 kg.	3 kg.	1.0 kg.	1 kg.
75+	500 g.	400 g.	4 kg.	3 kg.	1.0 kg.	1 kg.
80+	400 g.	400 g.	3 kg.	3 kg.	1.0 kg.	750 g.
85+	400 g.	400 g.	3 kg.	3 kg.	1.0 kg.	750 g.

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## Rules & Playoff Information

1. Rules of the I.A.A.F. shall apply.
2. Each participant may enter up to 4 events (in the same age category) plus 1 relay if selected by their Zone.
3. Each Zone may enter 1 Women's and 1 Men's 55+ relay team.
4. Participants must compete in the same age category for all events except the relay and/or the time predicted races where all competitors will compete in 55+.

5. **Time-Predicted Walk**

At Area/Zone Playoffs, participants in each event will predict the time it takes to walk 400m and/or 1000 meters.

At the Provincial Games, participants can enter up to two events. A 400m walk each day for two days, (total 800m) and 1000m each day for two days (total 2000m). They will be required to predict their time for each walk ½ hour prior to competing each day. The lowest combined total difference for the two days will determine the winners e.g. if 6 seconds over on the first day, and 3 seconds under on the second day, combined total time difference is 9 seconds.

Participants will be permitted to know their times after the first 400 and 1000-meter walk. Participants may not use watches or receive pacing information.

6. Schedules of events will be determined by the Host Community Athletics Coordinator and the Alberta 55 plus Provincial Judge.