

IAAF 2018-2019 规则修改 (2019 年 11 月实施)

2019 年 6 月 8 日国际田联理事会通过
(非官方译文, 仅供交流)

序号	规则	原规则	修改后的规则
1	100 总则	凡举办规则 1.1 中所述的国际田径比赛, 均应遵守国际田联的规则。 除世界锦标赛和奥运会外, 其他.....	删去 除世界锦标赛和奥运会外,
2	112 技术代表	新增(h)(i); 原(h)(i)顺延为(j)(k)	<p>(h) 决定比赛前出现的任何事项, 以及本规则 (或任何适用的规程) 中未作出的规定, 或酌情与组织者一起作出比赛的安排。</p> <p>(i) 决定 (包括与相关裁判长和竞赛主任商议) 在竞赛期间出现的任何事项, 以及本规则 (或任何适用的规程) 中未作出的规定。或为了确保参赛者的公平、为了使全部或部分比赛能继续进行, 可能需要作出偏离某些规定的比赛安排。</p> <p>(h) decide upon any matters which arise prior to the competition and for which provision has not been made in these Rules (or any applicable regulations) or the arrangements for the competitions, where appropriate in conjunction with the organisers.</p> <p>(i) decide (including where appropriate in conjunction when available with the relevant Referee(s) and the Competition Director) upon any matters which arise during the competition and for which provision has not been made in these Rules (or any applicable regulations) or the arrangements for the competitions or which might require a deviation from them <u>in order for the competition to continue in whole or in part or in order to ensure fairness to those taking part.</u></p>
3	120 赛事官员	比赛的 组织者 应根据比赛主办国家会员协会规则任命全部官员	比赛的组织者和/或 相关管理机构 应根据比赛主办国家会员协会规则任命全部官员
4	125 裁判长 125.1	应指定 1 名 径赛 裁判长作为起点裁判长监督发令工作。	删去 径赛
5	125.2	裁判长应确保本规则和规程 (和每个特定比赛的其他规程) 得到执行, 并裁决比赛中关于比赛行为的任何抗议和异议, 处理发生于比赛期间 (包括热身场地、检录处和赛后, 直至颁奖仪式) 以及本规则 (和有关技术规程) 未做明文规定的任何问题。	在该段后加: 必要时应征询技术代表的意见。 where appropriate or necessary in conjunction with the Technical Delegates.

6	125.3	全能项目裁判长对全能项目比赛进程和全能项目中各单项比赛进程具有管辖权。	在该段后加： (但起点裁判长权限范围的事项除外) (except in matters related to his jurisdiction when a Start Referee is appointed and available).
7	125.5	任何 运动员 在比赛中违反体育道德或有不当行为……	均在“运动员”后加上“ 或接力队 ”
8	129 发令员 129.2	发令员应完全掌控已经就位的运动员。在蹲踞式起跑的比赛中，使用起跑信息系统帮助发令时，应适用规则 162.6。 发令员（及召回员）的主要职责是确保所有参赛人员公平公正起跑。	发令员（ 其主要职责是确保所有参赛人员公平公正起跑 ）应完全掌控已经就位的运动员。在蹲踞式起跑的比赛中，使用起跑信息系统帮助发令时，应适用规则 162.6。 The Starter, whose primary responsibility is to ensure a fair and equitable start for all competitors, 删去：发令员（及召回员）……
9	135 电子测量裁判	为确保测量设备精确运行，各项目比赛前 和比赛后 ，在裁判长的监控下，他将和裁判员一起，检测一组电子测量成绩及经过校准和验证的钢尺测量所得结果的一致性……	删去“ 和比赛后 ”
10	141 年龄和性别分组 141.1	适用本规则的比赛可分为以下年龄组： 18岁以下（U18）男子和女子组：凡在比赛当年12月31日前满16或17周岁者。	适用本规则的比赛可分为以下年龄组（ 相关竞赛规程或管理机构可以另行规定 ）： 18岁以下（U18）男子和女子组：凡在比赛当年12月31日前满16或17周岁者。 or as additionally prescribed in the relevant competition regulations or by the relevant governing body
11	143 服装，鞋号码布 143.1 服装	运动员的比赛上衣前后颜色应一致。 注：相关管理机构可以在比赛规程中强制性规定，运动员比赛上衣前后颜色一致。	删去这2项规定
12	143.4 鞋钉尺寸	增加注2	注2：越野跑比赛，特定规程或技术代表可根据地面状况允许增加鞋钉的长度。 <i>For Cross Country competitions, the specific regulations or the Technical Delegates may allow an increased length of the sizes of the spikes of the shoes depending on the surface.</i>
13	144 帮助 144.4 允许的 帮助	增加(g)(h)	(g) 接受赛会指定的官员或人员提供身体支持，以恢复站立状态或进行医疗救助。 (h) 使用电子灯或类似设备，显示径赛的时间包括显示相关的纪录。 (g) Receiving physical support from an official or other person designated by the organisers to recover to a standing position or to access medical assistance. (h) Electronic lights or similar appliance indicating progressive times during a race, including of a relevant record.
14	145 取消比赛资格	增加 145.3，原3顺延为 145.4	3.接力队在比赛中违反规则 125.5，将被取消该项目的比赛资格，但在该项目上一轮比赛中取得的成绩将继续有效。这种

	145.3		<p>取消资格并不妨碍该队任何运动员继续参加本次赛会所有后续项目的比赛（包括全能项目的单项比赛、同时参赛的其他项目和接力赛）。</p> <p>3.If a relay team is excluded from competition under Rule 125.5, it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. Such disqualification shall not prevent any athlete or relay from that team taking part in all further events, (including individual events of a Combined Event, other events in which he is simultaneously participating and relays) in that competition.</p>
15	146 抗议 和申诉 146.4	增加 146.4(d)	<p>(d)当由未完成比赛的运动员、队或其代表提出抗议时，裁判员必须首先确定其抗议是否与该运动员或队被取消或应当被取消资格的规则有关。若无关，抗议应被驳回。</p> <p>(d) when a protest is made by or on behalf of an athlete or team which did not finish a race, the Referee must first ascertain whether <u>the athlete or team was or should have been disqualified for a breach of the Rules unrelated to the matter raised in the protest.</u> Should that be the case the protest shall be dismissed.</p>
16	146.6	句末增加:	<p>在田赛比赛中，由于有运动员"在抗议下"参赛，会有本来不应继续比赛的运动员被允许继续比赛。这些运动员的成绩应保持有效，而不管"在抗议下"比赛运动员的抗议是否成功。</p> <p>In Field Events, where, as a result of an athlete competing "under protest", <u>another athlete</u> is allowed to continue in the competition when <u>he</u> would otherwise not have done so, such athlete's performances and eventual results will remain valid irrespective of whether the "under protest" athlete's immediate oral protest is successful.</p>
17	147 混合比赛 147.2	<p>2.除规则 147.1 的比赛外，其他完全在体育场内举行的所有比赛，一般不允许有男、女混合参赛的项目。但是，除了国际田联规则 1.1(a)至(h)所述的比赛外，可在体育场内举行田赛以及 5000 米及以上的混合比赛。国际田联规则 1.1(i)和(j)的比赛，经相关地区联合会特批，允许在特定的比赛中举行混合比赛。</p> <p>删去原注(1)-(3)，改为(a)(b)</p>	<p>2.除规则 147.1 的比赛外，其他完全在体育场内举行的所有比赛，一般不允许有男、女混合参赛的项目。</p> <p>但是，除规则1.1(a)至(c)和(f)规定的比赛外，在根据规则 1.1(d)、(e)和(g)至(j)举办的比赛中，如果经相关地区联合会特批，则应允许举行田赛和以下(a)所述的混合比赛：</p> <p>删去原注(1)-(3)，改为(a)(b)</p> <p>(a) 只有当一个或两个性别的运动员不足以进行单独比赛时，才允许在体育场内举行5000米或更长距离的混合比赛。在成绩单中应标明每名运动员的性别。在任何情况下，此类比赛不得允许一种性别的运动员对另一性别运动员进行陪跑或帮助。</p> <p>(b) 男女混合的田赛比赛可以在一个或多个场地同时进行。应使用单独的成绩登记表，并分别公布成绩。混合项目的每一轮比赛，可以是某一性别的运动员先行试跳/掷、随后是另一性别，也可以男女交替进行。为执行规则180.17的规定，</p>

			<p>应视所有运动员为同一性别。当在单一场地进行高度跳跃比赛时，规则181至183必须严格执行，包括必须按照赛前宣布的一组升高计划完成整个比赛。</p> <p>(a) mixed stadium competition in races of 5000m or longer but it is permitted only when there are insufficient athletes of one or both sexes competing to justify the conduct of separate races. The sex of each athlete shall be shown in the result. Such races shall not, in any case, be conducted so as to allow athletes of one sex to be paced or assisted by athletes of another sex.</p> <p>(b) Field Events for men and women may be conducted simultaneously at one or more event sites. Separate result cards shall be used and results declared for each sex. Each round of trials of such events may be conducted either by calling all athletes of one sex followed by the other or by alternating them. For the purposes of Rule 180.17, all athletes shall be regarded as if they were of the same sex. Where Vertical Jumps are conducted on a single event site, Rules 181 to 183 must be strictly applied including that the bar must continue to be raised in accordance with a single set of previously announced increments for the entire competition.</p>
18	162 起跑 162.7	增加(a)(b)，修改了注(1)	<p>开始起跑的定义是：</p> <p>(a) 在蹲踞式起跑的情况下，运动员的任何动作，包括或导致一脚或双脚和起跑器踏板失去接触，或一手或双手和地面失去接触；和</p> <p>(b) 在站立式起跑的情况下，运动员的任何动作，导致一脚或双脚与地面失去接触。</p> <p>如果发令员判定，某运动员在发令枪响之前开始的动作没有停止，并延续到起跑动作中，将判为起跑犯规。</p> <p><i>注(1)：运动员的任何其他动作，不应视为其起跑的开始。但此类情况（如适用）可能会给予运动员纪律警告或取消资格的处罚。</i></p> <p>Commencement of the start is defined:</p> <p>(a) in the case of a crouch start, as any motion by an athlete that includes or results in one or both feet losing contact with the foot plate(s) of the starting blocks or one or both hands losing contact with the ground; and</p> <p>(b) in the case of a standing start, as any motion that results in one or both feet losing contact with the ground.</p> <p>If the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of his start, it shall also be a false start.</p> <p><i>Note (i): Any other motion by an athlete shall not be considered to be the commencement of his start. Such instances may, if</i></p>

			<i>applicable, be subject to a disciplinary warning or disqualification.</i>
19	163 径赛 163.6	6. 运动员自愿离开跑道后将不得继续参加该项目比赛，并被记录为中途退出比赛（DNF）。如果该运动员试图重新进入比赛，裁判长应取消其资格。	6.运动员自愿离开跑道后将不得继续参加该项目比赛（ 规则170.6(c)的情况除外 ），并被记录为中途退出比赛（DNF）。如果该运动员试图重新进入比赛，裁判长应取消其资格。 6.An athlete, after voluntarily leaving the track, except in compliance with Rule 170.6(c) , shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, he shall be disqualified by the Referee.
20	163.14 分段时间 显示	14.可以正式宣告和（或）显示比赛的分段时间和领先运动员的参考时间。除此之外，未经有关裁判长事先批准，在比赛场内的任何人都不得向运动员传递此类时间信息。只有在相应点位没有向运动员显示时间，并且保证能够向所有运动员显示的情况下，相关裁判长方能批准这样做。	14.可以正式宣告和（或）显示比赛的分段时间和领先运动员的参考时间。除此之外，未经有关裁判长事先批准，在比赛场内的任何人都不得向运动员传递此类时间信息。 裁判长可以授权或指定不超过一人，在不超过两个商定的时间点报时。 14.Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise, such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee who may authorize or appoint no more than one person to call times at each of no more than two agreed timing points.
21	163.15	增加(c)，原(c)顺延为(d)	(c) 运动员可在任何时候手持或随身携带水或饮料食品，但须从起点或在官方供给站上获取。 (c) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.
22	165 计时和 终点摄像 165.13	删去 165.13, 165.14 改为 165.13	13.全自动计时和终点摄像系统必须经过测试，并具备在比赛举办前4年内所获得的精度测试合格证书，包括以下条件： 13. A Fully Automatic Timing and Photo Finish System must have been tested, and have a certificate of accuracy issued within 4 years of the competition, including the following:
23	165.18	原 165.18 改为 165.17 增加 165.18	17. 计时系统能够在终点自动记录、但未能在起点自动启动所计取的成绩，只要系统是符合规则165.7或同等精度要求的，可以视为手计时成绩。 其图像可以作为有效证据，以判定名次和调整运动员之间的时间间隔。 17. A system which operates automatically at the finish, but not at the start, shall be considered to produce Hand Times provided that the system was started in accordance with Rule 165.7 or with equivalent accuracy. The image may be used as a valid support in order to determine placings and adjust time intervals between athletes. 18. 只能自动开始而不能自动停止的计时装置，既不能作为

			<p>手计时，也不能作为全自动计时，因此不能用来计取正式成绩。</p> <p>18. A system which operates automatically at the start but not at the finish, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times.</p>
24	166 径赛编排 166.8	增加注：	<p>注：在进行多轮次的比赛时，建议 800 米以上的项目，尽可能少的安排按成绩录取的名额。</p> <p><i>Note: In races longer than 800 metres where rounds are conducted, it is recommended that only a small number of athletes qualify by time.</i></p>
25	168 跨栏跑 168.6-7	原 168.6-7 改写为新的 168.6	<p>6. 所有跨栏跑项目均为分道跑，运动员应跨越每一个栏架，并始终保持在自己的分道内，否则将会被取消资格，但规则 163.4提及的情况除外。</p> <p>此外，运动员在下列情况下也将被取消资格：</p> <p>(a) 在过栏瞬间，其脚或腿在栏架两侧以外（任意一边），低于栏顶的水平面；</p> <p>(b) 用手、身体或摆动腿前侧击倒或移动了任何栏架；</p> <p>(c) 直接或间接地击倒或移动了自己或其他跑道上的栏架，导致影响或阻碍了其他的运动员，和/或违反了其他的规则。</p> <p>6. All races shall be run in lanes and each athlete shall go over each hurdles and keep to his own lane throughout, Failure to do so will result in a disqualification, unless Rule 163.4 applies. In addition, an athlete shall be disqualified, if:</p> <p>(a) his foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or</p> <p>(b) he knocks down or displaces any hurdle by hand, body or the <u>upper side</u> of the lead leg; or</p> <p>(c) he directly or indirectly knocks down or displaces a hurdle in his or in another lane in such a manner that there is effect or obstruction upon any other athlete(s) in the race and/or another rule is also infringed.</p>
26	169 障碍跑 169.5	5. 障碍栏架高度，男子应为0.914米±0.003米，女子应为0.762米±0.003米（图）。男女栏架宽度至少为3.94米。所有栏架顶端横木的横截面应为0.127米×0.127米。	<p>5. 障碍栏架高度，男子和 U20 男应为 0.914 米±0.003 米，U18 男应为 0.838 米±0.003 米，女子应为 0.762 米±0.003 米（图）。男女栏架宽度至少为 3.94 米。所有栏架顶端横木的横截面应为 0.127 米×0.127 米。</p> <p>2020 年 4 月 1 日起实施。</p>

			<p>5. The hurdles shall be 0.914m \pm 0.003m high for Senior and U20 men's events, 0.838m \pm 0.003m high for U18 men's events and 0.762m \pm 0.003m for women's events and shall be at least 3.94m wide. The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 0.127m square.</p> <p>From 1 April 2020.</p>
27	169.6	<p>靠近栏杆一侧的池底深0.70米，池壁前为0.30米宽的水平池底，然后均匀地升高呈斜坡状，直至远端与跑道地面齐平。</p> <p>删去注，后面增加一句说明</p>	<p>靠近栏杆一侧的池底深0.50米\pm0.05米，池壁前为1.20米宽的水平池底，然后以12.4°\pm1°均匀地升高呈斜坡状，直至远端与跑道地面齐平。</p> <p><i>2018/19年规格的水池仍可接受。</i></p> <p>The depth of the water closest to the hurdle shall be 0.50m \pm 0.05m for approximately 1.20m. From there, the bottom shall have a uniform slope of 12.4° \pm 1° upwards to the level of the track at the farther end of the water pit.</p> <p><i>Pits to the 2018/19 specifications remain acceptable.</i></p>
28	181 高跳 项目通则 181.6	<p>6.每次升高横杆，在运动员试跳之前，均应测量横杆高度。……</p>	<p>6.每次升高横杆，在运动员试跳之前，均应测量横杆高度。 <i>若更换横杆，应重新测量高度。……</i></p> <p>6. Any measurement of a new height shall be made before athletes attempt such height. A re-measurement should be made if the bar has been substituted.</p>
29	182 跳高 182.4	<p>4.助跑道和起跳区最后15米向下的最大倾斜度不得超过)1:250 (0.4%)。……</p>	<p>4.助跑道和起跳区最后 15 米向下的最大倾斜度不得超过 1:167 (0.6%)。……</p> <p><i>注：2018/19年规格的跑道和起跳区仍可接受。</i></p> <p><i>Note: Runways and take-off areas to the 2018/19 specifications remain acceptable.</i></p>
30	184 远跳 项目通则 184.3	<p>184.3 增加注 184.4 增加 184.5 增减</p>	<p>2020年11月1日起实施 From 1 November 2020.</p> <p><i>184.3注：在建造跑道和/或起跳板时，有放置橡皮泥显示板的规定，在不使用该显示板时，应使用与起跳板齐平的空白板填充该凹口。</i></p> <p><i>184.4……为了确保起跳线清晰可辨，与起跳板相反，起跳线正前方的地面应为白色以外的颜色。</i></p> <p><i>184.5 强烈建议在各级比赛中使用视频或其他技术，以协助裁判判定规则185.1的各种情况。但是，如果没有可用的技术，仍应使用橡皮泥显示板。</i></p> <p><i>……边缘应切掉，在凹槽处填充橡皮泥时，靠近起跳线的橡皮泥表面应为90°角。（见184图a）</i></p> <p><i>184.3Note: Where in the construction of the runway and/or take-off board there was previously provision for the placement of a plasticine indicator board and such board is not used, this recess should be filled by a blanking board flush with the take-off board.</i></p> <p><i>184.4……In order to ensure that the take-off line is clearly distinguishable and in contrast to the takeoff board, the ground immediately beyond the take-off line shall be in a colour other</i></p>

			<p>than white.</p> <p>184.5 The use of video or other technology, to assist the Judges in deciding the application of Rule 185.1, is strongly recommended at all levels of competition. However, if no technology is available, a plasticine indicator board may still be used.</p> <p>.....The edges shall be cut away such that the recess, when filled with plasticine, the surface of the plasticine nearer to the takeoff line shall be at an angle of 90° (see Figure 184a).</p>
31	185 跳远 185.1	<p>1.如出现下列情况，应判为试跳失败：</p> <p>(a)在起跳过程中，无论是助跑后未起跳还是做了试跳动作，运动员身体任何部位触及起跳线以前的地面（包括橡皮泥显示板的任何部分）；或</p>	<p>2020年11月1日起实施 From 1 November 2020.</p> <p>1.如出现下列情况，应判为试跳失败：</p> <p>(a)在起跳过程中，无论是助跑后未起跳还是做了试跳动作，运动员的脚/鞋的任何部分越过了起跳线的垂直面；或</p> <p>1. An athlete fails if:</p> <p>(a) he while taking off, breaks the vertical plane of the take-off line with any part of his foot/shoe, whether running up without jumping or in the act of jumping; or</p>
32	187 投掷 项目通则 187.2	187.2 增加	<p>.....除非技术主管另有决定，否则任何运动员在参加任何投掷项目时，只能提交不超过两件的自备器材。</p> <p>.....Unless the Technical Manager decides otherwise, not more than two implements may be submitted by any athlete for any throwing event in which he is competing.</p>
33	190 铁饼护笼 190.1-3	<p>190.1 增加注(2)</p> <p>190.3 修改注(2)(3)</p>	<p>190.1 注(2) 链球比赛护笼的活动挡网，可以用于铁饼比赛，以限制危险区域。</p> <p>190.3注(2) 如能提供同样或更安全角度的保护而不增大危险区，与常规设计相比具有革新式样的设计也可能得到国际田联批准。</p> <p>190.3注(3) 为了更好保护在离铁饼护笼较近处跑道上同时比赛的径赛运动员，护笼靠近跑道的一边可加长和/或加高，和/或配备活动挡网。</p> <p>190.1 Note (ii): The hammer cage movable panels may be used when the cage is being used for discus throw to limit the danger zones.</p>
34	230 竞走 230.7c	<p>.....任何拒绝进入罚停区的运动员，或未停留到规定的时间，将被主裁判取消比赛资格。</p>	<p>.....任何拒绝进入罚停区的运动员，或未停留到规定的时间，将被裁判长取消比赛资格。</p> <p>.....An athlete who fails to enter the Pit Lane when required to do so, or remain there for the applicable period, shall be disqualified by the Referee.</p>
35	230.8 起跑	须鸣枪开始比赛。.....	<p>可以以鸣枪、鸣炮、号角或类似设备发令开始比赛。.....</p> <p>The races shall be started by the firing of a gun, cannon, air horn or like device.</p>
36	250 越野跑 250.3b	<p>.....在起跑后的 1500 米内，不应有狭窄地段或其他障碍物，</p>	<p>.....在起跑后的 300 米内，不应有狭窄地段或其他障碍物，</p>

37	261 承认 世界纪录 的项目 261		取消列表中的男子 20000 米、25000 米 30000 米跑的纪录
38	265 其他纪录 265.2	2. 纪录应能识别出达到最好成绩的比赛所依据规则的版本（除了风速判读可以忽略外），除非专门提供其他适合于比赛的竞赛规程。	2. 纪录应标明达到最好成绩的比赛所依据规则的版本，风速可以忽略（如果所用的竞赛规程并无要求）。 2. The record should recognise the best performance achieved at any edition of the applicable competition in accordance with the Rules, with the exception that wind velocity readings may be ignored, if so stated in the applicable regulations for the competition.

规则 184 图 A 起跳板和橡皮泥显示板

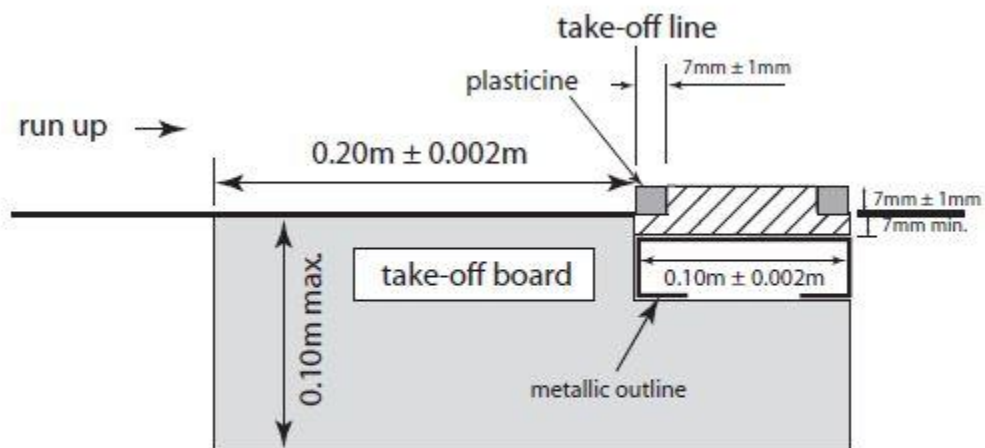


Figure 184a - Take-off board and plasticine indicator board