

ABAF CHAMPIONSHIPS REGULATIONS

updated on 17 February 2018

to enter in force from 18 February 2018

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1. BALKAN SENIOR CHAMPIONSHIPS

The Championships will be staged on two days every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

1.1. Programme:

1.1.1. The programme shall comprise the below mentioned track events and the order shall normally be as follows:

First Day		Second Day	
Men	Women	Men	Women
400m Hurdles	400m Hurdles	110m Hurdles	100m Hurdles
100m	100m	800m	1500m
400m	400m	200m	200m
1500m	800m	3000m Steeple	5000m
5000m	3000m Steeple	3000m	
	3000m		
4x100m relay	4x100m relay	4x400m relay	4x400m relay

1.1.2. The programme shall comprise the below mentioned field events, normally divided between the two days as follows:

First Day		Second Day	
Men	Women	Men	Women
High Jump	Pole Vault	Pole Vault	High Jump
Long Jump	Triple Jump	Triple Jump	Long Jump
Shot Put	Discus Throw	Discus Throw	Shot Put
Hammer Throw	Javelin Throw	Javelin Throw	Hammer Throw

1.1.3. The programme shall comprise Combined Events as well, held over the two days: Decathlon for the men and Heptathlon for the women.

1.2. Entries:

1.2.1. The Championships is an individual competition. Team Medal and Team Placing tables up to the 8th place shall be made for statistical purpose only.

1.2.2. Each country may compete with two athletes per event and one team in each relay.

1.2.3. There will be no "out of competition" athletes coming from Balkan Member Federations.

1.2.4. Subject to the exceptions stated below, only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the Balkan Senior Championships.

1.2.5. Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may participate in the Shot Put (men) and Hammer Throw (men).

1.2.6. Preliminary entries: Not later than 2 (two) months before the first day of the Balkan Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.

1.2.7. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.

- 1.2.8. Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

1.3. Financial Obligations:

- 1.3.1. The hosting Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 40 persons, among which no more than 10 officials. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the hosting country as well.

Accommodation for the teams should be offered as much as possible in twin rooms. Triple rooms are also acceptable but in limited numbers. Each participating team shall be allocated a number of single rooms according to the availability of the hotel; ideally the number of single rooms should be equal to 10% of the number of team members. Special consideration must be given to the very small teams so that every team has at least one single room.

- 1.3.2. Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting federation as follows:

For any persons exceeding the above quota, or for any stay exceeding the number of days covered by the LOC, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation.

- 1.3.3. The visiting delegations shall pay their travel expenses in both directions to and from the venue of the competition.
- 1.3.4. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.
- 1.3.5. The hosting Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.
- 1.3.6. A Technical Delegate shall be appointed by the EXBO. The Technical Delegate will be responsible for ensuring that all technical arrangements are in conformity with the IAAF Rules and also act as a Doping Control Delegate. In case the Technical Delegate and the hosting Federation mutually agree on a site visit before the Championships, the Delegate's board and lodging expenses shall be covered by the hosting Federation.
- 1.3.7. The travelling expenses of Balkan Athletics President, General Secretary and Technical Delegate, including a site visit, shall be covered by the ABAF.
- 1.3.8. The hosting Federation will cover all expenses related to the doping control.

1.4. Awards:

- 1.4.1. First three placed athletes in each event shall receive medals.

1.5. Ceremonies:

- 1.5.1. An Opening Ceremony shall be held on the first day of the Championships. The order of the Opening Ceremony shall be at the discretion of the hosting Federation.
- 1.5.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the hosting Federation.
- 1.5.3. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

1.6. Doping Control:

- 1.6.1. Doping control shall be conducted for 3 men and 3 women.

1.6.2. The Technical Delegate will decide, in accordance with IAAF Rules and Guidelines for Doping Control, which placings from which events are to be selected for doping control.

1.6.3. The host Federation must provide the technical and medical facilities to carry out the doping control.

1.7. Technical Aspects:

1.7.1. In the 100m event, both for men and women, there will be qualification round and final round. The qualification procedure to the final round shall be according to IAAF Competition Rules.

1.7.2. The allocation of lanes and the order of the competition in field events shall normally be determined according to the season bests of the participating athletes.

1.7.3. In the throwing events and the horizontal jumps, the athletes will have six attempts where there are eight competitors or fewer. Where there are more than eight athletes, each athlete shall be allowed three attempts and the eight athletes with best valid performances shall have three additional attempts in conformity with the IAAF Competition Rules.

1.7.4. Starting heights and the bar raising increments for high jump and pole vault shall be proposed at the Technical Meeting considering the season bests of the participating athletes. The decision taken at the Technical Meeting shall be final.

1.7.5. The Technical Meeting shall be held in the morning of the first competition day or the day before as appropriate, and shall be chaired by the Technical Delegate.

1.8. Printed Materials and Announcements:

1.8.1. Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo and the logo of the ABAF General Sponsor.

1.8.2. Whenever possible the bib numbers of the athletes shall bear the logo of the General Sponsor.

1.8.3. Balkan Athletics may appoint a professional announcer if considered appropriate, to carry out the event presentation in English along with the local announcer on the Stadium. The accommodation cost of the announcer shall be covered by the hosting federation. The international travel cost shall be covered by ABAF.

1.8.4. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.

2. BALKAN INDOOR CHAMPIONSHIPS

The Championships will be staged on one day in February every year.

2.1. Programme:

- 2.1.1. The programme shall comprise the below mentioned events for both men and women:
- 2.1.2. 60m, 400m, 800m, 1500m, 3000m, 4x400 relay, 60m hurdles, high jump, pole vault, long jump, triple jump, shot put.

2.2. Entries:

- 2.2.1. The Championships is an individual competition. Team Medal and Team Placing tables up to the 8th place shall be made for statistical purpose only.
- 2.2.2. Each country may compete with two athletes per event and one team in each relay.
- 2.2.3. There will be no "out of competition" athletes coming from Balkan Member Federations.
- 2.2.4. Subject to the exceptions stated below, only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the Balkan Indoor Championships.
- 2.2.5. Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may participate in the Shot Put (men).
- 2.2.6. Preliminary entries: Not later than 2 (two) months before the first day of the Balkan Indoor Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.
- 2.2.7. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.
- 2.2.8. Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

2.3. Financial Obligations:

- 2.3.1. The hosting Federation shall cover the board and lodging expenses for a maximum of 2 nights of a maximum of 28 persons that is 23 athletes and 5 officials in principle. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the hosting country as well.

Accommodation for the teams should be offered as much as possible in twin rooms. Triple rooms are also acceptable but in limited numbers. Each participating team shall be allocated a number of single rooms according to the availability of the hotel; ideally the number of single rooms should be equal to 10% of the number of team members. Special consideration must be given to the very small teams so that every team has at least one single room.

- 2.3.2. Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting federation as follows:

For any persons exceeding the above quota, or for any stay exceeding the number of days covered by the LOC, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation.

- 2.3.3. The visiting delegations shall pay their travel expenses in both directions to and from the venue of the competition.

- 2.3.4. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.
- 2.3.5. The hosting Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event
- 2.3.6. A Technical Delegate shall be appointed by the EXBO. The Technical Delegate will be responsible for ensuring that all technical arrangements are in conformity with the IAAF Rules and also act as a Doping Control Delegate. In case the Technical Delegate and the hosting Federation mutually agree on a site visit before the Championships, the Delegate's board and lodging expenses shall be covered by the hosting Federation.
- 2.3.7. The travelling expenses of Balkan Athletics President, General Secretary and Technical Delegate, including a site visit, shall be covered by the ABAF.
- 2.3.8. The hosting Federation will cover all expenses related to the doping control.

2.4. Awards:

- 2.4.1. First three placed athletes in each race shall receive medals.

2.5. Ceremonies:

- 2.5.1. An Opening Ceremony shall be held on the first day of the Championships. The order of the Opening Ceremony shall be at the discretion of the hosting Federation.
- 2.5.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. No national anthems are played.
- 2.5.3. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

2.6. Doping Control:

- 2.6.1. Doping control shall be conducted for 2 male and 2 female athletes.
- 2.6.2. The Technical Delegate will decide, in accordance with IAAF Rules and Guidelines for Doping Control, which placings from which events are to be selected for doping control.
- 2.6.3. The hosting Federation must provide the technical and medical facilities to carry out the doping control.

2.7. Technical Aspects:

- 2.7.1. In the 60m event, both for men and women, there will be qualification round and final round. The qualification procedure to the final round shall be according to IAAF Competition Rules.
- 2.7.2. The allocation of lanes and the order of the competition in field events shall normally be determined according to the season bests of the participating athletes.
- 2.7.3. In the shot put and the horizontal jumps the athletes will have six attempts where there are eight competitors or fewer. Where there are more than eight athletes, each athlete shall be allowed three attempts and the eight athletes with best valid performances shall have three additional attempts in conformity with the IAAF Competition Rules.
- 2.7.4. Starting heights and the bar raising increments for high jump and pole vault shall be proposed at the Technical Meeting considering the season bests of the participating athletes. The decision taken at the Technical Meeting shall be final.
- 2.7.5. The Technical Meeting shall be held the morning of the competition day as appropriate, and shall be chaired by the Technical Delegate.

2.8. Printed Materials and Announcements:

- 2.8.1. Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo and the logo of the ABAF General Sponsor.
- 2.8.2. Whenever possible the bib numbers of the athletes shall bear the logo of the General Sponsor.
- 2.8.3. Balkan Athletics may appoint a professional announcer if considered appropriate, to carry out the event presentation in English along with the local announcer on the Stadium. The accommodation cost of the announcer shall be covered by the hosting federation. The international travel cost shall be covered by ABAF.
- 2.8.4. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.

3. BALKAN U20 CHAMPIONSHIPS

The Championships will be staged on two days every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

3.1. Programme:

3.1.1. The programme shall comprise the below mentioned track events and the order shall normally be as follows:

First Day		Second Day	
Men	Women	Men	Women
400m Hurdles	400m Hurdles	110m Hurdles	100m Hurdles
100m	100m	800m	1500m
400m	400m	200m	200m
1500m	800m	3000m Steeple	5000m
5000m	3000m Steeple	3000m	
	3000m		
4x100m relay	4x100m relay	4x400m relay	4x400m relay

3.1.2. The programme shall comprise the below mentioned field events, normally divided between the two days as follows:

First Day		Second Day	
Men	Women	Men	Women
High Jump	Pole Vault	Pole Vault	High Jump
Long Jump	Triple Jump	Triple Jump	Long Jump
Shot Put	Discus Throw	Discus Throw	Shot Put
Hammer Throw	Javelin Throw	Javelin Throw	Hammer Throw

3.1.3. The programme shall comprise Combined Events as well, held over the two days: Decathlon for the men and Heptathlon for the women.

3.2. Entries:

3.2.1. The Championships is an individual competition. Team Medal and Team Placing tables up to the 8th place shall be made for statistical purpose only.

3.2.2. Each country may compete with two athletes per event and one team in each relay.

3.2.3. There will be no "out of competition" athletes coming from Balkan Member Federations.

3.2.4. Only athletes aged at least 16 (sixteen) and not more than 19 (nineteen) years on 31 December of the year of the competition may participate in the Balkan U20 Championships.

3.2.5. Upon arrival, Team Leaders must present athletes' passports or other official documents indicating the year of birth, in order for them to be photocopied by the organisers.

3.2.6. Preliminary entries: Not later than 2 (two) months before the first day of the Balkan Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.

3.2.7. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.

3.2.8. Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

3.3. Financial Obligations:

3.3.1. The hosting Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 40 persons, among which no more than 10 officials. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the hosting country as well.

Accommodation for the teams should be offered as much as possible in twin rooms. Triple rooms are also acceptable but in limited numbers. Each participating team shall be allocated a number of single rooms according to the availability of the hotel; ideally the number of single rooms should be equal to 10% of the number of team members. Special consideration must be given to the very small teams so that every team has at least one single room.

3.3.2. Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting federation as follows:

For any persons exceeding the above quota, or for any stay exceeding the number of days covered by the LOC, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation.

3.3.3. The visiting delegations shall pay their travel expenses in both directions to and from the venue of the competition.

3.3.4. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.

3.3.5. The hosting Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.

3.3.6. A Technical Delegate shall be appointed by the EXBO. The Technical Delegate will be responsible for ensuring that all technical arrangements are in conformity with the IAAF Rules and also act as a Doping Control Delegate. In case the Technical Delegate and the hosting Federation mutually agree on a site visit before the Championships, the Delegate's board and lodging expenses shall be covered by the hosting Federation.

3.3.7. The travelling expenses of Balkan Athletics President, General Secretary and Technical Delegate, including a site visit, shall be covered by the ABAF.

3.3.8. The hosting Federation will cover all expenses related to the doping control.

3.4. Awards:

3.4.1. First three placed athletes in each event shall receive medals.

3.5. Ceremonies:

3.5.1. An Opening Ceremony shall be held on the first day of the Championships. The order of the Opening Ceremony shall be at the discretion of the hosting Federation.

3.5.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the hosting Federation.

3.5.3. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

3.6. Doping Control:

3.6.1. Doping control shall be conducted for 3 male and 3 female athletes

- 3.6.2. The Technical Delegate will decide, in accordance with IAAF Rules and Guidelines for Doping Control, which placings from which events are to be selected for doping control.
- 3.6.3. The host Federation must provide the technical and medical facilities to carry out the doping control.

3.7. Technical Aspects:

- 3.7.1. In the 100m event, both for men and women, there will be qualification round and final round. The qualification procedure to the final round shall be according to IAAF Competition Rules.
- 3.7.2. The allocation of lanes and the order of the competition in field events shall normally be determined according to the season bests of the participating athletes.
- 3.7.3. In the throwing events and the horizontal jumps, the athletes will have six attempts where there are eight competitors or fewer. Where there are more than eight athletes, each athlete shall be allowed three attempts and the eight athletes with best valid performances shall have three additional attempts in conformity with the IAAF Competition Rules.
- 3.7.4. Starting heights and the bar raising increments for high jump and pole vault shall be proposed at the Technical Meeting considering the season bests of the participating athletes. The decision taken at the Technical Meeting shall be final.
- 3.7.5. The use of multiple take-off boards at the triple jump competitions shall be decided at the Technical Meeting according to such demands.
- 3.7.6. The height of the hurdles and the weight of the throwing implements will be according to the IAAF Rules.
- 3.7.7. The Technical Meeting shall be held in the morning of the first competition day or the day before as appropriate, and shall be chaired by the Technical Delegate.

3.8. Printed Materials and Announcements:

- 3.8.1. Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo and the logo of the ABAF General Sponsor.
- 3.8.2. Whenever possible the bib numbers of the athletes shall bear the logo of the General Sponsor.
- 3.8.3. Balkan Athletics may appoint a professional announcer if considered appropriate, to carry out the event presentation in English along with the local announcer on the Stadium. The accommodation cost of the announcer shall be covered by the hosting federation. The international travel cost shall be covered by ABAF.
- 3.8.4. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.

4. BALKAN INDOOR U20 CHAMPIONSHIPS

The Championships will be staged on one day in February every year.

4.1. Programme:

The programme shall comprise the below mentioned events for both men and women:

60m, 400m, 800m, 1500m, 3000m, 4x400 relay, 60m hurdles, high jump, pole vault, long jump, triple jump, shot put.

4.2. Entries:

4.2.1. The Championships is an individual competition. Team Medal and Team Placing tables up to the 8th place shall be made for statistical purpose only.

4.2.2. Each country may compete with two athletes per event and one team in each relay.

4.2.3. There will be no "out of competition" athletes coming from Balkan Member Federations.

4.2.4. Subject to the exceptions stated below, only athletes aged at least 16 (sixteen) and not more than 19 (nineteen) years on 31 December of the year of the competition may participate in the Balkan U20 Indoor Championships.

Upon arrival, Team Leaders must present the passports or other official documents of the youth, junior athletes indicating the year of birth, in order for them to be photocopied by the organisers.

4.2.5. Preliminary entries: Not later than 2 (two) months before the first day of the Balkan U20 Indoor Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary number of athletes and accompanying officials.

4.2.6. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.

4.2.7. Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

4.3. Financial Obligations:

4.3.1. The hosting Federation shall cover the board and lodging expenses for a maximum of 2 nights of a maximum of **28 persons**, that is **23 athletes** and **5 officials** in principle. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the hosting country as well.

Accommodation for the teams should be offered as much as possible in twin rooms. Triple rooms are also acceptable but in limited numbers. Each participating team shall be allocated a number of single rooms according to the availability of the hotel; ideally the number of single rooms should be equal to 10% of the number of team members. Special consideration must be given to the very small teams so that every team has at least one single room.

4.3.2. Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting federation as follows:

For any person exceeding the above quota, or for any stay exceeding the number of days covered by the LOC, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation.

4.3.3. The visiting delegations shall pay their travel expenses in both directions to and from the venue of the competition.

- 4.3.4. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.
- 4.3.5. The hosting Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.
- 4.3.6. A Technical Delegate shall be appointed by the EXBO. The Technical Delegate will be responsible for ensuring that all technical arrangements are in conformity with the IAAF Rules and shall also act as a Doping Control Delegate. In case the Technical Delegate and the hosting Federation mutually agree on a site visit before the Championships, the Delegate's board and lodging expenses during the site visit shall be covered by the hosting Federation.
- 4.3.7. The travelling expenses of Balkan Athletics President, General Secretary and Technical Delegate, including a site visit, shall be covered by the ABAF.
- 4.3.8. The hosting Federation will cover all expenses related to the doping control.
- 4.4. Awards:**
- 4.4.1. First three placed athletes in each event shall receive medals.
- 4.5. Ceremonies:**
- 4.5.1. A short Opening Ceremony may be held infield at the beginning of the Championships. The order of the Opening Ceremony shall be at the discretion of the hosting Federation.
- 4.5.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. No national anthems shall be played.
- 4.5.3. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.
- 4.6. Doping Control:**
- 4.6.1. Doping control shall be conducted for 2 male and 2 female athletes.
- 4.6.2. The Technical Delegate will decide, in accordance with IAAF Rules and Guidelines for Doping Control, which placings from which events are to be selected for doping control.
- 4.6.3. The hosting Federation must provide the technical and medical facilities to carry out the doping control in cooperation with the respective NADO.
- 4.7. Technical Aspects:**
- 4.7.1. In the 60m event, both for men and women, there will be qualification round and final round. The qualification procedure to the final round shall be according to IAAF Competition Rules.
- 4.7.2. The allocation of lanes and the order of the competition in field events shall normally be determined according to the season bests of the participating athletes.
- 4.7.3. In the shot put and the horizontal jumps the athletes will have six attempts where there are eight competitors or fewer. Where there are more than eight athletes, each athlete shall be allowed three attempts and the eight athletes with best valid performances shall have three additional attempts in conformity with the IAAF Competition Rules.
- 4.7.4. Starting heights and the bar raising increments for high jump and pole vault shall be proposed at the Technical Meeting considering the season bests of the participating athletes. The decision taken at the Technical Meeting shall be final.
- 4.7.5. The Technical Meeting shall be held the morning of the competition day as appropriate, and shall be chaired by the Technical Delegate.
- 4.8. Printed Materials and Announcements:**

- 4.8.1. Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo and the logo of the ABAF General Sponsor.
- 4.8.2. Whenever possible the bib numbers of the athletes shall bear the logo of the General Sponsor.
- 4.8.3. Balkan Athletics may appoint a professional announcer if considered appropriate, to carry out the event presentation in English along with the local announcer on the Stadium. The accommodation cost of the announcer shall be covered by the hosting federation. The international travel cost shall be covered by ABAF.
- 4.8.4. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.

5. BALKAN U18 CHAMPIONSHIPS

The Championships will be staged on one day every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

5.1. Programme:

The programme shall comprise the below mentioned events:

Boys: 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 2000m steeple, 4x100m, high jump, long jump, triple jump, shot put, hammer throw, discus throw, javelin throw.

Girls: 100m, 400m, 800m, 1500m, 3000m, 100m hurdles, 2000m steeple, 4x100m, high jump, long jump, triple jump, shot put, hammer throw, discus throw, javelin throw.

5.2. Entries:

- 5.2.1. The Championships is an individual competition. Team Medal and Team Placing tables up to the 8th place shall be made for statistical purpose only
- 5.2.2. Each country may compete with two athletes per event and one team in each relay.
- 5.2.3. There will be no “out of competition” athletes coming from Balkan Member Federations.
- 5.2.4. Only athletes aged at least 16 (sixteen) and not more than 17 (seventeen) years on 31 December of the year of the competition may participate in the Balkan U18 Championships.
- 5.2.5. Upon arrival, Team Leaders must present athletes’ passports or other official documents indicating the year of birth, in order for them to be photocopied by the organisers.
- 5.2.6. Preliminary entries: Not later than 2 (two) months before the first day of the Balkan U18 Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.
- 5.2.7. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.
- 5.2.8. Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

5.3. Financial Obligations:

- 5.3.1. The hosting Federation shall cover the board and lodging expenses for a maximum of 2 nights of a maximum of 34 persons, that is 28 athletes and 6 officials in principle. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the host country.

Accommodation for the teams should be offered as much as possible in twin rooms. Triple rooms are also acceptable but in limited numbers. Each participating team shall be allocated a number of single rooms according to the availability of the hotel; ideally the number of single rooms should be equal to 10% of the number of team members. Special consideration must be given to the very small teams so that every team has at least one single room.

- 5.3.2. Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting federation as follows:

For any persons exceeding the above quota, or for any stay exceeding the number of days covered by the LOC, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation.

- 5.3.3. The visiting delegations shall pay their travel expenses in both directions to and from the venue of the competition.
- 5.3.4. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.
- 5.3.5. The hosting Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.
- 5.3.6. The travelling expenses of Balkan Athletics President and General Secretary shall be covered by the ABAF.

5.4. Awards:

- 5.4.1. First three placed athletes in each event shall receive medals.

5.5. Ceremonies:

- 5.5.1. An Opening Ceremony shall be held at the beginning of the Championships. The order of the Opening Ceremony shall be at the discretion of the hosting Federation.
- 5.5.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 5.5.3. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

5.6. Doping Control:

- 5.6.1. No doping controls will be conducted at the Balkan U18 Championships.

5.7. Technical Aspects:

- 5.7.1. The allocation of lanes and the order of the competition in field events shall be determined by draw. The draw shall be made together by the Competition Director and the relevant member of the Organising Committee before the Technical Meeting.
- 5.7.2. In the throwing events and the horizontal jumps, the athletes will have six attempts where there are eight competitors or fewer. Where there are more than eight athletes, each athlete shall be allowed three attempts, and the eight scoring athletes with best valid performances shall have three additional attempts in conformity with the IAAF Competition Rules.
- 5.7.3. Starting heights and the bar raising increments for high jump and pole vault shall be proposed at the Technical Meeting considering the season bests of the participating athletes. The decision taken at the Technical Meeting shall be final.
- 5.7.4. The use of multiple take-off boards at the triple jump competitions shall be decided at the Technical Meeting according to such demands.
- 5.7.5. The height of the hurdles and the weight of the throwing implements will be according to the IAAF Rules.
- 5.7.6. The Technical Meeting shall be held the day before the first day of the competition, and shall be chaired by the Competition Director.

5.8. Printed Materials and Announcements:

- 5.8.1. Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.

6. BALKAN CROSS COUNTRY CHAMPIONSHIPS

The Championships will be staged on one day in March or November every year, ideally three weeks before the World or European Cross Country Championships respectively.

6.1. Programme:

The races shall be held in principle in the following order. The distances should be approximately:

U20 Women	:	4 km
U20 Men	:	6 km
U23 Women	:	6 km
U23 Men	:	8 km
Senior Women	:	8 km
Senior Men	:	10 km

6.2. Entries:

- 6.2.1. The Championships is a team and individual competition.
- 6.2.2. Four (4) athletes from each team may start in each race of whom the best three (3) will score.
- 6.2.3. "Out of competition" athletes coming from Balkan Member Federations are not accepted.
- 6.2.4. Countries which do not have a complete team may enter individual athletes in any category.
- 6.2.5. No athlete aged less than 16 (sixteen) years on 31 December of the year of the competition may participate in the Balkan Cross Country Championships. Each athlete may only be entered in one race of the Championships and he/she can only compete in the race for which he/she was entered.
- 6.2.6. Youth athletes (aged 16 or 17 years on 31 December of the year competition) may compete in the U20 race only.
- 6.2.7. Junior athletes (aged 18 or 19 years on 31 December of the year of the competition) may compete in the U20 race only.
- 6.2.8. U23 athletes (aged 20, 21 or 22 years on 31 December of the year of the competition) may compete in the U23 or the Senior race.
- 6.2.9. Upon arrival, Team Leaders must present the passports or other official documents of the youth, junior and U23 athletes indicating the year of birth, in order for them to be photocopied by the organisers.
- 6.2.10. Preliminary entries: Not later than 2 (two) months before the first day of the Balkan Cross Country Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary number of athletes and accompanying officials.
- 6.2.11. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.
- 6.2.12. Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

6.3. Scoring:

- 6.3.1. Each race shall be scored separately.
- 6.3.2. The team results shall be decided by the aggregate of placings of the best three athletes of each team. The team with the lowest total points will be the winner.
- 6.3.3. If a team finishes with less than three athletes, it will not be classified in the team result. The finishing athletes shall be eligible for individual ranking as well.
- 6.3.4. No adjustment to the placings shall be made in respect of non-scoring or individual athletes.
- 6.3.5. In case of a tie, it shall be resolved in favour of the team whose last scoring athlete finishes nearest to the first place.

6.4. Financial Obligations:

- 6.4.1. The hosting Federation shall cover the board and lodging expenses for a maximum of 2 nights of a maximum of 33 persons, that is 24 athletes and 9 officials in principle. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the hosting country as well.

Accommodation for the teams should be offered as much as possible in twin rooms. Triple rooms are also acceptable but in limited numbers. Each participating team shall be allocated a number of single rooms according to the availability of the hotel; ideally the number of single rooms should be equal to 10% of the number of team members. Special consideration must be given to the very small teams so that every team has at least one single room.

- 6.4.2. Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting federation as follows:
For any person exceeding the above quota, or for any stay exceeding the number of days covered by the LOC, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation.
- 6.4.3. The visiting delegations shall pay their travel expenses in both directions to and from the venue of the competition.
- 6.4.4. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.
- 6.4.5. The host Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.
- 6.4.6. A Technical Delegate shall be appointed by the EXBO. The Technical Delegate will be responsible for ensuring that all technical arrangements are in conformity with the IAAF Rules. In case the Technical Delegate and the hosting Federation mutually agree on a site visit before the Championships, the Delegate's board and lodging expenses for the site visit shall be covered by the hosting Federation.
- 6.4.7. The travelling expenses of Balkan Athletics President, General Secretary and Technical Delegate, including a site visit, shall be covered by the ABAF.

6.5. Awards:

- 6.5.1. First three placed athletes in each race shall receive medals.
- 6.5.2. First three placed teams of each race shall receive medals and trophies.

6.6. Ceremonies:

- 6.6.1. An Opening Ceremony shall be held where conditions are conducive. The order of the Opening Ceremony shall be at the discretion of the hosting Federation.
- 6.6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is optional at the discretion of the hosting Federation.
- 6.6.3. At team victory ceremonies, all athletes (including the non-scoring ones) of the first three placed teams shall mount on the podium and shall receive medals. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is optional at the discretion of the hosting Federation.
- 6.6.4. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

6.7. Doping Control:

- 6.7.1. No doping control shall be conducted.

6.8. Printed Materials and Announcements:

- 6.8.1. Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo and the logo of the ABAF General Sponsor.
- 6.8.2. Whenever possible the bib numbers of the athletes shall bear the logo of the General Sponsor.
- 6.8.3. Balkan Athletics may appoint a professional announcer if considered appropriate, to carry out the event presentation in English along with the local announcer on the Stadium. The accommodation cost of the announcer shall be covered by the hosting federation. The international travel cost shall be covered by ABAF.
- 6.8.4. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.

7. BALKAN RACE WALKING CHAMPIONSHIPS

The Championships will be staged on one day in April every year.

7.1. Programme:

The categories and the distances are as follows:

U18 Girls	:	5 km
U18 Boys	:	10 km
U20 Women	:	10 km
U20 Men	:	10 km
Senior Women	:	20 km
Senior Men	:	20 km

7.2. Entries:

- 7.2.1. Two (2) athletes from each team may compete in each race.
- 7.2.2. "Out of competition" athletes are accepted. Such athletes will not be eligible for medals.
- 7.2.3. No athlete aged less than 16 (sixteen) years on 31 December of the year of the competition may participate in the Balkan Race Walking Championships.
- 7.2.4. Youth athletes (aged 16 or 17 years on 31 December of the year competition) may compete in the U18 or the U20 race.
- 7.2.5. Junior athletes (aged 18 or 19 years on 31 December of the year of the competition) may compete in the U20 or the Senior race.
- 7.2.6. Upon arrival, Team Leaders must present the passports or other official documents of the youth and junior athletes indicating the year of birth, in order for them to be photocopied by the organisers.
- 7.2.7. Preliminary entries: Not later than 2 (two) months before the first day of the Balkan Race Walking Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.
- 7.2.8. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.
- 7.2.9. Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

7.3. Scoring:

- 7.3.1. There will be one classification based on the combination of results of each race.
- 7.3.2. Each team's score shall be determined according to the performances of the scoring athletes per country in each race and shall be the aggregate of points attributed to them according to the International Scoring Tables. The team achieving the highest number of points shall be the winner, and so on.
- 7.3.3. If a country enters athletes in less than four categories, the athletes are still eligible for team points.
- 7.3.4. "Out of competition" athletes are not awarded any points.
- 7.3.5. In the event of two or more teams gaining the same number of points in the competition, the tie will be decided in favour of the team with the greater number of first places. Should the tie then still remain, the team with the greater number of second places will be given the higher position and this system will be applied, if necessary, to subsequent placings until the tie is decided.

7.4. Financial Obligations:

- 7.4.1. The hosting Federation shall cover the board and lodging expenses for a maximum of 2 nights of a maximum of 16 persons, that is 12 athletes and 4 officials (including 1 race walking judge). The race walking judges should be appointed from those with the highest level of race walking judging in each country. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the host country.

Accommodation for the teams should be offered as much as possible in twin rooms. Triple rooms are also acceptable but in limited numbers. Each participating team shall be allocated a number of single rooms according to the availability of the hotel; ideally the number of single rooms should be equal to 10% of the number of team members. Special consideration must be given to the very small teams so that every team has at least one single room.

- 7.4.2. Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting federation as follows:

For any persons exceeding the above quota, or for any stay exceeding the number of days covered by the LOC, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation.

- 7.4.3. The visiting delegations shall pay their travel expenses in both directions to and from the venue of the competition.
- 7.4.4. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.
- 7.4.5. The host Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.
- 7.4.6. The travelling expenses of Balkan Athletics President and General Secretary shall be covered by the ABAF.

7.5. Awards:

- 7.5.1. First three placed athletes in each race shall receive medals.
- 7.5.2. First three placed teams in overall scoring shall receive trophies.

7.6. Ceremonies:

- 7.6.1. An Opening Ceremony shall be held where conditions are conducive. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 7.6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is optional at the discretion of the host Federation.
- 7.6.3. At teams' victory ceremony, the captains of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is optional at the discretion of the host Federation.
- 7.6.4. A Closing Ceremony may be held at the competition venue at the discretion of the host Federation. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

7.7. Doping Control:

- 7.7.1. No doping control shall be conducted.

7.8. Printed Materials and Announcements:

- 7.8.1. Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo and the logo of ABAF General Sponsor.
- 7.8.2. Whenever possible the bib numbers of the athletes shall bear the logo of the General Sponsor.
- 7.8.3. Balkan Athletics may appoint a professional announcer if considered appropriate, to carry out the event presentation in English along with the local announcer on the Stadium. The accommodation cost of the announcer shall be covered by the hosting federation. The international travel cost shall be covered by ABAF.
- 7.8.4. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.

8. BALKAN MARATHON CHAMPIONSHIPS

The Championships will be a part of an international marathon held in any one of the Balkan countries. It will be staged every year.

8.1. Entries:

- 8.1.1. The Championships is an individual and team competition.
- 8.1.2. Two (2) male and two (2) female athletes from each country may compete. The athletes must be entered by their Federation to be eligible for Balkan classification.
- 8.1.3. No athletes younger than 20 years on 31 December of the year of the competition shall be accepted.
- 8.1.4. Preliminary entries: Not later than 2 (two) months before the day of the Balkan Marathon Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.
- 8.1.5. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.

8.2. Financial Obligations:

- 8.2.1. The host Federation shall cover the board and lodging expenses for a maximum of 2 nights of a maximum of 4 athletes and 1 official.
- 8.2.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 8.2.3. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.
- 8.2.4. The hosting Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.
- 8.2.5. The travelling expenses of Balkan Athletics President and General Secretary shall be covered by the ABAF.

8.3. Awards:

- 8.3.1. First three placed athletes shall receive medals.
- 8.3.2. First three placed teams in overall scoring shall receive trophies.
- 8.3.3. There shall be prize money for Balkan individual classification when possible.

8.4. Ceremonies:

- 8.4.1. There shall be no opening/closing ceremonies, other than the victory ceremonies where the first three placed athletes and teams shall mount on the podium.

4.9. Doping Control:

- 8.4.2. No particular doping control shall be held for the championships. The procedures of the marathon organisers shall apply.

8.5. Printed Materials and Announcements:

- 8.5.1. Every kind of printed material intended for distribution exclusively to the participants of the Balkan Marathon Championships as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.
- 8.5.2. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.

9. BALKAN HALF MARATHON CHAMPIONSHIPS

The Championships will be a part of an international half marathon held in any one of the Balkan countries. It will be staged every year.

9.1. Entries:

- 9.1.1. The Championships is an individual and team competition.
- 9.1.2. Two (2) male and two (2) female athletes from each country may compete. The athletes must be entered by their Federation to be eligible for Balkan classification.
- 9.1.3. No athletes younger than 18 years on 31 December of the year of the competition shall be accepted.
- 9.1.4. Preliminary entries: Not later than 2 (two) months before the day of the Balkan Marathon Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.
- 9.1.5. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.

9.2. Financial Obligations:

- 9.2.1. The host Federation shall cover the board and lodging expenses for a maximum of 2 nights of a maximum of 4 athletes and 1 official.
- 9.2.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 9.2.3. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.
- 9.2.4. The hosting Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.
- 9.2.5. The travelling expenses of Balkan Athletics President and General Secretary shall be covered by the ABAF.

9.3. Awards:

- 9.3.1. First three placed athletes shall receive medals.
- 9.3.2. First three placed teams in overall scoring shall receive trophies.
- 9.3.3. There shall be prize money for Balkan individual classification when possible.

9.4. Ceremonies:

- 9.4.1. There shall be no opening/closing ceremonies, other than the victory ceremonies where the first three placed athletes and teams shall mount on the podium.

9.5. Doping Control:

- 9.5.1. No particular doping control will be held for the championships. The procedures of the half marathon organisers shall apply.

9.6. Printed Materials and Announcements:

- 9.6.1. Every kind of printed material intended for distribution exclusively to the participants of the Balkan Half Marathon Championships as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.
- 9.6.2. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.

10. BALKAN MOUNTAIN RUNNING CHAMPIONSHIPS

The Championships will be staged on one day every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

10.1. Programme:

10.1.1. The course profile is subject to the decision of the organiser, however, it shall be uphill/downhill in even years and mainly uphill in odd numbered years in principle. The categories and the distances shall be as follows:

In even years: Uphill and downhill

Men and Women: from 10 to 12 km (approximately 80m elevation gain/loss per 1 km of the course)

Under 20 Men and Women: from 5 to 6 km (approximately 80m elevation gain/loss per 1 km of the course)

In uneven years: Uphill

Men and Women: from 10 to 12 km (approximately 100m elevation gain per 1 km of the course)

Under 20 Men and Women: from 5 to 6 km (approximately 100m elevation gain per 1 km of the course)

10.2. Entries:

10.2.1. The Championships is a team and individual competition.

10.2.2. A maximum of 4 athletes from each team may start in each race of whom the best 3 will score.

10.2.3. There will be no "out of competition" athletes.

10.2.4. Countries which do not have a complete team may enter individual athletes in any category.

10.2.5. No athlete aged less than 16 years on 31 December of the year of the competition may participate in the event. No athletes younger than 18 years on 31 December of the year of the competition shall be accepted in the senior races.

Upon arrival, Team Leaders must present the passports or other official documents of the junior athletes indicating the year of birth, in order for them to be photocopied by the organisers.

10.2.6. Preliminary entries: Not later than 2 (two) months before the first day of the Balkan Mountain Running Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.

10.2.7. Final Entries: Not later than 5 (five) days before the first day of the Balkan Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.

10.2.8. Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

10.3. Scoring:

10.3.1. Each race shall be scored separately.

10.3.2. The team results shall be decided by the aggregate of placings of the best three athletes of each team. The team with the lowest total points will be the winner.

- 10.3.3. If a team finishes with less than three athletes, it will not be classified in the team result. Each finishing athlete shall be eligible for individual placing.
- 10.3.4. No adjustment to the placings shall be made in respect of non-scoring or individual athletes.
- 10.3.5. In case of a tie, it shall be resolved in favour of the team whose last scoring athlete finishes nearest to the first place.

10.4. Financial Obligations:

- 10.4.1. The hosting Federation shall cover the board and lodging expenses for a maximum of 2 nights of a maximum of 19 persons, that is 16 athletes and 3 officials. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the host country.

Accommodation for the teams should be offered as much as possible in twin rooms. Triple rooms are also acceptable but in limited numbers. Each participating team shall be allocated a number of single rooms according to the availability of the hotel; ideally the number of single rooms should be equal to 10% of the number of team members. Special consideration must be given to the very small teams so that every team has at least one single room.

- 10.4.2. Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting federation as follows:

For any persons exceeding the above quota, or for any stay exceeding the number of days covered by the LOC, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation.

- 10.4.3. The visiting delegations shall pay their travel expenses in both directions to and from the venue of the competition.
- 10.4.4. Local transportation between the hotels and the various venues related to the championships, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.
- 10.4.5. The host Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.
- 10.4.6. The travelling expenses of Balkan Athletics President and General Secretary shall be covered by the ABAF.

10.5. Awards:

- 10.5.1. First three placed athletes in each race shall receive medals.
- 10.5.2. First three placed teams in each race shall receive trophies.

10.6. Ceremonies:

- 10.6.1. An Opening Ceremony shall be held where conditions are conducive. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 10.6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 10.6.3. At team victory ceremonies, all athletes (including the non-scoring ones) of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is optional at the discretion of the hosting Federation.
- 10.6.4. A Closing Ceremony may be held at the competition venue at the discretion of the host Federation. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

10.7. Doping Control:

10.7.1. No doping control shall be conducted.

10.8. Printed Materials and Announcements:

10.8.1. Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo and the logo of the ABAF General Sponsor.

10.8.2. Whenever possible the bib numbers of the athletes shall bear the logo of the General Sponsor.

10.8.3. Balkan Athletics may appoint a professional announcer if considered appropriate, to carry out the event presentation in English along with the local announcer on the Stadium. The accommodation cost of the announcer shall be covered by the hosting federation. The international travel cost shall be covered by ABAF.

10.8.4. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.

11. BALKAN RELAY CHAMPIONSHIPS

The Championships will be staged on two consecutive days every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

11.1. Programme:

11.1.1. The programme shall comprise five events:

Men's relay	:	4x100m	4x400m
Women's relay:		4x100m	4x400m
Mixed relay:			4x400m

11.1.2. The events should normally be distributed in the two days as follows:

Day 1		Day 2		
Men	Women	Men	Women	Mixed
4x100m R1	4x400m R1	4x400m Final	4x100m R1	4x400m Final(s)
4x100m Final			4x100m Final	
4x400m R1			4x400m Final	

The Organising Member may include other relay events for kids, schools, clubs, etc. outside the main programme above.

11.2. Entries:

11.2.1. The Championships is a relay competition with separate ranking for each race. There will be no overall scoring. Medal tables may be made for statistical purpose only.

11.2.2. Each country may compete with one team, however, an U20 and/or an U18 team in addition to a senior team may also be accepted depending on the logistical aspects to be confirmed by the Organising Member if the total number of the delegation is above the quota. Where the total number of delegation does not exceed the quota, U20 and/or U18 teams in addition to a senior team from the same country shall be accepted. Such teams shall be eligible for medals.

11.2.3. Host country may enter more than one senior and/or U20 and/or U18 team to fill in the empty lanes in the qualification rounds. Those teams shall be considered "out of competition" and shall not qualify to the finals unless there are less teams participating than the number of the lanes available for the final.

11.2.4. A maximum of six athletes may be entered for each relay team. Any four athletes among those entered for the competition may be used in the composition of the team for the first round.

11.2.5. Age categories:

The Balkan Relay Championships is confined for senior athletes, however U20 athletes (aged 18 or 19 years on 31 December of the year of the competition) and U18 athletes (aged 16 or 17 years on 31 December of the year competition) are allowed to take part in the senior relays.

No athlete younger than 16 years on 31 December in the year of the competition may compete in the Balkan Relay Championships.

11.2.6. Preliminary entries: Not later than 2 (two) months before the first day of the Balkan Relay Championships, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.

11.2.7. Final entries: Not later than 5 (five) days before the first day of the Balkan Relay Championships (i.e. Monday if the competition starts on Saturday), each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.

11.3. Financial Obligations:

11.3.1. The hosting Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 22 persons, among which no more than 6 officials. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the hosting country as well.

Accommodation for the teams should be offered as much as possible in twin rooms. Triple rooms are also acceptable but in limited numbers. Each participating team shall be allocated a number of single rooms according to the availability of the hotel; ideally the number of single rooms should be equal to 10% of the number of team members. Special consideration must be given to the very small teams so that every team has at least one single room.

11.3.2. Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting federation as follows:

For any persons exceeding the above quota, or for any stay exceeding the number of days covered by the LOC, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation.

11.3.3. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.

11.3.4. Local transportation between the hotels and the various venues related to the event, as well as transfers from the airport in case of teams travelling by plane, shall be arranged and paid for by the hosting Federation.

11.3.5. The hosting Federation shall also cover the board and lodging expenses for Balkan Athletics President and/or General Secretary should they attend the event.

11.3.6. A Technical Delegate shall be appointed by the EXBO. The Technical Delegate will be responsible for ensuring that all technical arrangements are in conformity with the IAAF Rules and also act as a Doping Control Delegate. In case the Technical Delegate and the hosting Federation mutually agree on a site visit before the Championships, the Delegate's board and lodging expenses shall be covered by the hosting Federation.

11.3.7. The travelling expenses of Balkan Athletics President, General Secretary and Technical Delegate, including a site visit, shall be covered by the ABAF.

11.3.8. The hosting Federation will cover all expenses related to the doping control.

11.4. Awards:

11.4.1. First three placed relay teams in each race shall receive trophies.

11.4.2. The four athletes of each of the three winning teams who competed in the final round shall mount the awards podium and shall receive medals. Other athletes (maximum two) who competed for these teams in the previous round shall subsequently receive their medals but will not mount on the podium.

11.5. Ceremonies:

11.5.1. An Opening Ceremony shall be held on the first day of the Championships. The order of the Opening Ceremony shall be at the discretion of the hosting Federation.

11.5.2. At victory ceremonies, the four athletes of the winning relay teams who have competed in the final round shall mount the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the hosting Federation.

11.5.3. No Closing Ceremony shall be held infield. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

11.6. Doping Control:

11.6.1. Doping control shall be conducted for 3 men and 3 women.

11.6.2. The Technical Delegate will decide, in accordance with IAAF Rules and Guidelines for Doping Control, which athletes running which legs from which placings of which events are selected for doping control.

11.6.3. The host Federation must provide the technical and medical facilities to carry out the doping control.

11.7. Technical Aspects:

11.7.1. In case the number of the confirmed teams in the 4x100m is equal or less than the number of the available lanes, the first rounds may still be held. The final decision shall be announced at the Technical Meeting.

11.7.2. Mixed relay teams will be composed of two men and two women. The running order is free and will be decided by the Member Federation at the time of the Final Declaration.

11.7.3. Progression to the finals in the 4x100m and 4x400m men and women shall be decided according to the number of the heats in the qualification rounds, and shall be announced at the Technical Meeting at the latest. In the mixed 4x400m men and women, as these will be direct finals. If the final number of entries requires more than one heat, the final placings will be determined by time.

11.7.4. If sufficient data regarding the season bests of the participating teams in 4x100m and 4x400m men and women is available and whenever possible, best performed teams shall be placed in different heats in the qualification rounds. In the mixed 4x400m men and women, which will be direct finals, best performed teams shall be placed in the same heat whenever possible.

11.7.5. In the first round of the 4x100m and 4x400m men and women, the lane order shall be drawn by lot. For the final, IAAF Rule 166.4(b) shall be followed.

11.7.6. In the mixed 4x400m men and women, which will be direct finals, IAAF Rule 166.4(b) shall be followed if the season bests of the teams are available, otherwise the lane order should be drawn by lot.

11.7.7. All athletes of a team shall wear the same colour competition uniform during the competition. The uniform must conform to IAAF Rules and Regulations.

11.7.8. The Technical Meeting shall be held in the morning of the first competition day or the day before as appropriate, and shall be chaired by the Technical Delegate.

11.8. Printed Materials and Announcements:

11.8.1. Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo and the logo of the ABAF General Sponsor.

11.8.2. Whenever possible the bib numbers of the athletes shall bear the logo of the General Sponsor.

11.8.3. Balkan Athletics may appoint a professional announcer if considered appropriate, to carry out the event presentation in English along with the local announcer on the stadium. The accommodation cost of the announcer shall be covered by the hosting federation. The international travel cost shall be covered by ABAF.

11.8.4. The hosting federation shall send a full set of results immediately after the end of each competition day to ABAF headquarters and to the ABAF statistician.