

CONSEIL INTERNATIONAL DU SPORT MILITAIRE  
INTERNATIONAL MILITARY SPORTS COUNCIL  
CONSEJO INTERNACIONAL DEL DEPORTE MILITAR  
المجلس الدولي للرياضة العسكرية



**CISM Track and Field Regulations**  
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# COMPOSITION OF CISM TRACK AND FIELD COMMITTEE

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- Colonel Lofti Bouguerra (Tunisia)
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- Colonel Joseph Galvin (United States of America)
- Lieutenant Colonel Stefan Sphar (Switzerland)
- Lieutenant Colonel Carlos Eduardo Espinoza Yépez (Ecuador)
- Captain Zhang Xiangyu (China)
- Warrant Officer Stelios Bismpas (Greece)
- Corporal Sophie Duarte (France)

# CHAPTER I: SPECIFIC REGULATIONS FOR TRACK AND FIELD

## SHORT HISTORY

Running is a physical activity as old as humanity itself. One cannot help but recall with admiration the Athenian soldier, the first legendary military runner, who traversed mountains and valleys from Marathon to Athens to announce Miltiades' historic victory. The physiological and mental benefits of running have long been celebrated, making it a cornerstone of athletic development. Over time, running has evolved into a regulated sport, practiced and revered in almost every country worldwide. It is, therefore, no surprise that the Allied Forces Sports Council (AFSC) recognized its importance early on and subsequently inspired its inclusion in the International Military Sports Council's (CISM) calendar of events. Running has played a foundational role in promoting international military sports competitions, starting with the international military Track and Field championships, which significantly boosted public awareness of the AFSC's mission.

In 1946, the AFSC General Assembly formally admitted running as part of its championship program. That same year, the first international military championship was organized by the United States in Berlin. This inaugural event was a resounding success, with seven participating countries and over 100,000 spectators filling the Olympic Stadium to cheer on the champions.

Following the AFSC's transformation into the International Military Sports Council (CISM), the Track and Field championship grew exponentially. Beginning in 1953, it achieved unprecedented popularity, firmly establishing itself as a premier event that continues to captivate audiences and foster camaraderie among nations to this day.

## Article 1.1 TECHNICAL RULES

**A.** The current regulations govern all CISM championships and Games where athletics is included but lacks specific and dedicated rules. For any situations not explicitly addressed by these regulations, the World Athletics (WA) technical and competition rules will apply. The reference rules are those included in the most recent 2024 Edition of the World Athletics Competition and Technical Rules, which also incorporates amendments approved in December 2023. These regulations provide detailed guidance on key aspects such as athlete eligibility, equipment specifications, event procedures, and officiating standards.

**B.** The stadium chosen by the organizing delegation should be provided with a track preferably with 8 lanes (but 6 is also an acceptable option) and modern installations and equipment. The covering of the lanes and the concourse installations must be of synthetic material, according to the rules and characteristics provided by the World Athletics Regulations.

## Article 1.2. MEDALS AND REWARDS

**A.** The organizing country must reward each athlete with the following official medals for individual events or relays:

- CISM gold medal and diploma of champion for the winner of each event
- CISM silver medal for the second placed athlete in each event
- CISM bronze medal for the third placed athlete in each event.

**B.** Other possible rewards will be granted on the initiative of the organizing country (cups, medals, souvenirs, etc.).

C. Only individual event awards are planned, with no overall country awards.

### **Article 1.3. RATIFICATION OF RECORDS**

**A.** World, Area, National records: The organizing committee of the championship must ensure:

- that all the records broken during the CISM championship may be ratified.
- the carrying out of the modalities foreseen by the World Athletics so that all world records can be ratified.
- that the ratification of records is not made impossible because of coaching during the events. In this respect, a service order should be carried out.

**B.** CISM records: A record ratification sheet will be prepared by the organizing country, with the support of the CSC, for all CISM records equaled or broken. It should be signed by all the officials that have judged the event, and by the referee-judge, and transmitted to the CISM HQ General Secretariat. The Organizing Committee will compulsorily include the list of the present CISM records in the program of the championships.

### **Article 1.4. FAIR PLAY**

**A.** A sportsman or a team which, during a championship of the CISM, would do honor to the CISM's device "Friendship by sport" would receive an honorary distinction. A fair play trophy will be given to an athlete or a team, which has shown a fair play attitude.

**B.** Is concerned by this distinction any athletes, team or responsible who by their respect of sportive ethics, the non-violence and the sense of military honor have proved to be very "just so" during the competition.

**C.** The CISM Official Representative, the President and the members of Sport Committee and the Organizing country's representative are the persons who can make this appreciation.

**D.** The attitude of an athlete or a team, the fair play of which deserves to be cited, as example must be mentioned in reports established in the end of each championship by the CISM Official Representative and the President of the committee.

**E.** This trophy is not attributed systematically.

### **Article 1.5 ANTI-DOPING CONTROL**

**A.** A doping control is accomplished according to the provisions in the CISM Regulations chap. IX and in accordance with the most up-to-date WADA Regulations.

**B.** The organizing committee of a championship shall ensure that referees/judges, installations and equipment correspond with the respective rules and shall guarantee the Anti-doping control must be done according to the annual CISM Antidoping test distribution plan (TDP).

**C.** In accordance with CISM Regulations and World Athletics Regulations all new international world and area record holders must be submitted to an Anti-Doping test to validate their new record.

## **Article 1.6. RACE FORMAT: “TRADITIONAL FORMAT” OR “COMPLETE PROGRAM”**

### **A. Participation**

**1) Composition of a mission (complete team):** Each country may enter a complete team consisting of 24 athletes, or an incomplete team. The number of athletes entered by the mission determines the maximum of authorized members of each mission.

Complete Team (24 athletes)

- 1 Chief of Mission
- 1 Team Chief
- 3 Coaches - Trainers
- 2 Masseurs- Physiotherapists
- 1 “ad-libitum”
- 24 athletes

32 members maximum

**2) Composition of a mission (incomplete team: less than 24 athletes):** The number of the “other members of a mission” like Mission Chief, Team Chief, Coaches, Masseurs... is established on the number of the athletes present.

Number of Athletes for mission	Other Mission members				
	Mission Chief	Team Chief	Coaches, Trainers	Masseurs, Physiotherapists	Ad libitum
1	1				
2 – 5	1		1		
6 – 10	1		1	1	
11 – 15	1	1	2	1	
16 – 24	1	1	3	2	1

**3)** No other additional member may feature in the mission without authorization of the Organizing country.

**4)** The Organizing country has the liberty to register other athletes, besides those stated, in all events of the technical program up to a maximum of 2 athletes for event. These athletes will be considered “out of competition” and their position in the race will not be considered in the ranking of the CISM competition.

**5)** Each team may enter a maximum of:

- two (2) athletes per individual event
- one (1) team in each relay race

**B. Program of the stay:** The ideal duration of the stay is 7 / 8 (seven, eight) days.

The program indicatively it will be so composed:

1<sup>st</sup> day: arrival of missions

2<sup>nd</sup> day: training - technical meeting - opening ceremony

3<sup>rd</sup> day: competitions

4<sup>th</sup> day: competitions

5<sup>th</sup> day: competitions

6<sup>th</sup> day: competitions – closing ceremony

7<sup>th</sup> day: cultural day (possible) \*

8<sup>th</sup> day: departure of missions

The Organizing country it is considered necessary, may modify the days foreseen for the opening and closing ceremonies and the possible cultural day.

## C. Events

1) List of events for men and women:

- Track events: 100m, 200m, 400m, 800m, 1500m, 5000m, 10.000m, 3000st, 110hs (100 hs women), 400hs, 4 x 100m relay, 4 x 400m relay, 4 x 400 mixed relay
- Field events:
  - Jumps: High jump, long jump, triple jump, pole vault
  - Throwing events: Shot put, discus throw, javelin throw, hammer throw
- Road events: Marathon (Possibly as a second option: Half Marathon), 20 Km Race walking

2) If an organizing country receives in any event less than 6 (six) competitors or less 10 (ten) competitors in the Road Race like marathon and Race Walking, it may decide not to perform the event in question but must communicate it to all delegations at least thirty (30) days before the beginning of the championship.

**D. Daily schedule of the championship:** It provides only an indicative example of a technical program. The schedule is provisional and may be subject to changes based on the exact number of athletes participating in the various competitions. (adjusting heats, semifinals, and finals accordingly). Additionally, the schedule may be revised if certain events are canceled (due to insufficient numbers of athletes) or if the organizing committee decides to include some Paralympic events or plan for more competition days (for a complete schedule, four days are still the minimum). Possible changing of the timetable program must be communicated to the participating countries 30 days before the beginning of the championship.

DAY / TIME	EVENT	GENDER	FASE
1 Day Morning	20 Km RWalking	MEN - WOMEN	FINAL
	400 m	MEN	ROUND 1
	100 m	WOMEN	ROUND 1
	100 m	MEN	ROUND 1
	Shot Put	MEN	QUALIFICATION
	Hammer Throw	MEN	QUALIFICATION
1 Day Afternoon	400 hs	MEN	ROUND 1
	1500 m	MEN	ROUND 1
	100 m	MEN	SEMIFINAL
	100 m	WOMEN	SEMIFINAL

	10.000 m	MEN	FINAL
	Discus Throw	MEN	QUALIFICATION
	Shot Put	MEN	FINAL
	Javelin Throw	WOMEN	FINAL
	4 x 400 m	MIXED	ROUND 1
2 Day Morning	1500 m	WOMEN	ROUND 1
	800 m	MEN	ROUND 1
	200 m	MEN	ROUND 1
	200 m	WOMEN	ROUND 1
	Javelin Throw	MEN	QUALIFICATION
2 Day Afternoon	Triple Jump	WOMEN	FINAL
	Pole Vault	MEN	FINAL
	High Jump	MEN	QUALIFICATION
	400 hs	MEN	SEMIFINAL
	400 hs	WOMEN	SEMIFINAL
	3000 st	MEN	SEMIFINAL
	400 m	WOMEN	SEMIFINAL
	400 m	MEN	SEMIFINAL
	10.000 m	WOMEN	FINAL
	3000 st	WOMEN	FINAL
	100 m	MEN	FINAL
	100 m	WOMEN	FINAL
	Hammer Throw	MEN	FINAL
	Discus Throw	WOMEN	FINAL
	4 x 400 m	MIXED	FINAL
3 Day Morning	Triple Jump	MEN	QUALIFICATION
	200 m	WOMEN	SEMIFINAL
	200 m	MEN	SEMIFINAL
	100 hs	WOMEN	SEMIFINAL
	110 hs	MEN	SEMIFINAL
3 Day Afternoon	High Jump	WOMEN	FINAL
	Long Jump	MEN	FINAL
	400 hs	WOMEN	FINAL
	400 hs	MEN	FINAL
	1500 m	MEN	FINAL
	110 hs	MEN	FINAL
	100 hs	WOMEN	FINAL
	400 m	MEN	FINAL
	400 m	WOMEN	FINAL
	800 m	WOMEN	FINAL
	5000 m	MEN	FINAL
	200 m	WOMEN	FINAL
	200 m	MEN	FINAL
	Shot Put	WOMEN	FINAL
	Hammer Throw	WOMEN	FINAL
Discus Throw	MEN	FINAL	



4 Day Morning	Marathon	MEN - WOMEN	FINAL
	4 x 100 m	MEN	ROUND 1
	4 x 100 m	WOMEN	ROUND 1
	4 x 400 m	MEN	ROUND 1
	4 x 400 m	WOMEN	ROUND 1
4 Day Afternoon	Triple Jump	MEN	FINAL
	Pole Vault	WOMEN	FINAL
	High Jump	MEN	FINAL
	Javelin Throw	MEN	FINAL
	3000 st	MEN	FINAL
	1500 m	WOMEN	FINAL
	800 m	MEN	FINAL
	5000 m	WOMEN	FINAL
	4 x 100 m	WOMEN	FINAL
	4 x 100 m	MEN	FINAL
	4 x 400 m	WOMEN	FINAL
	4 x 400 m	MEN	FINAL

## **Article 1.7. RACE FORMAT: “NEW FORMAT” OR “ULTIMATE PROGRAM”**

### **A. Participation**

1) Composition of a mission (complete team): Each country may enter a complete team consisting of 12 athletes, or an incomplete team. The number of athletes entered by the mission determines the maximum of authorized members of each mission.

Complete team (12 athletes)

- 1 Chief of Mission
- 1 Team Chief
- 2 Coaches - Trainers
- 1 Masseurs - Physiotherapists
- 12 athletes

17 members maximum

2) Composition of a mission (incomplete team: less than 12 athletes): The number of the “other members of a mission” like Mission Chief, Team Chief, Coaches, Masseurs... is established on the number of the athletes present.

Number of Athletes for mission	Other Mission members			
	Mission Chief	Team Chief	Coaches, Trainers	Masseurs, Physiotherapists
1	1			
2 – 5	1		1	

6 – 10	1		1	1*
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\* The masseur can be replaced by a second coach

3) No other additional member may feature in the mission without authorization of the Organizing country.

4) The Organizing country has the liberty to register other athletes, besides those stated, in all events of the technical program up to a maximum of 2 athletes for event. These athletes will be considered “out of competition” and their position in the race will not be considered in the ranking of the CISM competition.

5) Each team may enter a maximum of:

- two (2) athletes per individual event
- one (1) team in each relay race

**B. Program of the stay:** The ideal duration of the stay is 6/7 (six, seven) days.

The program indicatively it will be so composed:

1<sup>st</sup> day: arrival of missions

2<sup>nd</sup> day: training - technical meeting - opening ceremony

3<sup>rd</sup> day: competitions

4<sup>th</sup> day: competitions

5<sup>th</sup> day: competitions – closing ceremony

6<sup>th</sup> day: cultural day (possible) \*

7<sup>th</sup> day: departure of missions

The Organizing country it is considered necessary, may modify the days foreseen for the opening and closing ceremonies and the possible cultural day.

## C. Events

1) List of events for men and women

- Track events: 100m, 400m, 1500m, 5000m, 110hs (men), 100 hs (women), 400hs, 4 x 100m relay, 4 x 400 mixed relay
- Field events:
  - Jumps: High jump, long jump
  - Throwing events: Shot put, javelin throw
- Optional event: the host country, at their discretion, may include one additional event of its choice (e.g., a cultural favorite) of the entire complete technical program of athletics (e.g., hammer throw or race walking).

2) If an organizing country receives in any event less than 6 (six) competitors or less 10 (ten) competitors in the Road Race like marathon and Race Walking, it may decide not to perform the event in question but must communicate it to all delegations at least thirty (30) days before the beginning of the championship.

**D. Daily schedule of the Championship:** It provides only an indicative example of a technical program. The schedule is provisional and may be subject to changes based on the exact number of athletes participating in the various competitions. (adjusting heats, semifinals, and finals accordingly). (adjusting heats, semifinals, and finals accordingly). Additionally, the schedule may be revised if certain events are canceled (due to insufficient numbers of athletes) or if the organizing

committee decides to include some Paralympic events). Possible changing of the timetable program must be communicated to the participating countries 30 days before the beginning of the championship.

DAY / TIME	Event	GENDER	FASE
1° Day	Shot Put	MEN	QUALIFICATION
	400 m	MEN	ROUND 1
	400 m	WOMEN	ROUND 1
	100 m	MEN	ROUND 1
	100 m	WOMEN	ROUND 1
	Javelin Throw	MEN	QUALIFICATION
	1500 m	MEN	QUALIFICATION
	5000 m	WOMEN	FINAL
	Javelin Throw	WOMEN	FINAL
	Long Jump	WOMEN	QUALIFICATION
	110 Hs	MEN	ROUND 1
	100 Hs	WOMEN	ROUND 1
	Shot Put	WOMEN	FINAL
2° Day	4 x 400 m	MIXED	ROUND 1
	100 m	WOMEN	SEMIFINAL
	100 m	MEN	SEMIFINAL
	High Jump	MEN	QUALIFICATION
	Long Jump	MEN	QUALIFICATION
	1500 m	WOMEN	QUALIFICATION
	Shot Put	MEN	FINAL
	Javelin Throw	MEN	FINAL
	High Jump	WOMEN	FINAL
	400 m	WOMEN	FINAL
	400 m	MEN	FINAL
	1500 m	MEN	FINAL
	100 m	WOMEN	FINAL
	100 m	MEN	FINAL
3° Day	4 x 100 m	WOMEN	ROUND 1
	4 x 100 m	MEN	ROUND 1
	Long Jump	WOMEN	FINAL
	High Jump	MEN	FINAL
	100 hs	WOMEN	FINAL
	110 hs	MEN	FINAL
	5000 m	MEN	FINAL
	1500 m	WOMEN	FINAL
	4 x 400 m	MIXED	FINAL
	4 x 100 m	WOMEN	FINAL
	4 x 100 m	MEN	FINAL

# CHAPTER II: SPECIFIC REGULATIONS FOR CROSS COUNTRY RUNNING

## SHORT HISTORY

Cross-country running is a physical and natural activity with ancient roots. Historical references often highlight the legendary feat of the Athenian soldier who ran from Marathon to Athens, traversing hills and valleys, to announce General Miltiades' victory.

This enduring tradition demonstrates the unique virtues of running: it builds endurance, fosters resilience, instills a love for effort, and strengthens team spirit. Running, as a fundamental and natural sport, is accessible to every soldier in any army. Worldwide, armies organize cross-country events to promote physical fitness and maintain soldiers' peak physical readiness.

The undeniable benefits of cross-country make it a clear reflection of a soldier's physical condition. Governed and supported by international bodies, it has spread across continents.

Currently, cross-country running is not only a standalone championship but has also become an integral part of the technical program of the Winter Military Games. This inclusion highlights its versatility and adaptability, offering the opportunity to compete even during the winter season on diverse terrains, such as snow-covered courses. This evolution further underscores the universal appeal and essential role of cross-country running in military and global sports, demonstrating its capacity to challenge and inspire athletes in all conditions.

cross-country Running is practiced under widely varying conditions across the globe, making it challenging to establish a unified international standard for these events. It is important to acknowledge that the success or failure of such events often hinges on the natural features of the venue and the expertise of the course designer.

## Article 2.1. TECHNICAL RULES

**A.** For any non-specified case in the present regulation refer to the regulation of the "World Athletics Competition and Technical Rules" (Part regarding cross-country, Mountain and Trail races) published on the World Athletics official website.

**B.** Purely for illustrative purposes, some rules:

- *Bib Numbers:* Each athlete will receive a bib number, which must be securely attached to the chest and clearly visible throughout the race. These numbers are provided by the host country.
- *Terrain:* The course should be laid out on open or wooded land, preferably covered with grass and featuring natural obstacles to create a challenging and engaging route. The area must be spacious enough to include the course and all necessary facilities. Crossing hard surfaces like roads should be minimized; if unavoidable, such sections must be covered with suitable materials to ensure safety.
- *Course Layout:* Except for the start and finish areas, the course should avoid long straight sections. A naturally undulating route with gentle curves and short straights is ideal.
- *Loop Length:* The course should consist of loops measuring between 1,750 meters and 2,000 meters. If necessary, a smaller loop can be added to achieve the required total distance for different events; this smaller loop should be run in the early stages of the race. Each long loop is recommended to have a total ascent of at least 10 meters.
- *Course Marking:* The course must be clearly marked on both sides using tape, ribbon, or other suitable materials. A 1-meter-wide corridor along one side is recommended for officials and media, separated from the course by secure fencing. Critical areas, including the start, finish,

- warm-up, and call room zones, must be well-fenced, with access restricted to accredited individuals. Spectators should cross the course only at designated, supervised points. The course width should be at least 5 meters, including obstacle areas, except at the start and finish.
- *Relay Takeover Zone*: For cross-country relay events, a clearly marked takeover zone, 20 meters in length, should be designated. The exchange between incoming and outgoing runners must occur within this zone, typically involving physical contact or the passing of a baton, as specified by the organizers.
  - *Natural Obstacles*: Utilize existing natural obstacles where possible, avoiding overly high barriers, deep ditches, hazardous ascents or descents, dense undergrowth, or any feature posing undue difficulty. Artificial obstacles should mimic natural terrain challenges. To prevent congestion, narrow passages or obstacles should be avoided within the first 300 meters of the start, especially in races with large participant numbers.
  - *Finish Area*: The finish area must be wide enough to accommodate multiple runners finishing simultaneously and long enough to facilitate orderly progression through finish lanes ("funnels") if used. With advanced transponder timing systems, physical funnels may be unnecessary; however, backup systems should be in place.
  - *Hydration and Refreshments*: for events where conditions warrant, hydration stations should be provided every lap, offering water and sponges, especially in warm weather.
  - *Training Schedule*: Organizers should provide a training schedule that allows all delegations access to the course up to the day before the event, ensuring fair preparation opportunities for all participants.

## **Article 2.2. MEDALS AND REWARDS**

**A.** The CISM cross-country Championship organization attributes the following titles and awards medals to the top three finishers and teams:

- Men's Individual Race: Medals are awarded to the first three finishers (gold, silver, and bronze).
- Women's Individual Race: Medals are awarded to the first three finishers (gold, silver, and bronze).
- Men's Team Event: Medals are awarded to the members of the top three teams. Teams must consist of a minimum of three and a maximum of four athletes. Team ranking is determined by the cumulative results of the top three finishers from each team.
- Women's Team Event: Medals are awarded to the members of the top three teams. Teams must consist of a minimum of three and a maximum of four athletes. Team ranking is determined by the cumulative results of the top three finishers from each team.
- Mixed Relay Event: Medals are awarded to the first three teams (gold, silver, and bronze). Each team must consist of two men and two women, with each member completing a segment of the course.

**B.** Total Medal Distribution: for each event, the top three individuals or teams are awarded medals, resulting in a total of 42 medals distributed as follows:

- Men's Individual Race: 3 medals (gold, silver, bronze).
- Women's Individual Race: 3 medals (gold, silver, bronze).
- Men's Team Event: Up to 12 medals (gold, silver, bronze for teams of up to 4 athletes).
- Women's Team Event: Up to 12 medals (gold, silver, bronze for teams of up to 4 athletes).
- Mixed Relay Event: 12 medals (gold, silver, bronze for teams of 4 athletes).

**C.** Other possible rewards, like the first 3 masters (over 40 years old) classified, will be granted on the initiative of the organizing country (cups, medals, souvenirs, etc.).

**D. Individual classification:** Points are assigned to each competitor based on their finishing position. The points correspond to the competitor's placement in the arrival order: 1 point for the 1st place, 2 points for the 2nd place, 15 points for the 15th place, and so on. In the context of the overall individual ranking, there will also be an individual ranking for all participating master athletes (including extra quota athletes and those officially part of teams competing in the team ranking). The same rules will apply, but only athletes aged 40 and over will be included in this ranking.

**E. Team classification in the long races:** From the general individual classification, only the points scored by the first three (3) runners of each team will be counted. The team with the lowest total points will be declared the winner.

Extra quota masters are never included in the team ranking.

**F. In the event of a tie (ex-aequo):** the advantage will be given to the team whose last scoring runner finishes closer to the individual winner of the race.

**G. Incomplete team:** A team will be considered incomplete if fewer than three (3) athletes in the men's or women's race finish the course. In such cases, these athletes will only be classified as individuals and their results will not contribute to the team classification.

### **Article 2.3. FAIR PLAY**

**A.** A sportsman or a team which, during a championship of the CISM, would do honor to the CISM's device "Friendship by sport" would receive an honorary distinction. A fair play trophy will be given to an athlete or a team, which has shown a fair play attitude.

**B.** Is concerned by this distinction any athletes, team or responsible who by their respect of sportive ethics, the non-violence and the sense of military honor have proved to be very "just so" during the competition.

**C.** The CISM Official Representative, the President and the members of Sport Committee and the Organizing country's representative are the persons who can make this appreciation.

**D.** The attitude of an athlete or a team, the fair play of which deserves to be cited, as example must be mentioned in reports established in the end of each championship by the CISM Official Representative and the President of the committee.

**E.** This trophy is not systematically attributed.

### **Article 2.4. ANTI-DOPING CONTROL**

**A.** A doping control is accomplished according to the provisions in the CISM Regulations chap. IX and in accordance with the most up-to-date WADA Regulations.

**B.** The organizing committee of a championship shall ensure that referees/judges, installations and equipment correspond with the respective rules and shall guarantee the Anti-doping control must be done according to the annual CISM Antidoping test distribution plan (TDP).

## **Article 2.5. RACE FORMAT**

### **A. Participation**

**1) Composition of a mission (complete teams):** A nation may participate in the Cross-Country Championship with full teams or individual athletes.

Complete teams: 12 athletes + potentially a maximum of 4 “extra quota” master athletes

- 1 Chief of Mission
- 1 Team Chief
- 2 Coaches - Trainers
- 1 Masseurs - Physiotherapists
- 12 athletes
  - + potentially a maximum of 4 “extra quota” master athletes

17 members maximum (21, considering up to 4 “extra quota” master athletes)

3 complete teams:

- Men Race cross-country 10 Km: 4 athletes
- Women Race cross-country 8 Km: 4 athletes
- Mixed Relay Race 8 Km in total (2 Km every athlete): 4 athletes (2 men + 2 women)

**2) Composition of a mission (incomplete teams: less than 12 athletes):** The number of the “other members of a mission” like Mission Chief, Team Chief, Coaches, Masseurs... is established on the number of the athletes present. Extra quota athletes in the master category do not count towards the number of official athletes per mission.

Number of Athletes for mission	Other Mission members			
	Mission Chief	Team Chief	Coaches, Trainers	Masseurs, Physiotherapists
1	1			
2 – 5	1		1	
6 – 10	1		1	1*

\* The masseur can be replaced by a second coach

**3)** No other additional member may feature in the mission without authorization of the Organizing country.

**4)** Once the team composition is finalized during the technical meeting, no changes are permitted unless a rare exception is granted. Such technical derogations can only be authorized by the Championship Technical Delegate, in agreement with the CSC and the OCR, and solely for exceptional and justified reasons.

**5) Extra quota – Master athletes (40 and above)**

**5.a)** Following requests from several delegations, it was deemed appropriate, in agreement with the host nation, to allow the registration of up to four extra quota athletes (a maximum of 2 men and 2

women) belonging to the Master category, which begins at the age of 40 and above. This initiative aims to promote inclusivity and recognizes the growing interest among Master athletes to participate in such prestigious events. It also provides an opportunity for experienced athletes to compete at an individual level without altering the integrity of the official team competitions. By doing so, the championship fosters broader participation and honors the dedication and achievements of athletes in the Master category.

**5.b)** These athletes will be classified as “extra quota” and will not affect the standard team composition numbers or influence the official competitions. Their participation will be limited to competing in the same event as their peers, but exclusively on an individual level.

**5.c)** To ensure fair competition and proper recognition, a dedicated Master ranking will be created. This ranking will include:

1. Extra quota Master athletes.
2. Master athletes who are part of the regular teams within the standard quota.

**5.d)** Despite this shared ranking, the extra quota athletes remain distinct because they do not influence the team rankings of their respective nations. This distinction ensures that their presence does not disrupt or disadvantage teams adhering to the standard rules while allowing experienced Master athletes additional opportunities to compete and be recognized.

**5.e)** The Master category (athletes aged 40 and above) will not have an official Military World Championship title associated with it. This means that there will be no formal recognition of the category as part of the official championship titles typically awarded in the event.

**5.f)** Instead, as previously specified above, a separate ranking will be created for Master athletes. This ranking will be independent of the official team and individual rankings of the main competition and will include performances only from athletes in the Master category. The decision to provide awards or recognition, such as medals or certificates, to the top three individuals in this category will be left to the discretion of the host nation and the organizing committee, in consultation with the OCR and PCSC. Their decision will depend on various factors, including the level of participation from different nations in this format.

**B. Program of the stay:** The ideal duration of the stay is 4/5 (four, five) days.

The program indicatively it will be so composed:

1<sup>st</sup> day: arrival of the delegations

2<sup>nd</sup> day: technical meeting, inspection of the running paths, opening ceremony

3<sup>rd</sup> day: individual races

4<sup>th</sup> day: relay race, cultural visit (possible\*), closing ceremony

5<sup>th</sup> day: departure of the delegations

The opening and closing ceremonies can however take place on days other than those scheduled in the program.

## C. Events

**1)** List of events for men and women: Three (3) mandatory events of the CISM cross-country Championship:

- Men cross-country: The distance should be around 10 km
- Women cross-country: The distance should be around 8 km



- Mixed Relay: The distance should range between 6 and 8 km, with each athlete required to complete a segment of no less than 1.5 km and no more than 2 km. The relay team must consist of two men and two women

2) Mixed relay: During the relay, the handover of a baton or another item (such as a band, etc.) may be required. Every team will be free to define the formation of the relay and the alternation of the athletes that must be declared during the technical meeting or the day before the competition (ex: one man, one woman, one woman, one man; two women, two men; one woman, one man, one woman)

**D. Daily schedule of the Championship:** The competitions take place over 2 days, therefore point B (Program of stay) can be followed.

# **CHAPTER III: SPECIFIC REGULATIONS FOR MARATHON AND HALF MARATHON**

## **SHORT HISTORY - MARATHON**

The marathon is a cornerstone of the athletics program and is classified as a long-distance endurance race. Covering 42.195 kilometers (26 miles and 385 yards), this standardized length was first used during the 1908 London Olympics and officially adopted at the 1924 Paris Olympics after minor adjustments. The term "marathon" originates from Ancient Greece, specifically the Battle of Marathon in 490 BCE, where the Athenians, led by General Miltiades, triumphed over the Persian forces commanded by Darius I. According to legend, a Greek soldier named Pheidippides ran approximately 40 kilometers from Marathon to Athens to announce the victory, only to collapse and die after delivering the message. When the concept of reviving the Ancient Olympic Games materialized with the inaugural modern Olympics in Athens in 1896, the legendary Marathon inspired the creation of the marathon race. The first Olympic marathon, held over a 40-kilometer course, was won by Greek runner Spyridon Louis, who is famously said to have stopped for a glass of wine during the race. For years, marathons varied in distance, ranging between 40 and 42.75 kilometers, until the official length was set in 1924. One of the most iconic early Olympic marathons was during the 1908 London Games, where Italian runner Dorando Pietri dramatically collapsed five times before crossing the finish line first. Despite his heroic effort, he was disqualified for receiving assistance in the final meters. Initially, the marathon was exclusively a men's event. It was not until the 1970s that women began competing in the marathon at a professional level. The women's marathon was included in the World Championships for the first time in 1983 and debuted in the Olympic program at the 1984 Los Angeles Games.

The inaugural CISM World Military Marathon Championship was organized by the United States in Berlin in 1946. This event marked the beginning of international military athletic competitions under the Allied Forces Sports Council, which later evolved into the International Military Sports Council (CISM). The championship was a significant success and laid the foundation for future military sports events, promoting camaraderie and physical excellence among armed forces worldwide. Since then, the World Military Marathon Championship has become a regular fixture in the CISM calendar, fostering friendly competition and strengthening bonds between military personnel from various nations.

## **SHORT HISTORY – HALF MARATHON**

The half marathon, a long-distance running event covering 21.097 kilometers (13.1 miles), has grown in popularity as a challenging yet accessible alternative to the full marathon. Unlike its longer counterpart, the half marathon does not have ancient origins but emerged in the modern era as a competitive and recreational distance for runners of all levels. Its shorter length allows athletes to experience the endurance and strategy of distance running while demanding less training and recovery time. In the context of military sports, the half marathon reached a significant milestone in 2023 with the introduction of the first CISM World Military Half Marathon Championship in Lucerne, Switzerland. This historic event, initiated by the Swiss delegation, marked a new chapter in military athletics by recognizing the half marathon as a discipline that embodies the endurance, discipline, and resilience central to military training and culture. The success of this inaugural championship has set the stage for the half marathon to become an enduring part of military sports, fostering camaraderie and competition among service members worldwide.

## **Article 3.1. TECHNICAL RULES**

**A.** For any non-specified case in the present regulation refer to the regulation of the "World Athletics Competition and Technical Rules" (Part regarding road races) published on the World Athletics official website.

**B.** Purely for illustrative purposes, some rules:

- *Course:* Approval and Standards: the course must be certified by an authorized World Athletics course measurer and comply with all relevant international standards. The race must be run on paved roads. If traffic or other conditions make this impractical, the course may include a marked bicycle path or footpath adjacent to the road. Soft surfaces such as grass or dirt are not permitted. The start and finish areas may be located within an athletics stadium or similar facility. The course shall be measured along the shortest possible route that an athlete can take within the designated race route. This measurement must adhere to World Athletics standards, using a calibrated bicycle method.
- *Start:* the race shall begin with a signal such as a gunshot, cannon, or air horn. Standard commands for races longer than 400m shall be used, including warnings given five minutes, three minutes, and one minute before the start.
- *Drinking and refreshment stations:* Water and other suitable refreshments must be provided at the start and finish of all races. Water must be available approximately every 5 km along the course. Additional stations with water and/or refreshments should be added at shorter intervals if weather conditions or the nature of the event require. Refreshments may include water, electrolyte drinks, energy supplements, or other items as determined by the organizers based on event and weather conditions. Athletes may provide their own refreshments, which must be handed over to designated officials before the race. The athlete must specify the stations where their refreshments will be available. These refreshments must be handled and distributed under the supervision of race officials to prevent tampering. The area for refreshment collection shall be clearly marked with barriers, tables, or ground markings and located outside the direct line of the measured route. Refreshments must be placed in a manner that allows athletes to access them easily without interference. Authorized personnel distributing refreshments must remain within the designated area and avoid obstructing the course or other athletes.

**C.** The event can be organized as a standalone competition within the military context or incorporated into an existing international marathon or half marathon recognized by the official calendar of the hosting federation.

## **Article 3.2. MEDALS AND REWARDS**

**A.** The CISM Marathon and Half Marathon Championship organization attributes the following titles and awards medals to the top three finishers or teams in each category:

- Men's Individual Race: Medals are awarded to the first three finishers (gold, silver, and bronze).
- Women's Individual Race: Medals are awarded to the first three finishers (gold, silver, and bronze).
- Men's Team Event: Medals are awarded to the members of the top three teams. Teams must consist of a minimum of three and a maximum of four athletes. Team ranking is determined by the best 3 arrival time (men) at the finish line. The nation with the lowest total time (the amount of the 3 best athletes) will be declared.
- Women's Team Event: Medals are awarded to the members of the top three teams. Teams must consist of a minimum of three and a maximum of four athletes. Team ranking is

determined by the best 3 arrival time (women) at the finish line. The nation with the lowest total time (the amount of the 3 best athletes) will be declared

**B. Total Medal Distribution:** For each event, the top three individuals or teams are awarded medals, resulting in a total of 30 medals distributed as follows:

- Men's Individual Race: 3 medals (gold, silver, bronze).
- Women's Individual Race: 3 medals (gold, silver, bronze).
- Men's Team Event: Up to 12 medals (gold, silver, bronze for teams of up to 4 athletes).
- Women's Team Event: Up to 12 medals (gold, silver, bronze for teams of up to 4 athletes).

**C. Other possible rewards,** like the first 3 masters (over 40 years old) classified, will be granted on the initiative of the organizing country (cups, medals, souvenirs, etc.).

**D. Individual classification:** The ranking is determined based on the official finish times of the athletes. The athlete with the fastest time is ranked 1st. Subsequent positions are assigned in ascending order of their finish times.

In the context of the overall individual ranking, there will also be an individual ranking for all participating master athletes (including extra quota athletes and those officially part of teams competing in the team ranking), so the same rules will apply, but only athletes aged 40 and over will be included in this ranking.

**E. Team classification:** For the team classification, the ranking will be determined by the aggregate of the three best finish times (for men and women) at the finish line:

Men's Team Classification: The three fastest times among male athletes at the finish line.

Women's Team Classification: The three fastest times among female athletes at the finish line.

The nation with the lowest total time (sum of the three best finish times for men or women) will be declared the winner.

Extra quota masters are never included in the team ranking.

**F. In the event of a tie (ex-aequo):** The advantage will be given to the nation whose third scoring runner finishes closer to the individual race winner.

**G. Incomplete teams:** A team will be considered incomplete if fewer than three (3) athletes in the men's or women's race complete the course. In such cases, these athletes will be classified only as individuals, and their results will not contribute to the team classification.

### **Article 3.3. RATIFICATION OF RECORDS**

**A. World, Area, National records:** The organizing committee of the championship must ensure:

that all the records broken during the CISM championship may be ratified

the carrying out of the modalities foreseen by the World Athletics so that all world records can be ratified

that the ratification of records is not made impossible because of coaching during the events. In this respect, a service order should be carried out.

**B. CISM records:** A record ratification sheet will be prepared by the organizing country, with the support of the CSC, for all CISM records equaled or broken. It should be signed by all the officials that have judged the event, and by the referee-judge, and transmitted to the CISM HQ General Secretariat. The Organizing Committee will compulsorily include the list of the present CISM records in the program of the championships.

## **Article 3.4. FAIR PLAY**

**A.** A sportsman or a team which, during a championship of the CISM, would do honor to the CISM's device "Friendship by sport" would receive an honorary distinction. A fair play trophy will be given to an athlete or a team, which has shown a fair play attitude.

**B.** Is concerned by this distinction any athletes, team or responsible who by their respect of sportive ethics, the non-violence and the sense of military honor have proved to be very "just so" during the competition.

**C.** The CISM Official Representative, the President and the members of Sport Committee and the Organizing country's representative are the persons who can make this appreciation.

**D.** The attitude of an athlete or a team, the fair play of which deserves to be cited, as example must be mentioned in reports established in the end of each championship by the CISM Official Representative and the President of the committee.

**E.** This trophy is not systematically attributed.

## **Article 3.5. ANTI-DOPING CONTROL**

**A.** A doping control is accomplished according to the provisions in the CISM Regulations chap. IX and in accordance with the most up-to-date WADA Regulations.

**B.** The organizing committee of a championship shall ensure that referees/judges, installations and equipment correspond with the respective rules and shall guarantee the Anti-doping control must be done according to the annual CISM Antidoping test distribution plan (TDP).

**C.** In accordance with CISM Regulations and World Athletics Regulations all new international world and area record holders must be submitted to an Anti-Doping test to validate their new record.

## **Article 3.6. RACE FORMAT**

### **A. Participation**

**1). Composition of a mission (complete teams):** A nation can participate in the Marathon or Half Marathon Championship with both teams (men and women) or only one or only with individual athletes. A complete team could have maximum 4 athletes and the first 3 bring points. The table below gives the composition of the delegation when it participates with two (2) or one (1) complete team.

Complete teams: 8 athletes + potentially a maximum of 4 "extra quota" master athletes

- 1 Chief of Mission
- 1 Team Chief
- 2 Coaches - Trainers
- 1 Masseurs - Physiotherapists
- 8 athletes

○ + potentially a maximum of 4 "extra quota" master athletes

13 members maximum (17, considering up to 4 "extra quota" master athletes)

2 complete teams:

- Men Race: 4 athletes
- Women Race: 4 athletes

**2) Composition of a mission (incomplete teams: less than 8 athletes):** The number of the “other members of a mission” like Mission Chief, Team Chief, Coaches, Masseurs... is established on the number of the athletes present. Extra quota athletes in the master category do not count towards the number of official athletes per mission.

Number of Athletes for mission	Other Mission members			
	Mission Chief	Team Chief	Coaches, Trainers	Masseurs, Physiotherapists
1	1			
2 – 4	1		1	
5 – 8	1		1	1*

\* The masseur can be replaced by a second coach

**2) Composition of a mission (individual athletes):** A nation team can participate in World Military Marathon and Half Marathon Championship with one (1) or two (2) individual athletes. If the number of athletes is less than three (3) athletes, the nation will score only to individual classification. If the national team will start with four (4) or three (3) athletes and they will arrive with one (1) or 2 (two), they will be score to individual classification.

**3) Extra quota – Master athletes (40 and above)**

**3.a)** Following requests from several delegations, it was deemed appropriate, in agreement with the host nation, to allow the registration of up to four extra quota athletes (a maximum of 2 men and 2 women) belonging to the Master category, which begins at the age of 40 and above. This initiative aims to promote inclusivity and recognizes the growing interest among Master athletes to participate in such prestigious events. It also provides an opportunity for experienced athletes to compete at an individual level without altering the integrity of the official team competitions. By doing so, the championship fosters broader participation and honors the dedication and achievements of athletes in the Master category.

**3.b)** These athletes will be classified as “extra quota” and will not affect the standard team composition numbers or influence the official competitions. Their participation will be limited to competing in the same event as their peers, but exclusively on an individual level.

**3.c)** To ensure fair competition and proper recognition, a dedicated Master ranking will be created. This ranking will include:

1. Extra quota Master athletes.
2. Master athletes who are part of the regular teams within the standard quota.

**3.d)** Despite this shared ranking, the extra quota athletes remain distinct because they do not influence the team rankings of their respective nations. This distinction ensures that their presence does not

disrupt or disadvantage teams adhering to the standard rules while allowing experienced Master athletes additional opportunities to compete and be recognized.

**3.e)** The Master category (athletes aged 40 and above) will not have an official Military World Championship title associated with it. This means that there will be no formal recognition of the category as part of the official championship titles typically awarded in the event.

**3.f)** Instead, as previously specified above, a separate ranking will be created for Master athletes. This ranking will be independent of the official team and individual rankings of the main competition and will include performances only from athletes in the Master category. The decision to provide awards or recognition, such as medals or certificates, to the top three individuals in this category will be left to the discretion of the host nation and the organizing committee, in consultation with the OCR and PCSC. Their decision will depend on various factors, including the level of participation from different nations in this format.

**B. Program of stay:** The ideal duration of the stay is 4/5 (four, five) days.

The program indicatively it will be so composed:

1<sup>st</sup> day: arrival of the delegations

2<sup>nd</sup> day: technical meeting, recognition of the course, opening ceremony

3<sup>rd</sup> day: race, closing ceremony

4<sup>th</sup> day: cultural day (possible\*)

5<sup>th</sup> day: departure of the delegations

The opening and closing ceremonies can however take place on days other than those scheduled in the program.

**C. Events:** The list of events for men and women require that two (2) mandatory events of the CISM Marathon or Half Marathon Championship be organized:

- Men Marathon or Half Marathon: The official distance of a marathon is 42.195 kilometers (26.2 miles), and the official distance of a half marathon is 21.0975 kilometers (13.1 miles)
- Women Marathon or Half Marathon: The official distance of a marathon is 42.195 kilometers (26.2 miles), and the official distance of a half marathon is 21.0975 kilometers (13.1 miles)

**D. Daily schedule of the championship:** The competitions take place in a single day, therefore point B (Program of stay) can be followed.

# **CHAPTER IV: SPECIFIC REGULATIONS FOR TRACK AND FIELD DURING CADET GAMES**

## **Article 4.1. TECHNICAL RULES**

**A.** The competitions will be conducted in accordance with the most recent edition of the CISM Track & Field Regulations and the World Athletics Technical and Competition Rules (including all updates and amendments).

## **Article 4.2. MEDALS AND REWARDS**

**A.** The organizing country must reward the three (3) first places in each individual events or relays with medals and diplomas.

**B.** Other possible rewards will be granted on the initiative of the organizing country (cups, medals, souvenirs, etc.).

## **Article 4.3. RATIFICATION OF RECORDS**

**A.** A record ratification sheet will be prepared by the organizing country for all CISM records equaled or broken. It should be signed by all the officials that have judged the event, and by the referee-judge, and transmitted to the CISM HQ General Secretariat.

**B.** The Organizing Committee will compulsorily include the list of the present CISM records in the program of the championships.

## **Article 4.4. FAIR PLAY**

**A.** A sportsman or a team which, during a championship of the CISM, would do honor to the CISM's device "Friendship by sport" would receive an honorary distinction. A fair play trophy will be given to an athlete or a team, which has shown a fair play attitude.

**B.** Is concerned by this distinction any athletes, team or responsible who by their respect of sportive ethics, the non-violence and the sense of military honor have proved to be very "just so" during the competition.

**C.** The CISM Official Representative, the President and the members of Sport Committee and the Organizing country's representative are the persons who can make this appreciation.

**D.** The attitude of an athlete or a team, the fair play of which deserves to be cited, as example must be mentioned in reports established in the end of each championship by the CISM Official Representative and the President of the committee.

**E.** This trophy is not systematically attributed.



## **Article 4.5. RACE FORMAT**

### **A. Participation**

**1) Composition of the track and field mission (complete team):** In the World Cadet Games any Mission can participate in all different sport or in only some of them. The composition of the mission is therefore directly linked to the choice of sport in which the mission will participate.

In Track and Field, each country may enter a complete team consisting of maximal 20 athletes (11 competitors' men and 9 competitors' women), on an incomplete team.

Ord.	Function	Number
1	Team Captain	1
2	Coaches / Trainers	2
3	Competitors Men	11
4	Competitors Women	9
	Total	23

2) Each team may enter a maximum of:

- Two (2) athletes for individual event
- One (1) team in each relay race

Each athlete may participate in a maximum of 2 individual events and 2 relays.

**B. Program of the stay:** The program of the stay is defined in alignment with the general program of the stay for the Cadet Games.

### **C. Events**

List of the events:

#### *MEN*

- Track events: 100m, 200m, 400m, 800m, 1500m, 5000m, 10.000m, 4 x 100m relay, 4 x 400m relay
- Field events: Shot Put, Long jump, High Jump

#### *WOMEN*

- Track events: 100m, 200m, 400m, 800m, 1500m, 5000m, relay 4 x 400m relay
- Field events: Long jump, **High jump** (this race has not yet been added to the technical program, but its inclusion has been proposed starting from the next edition)

*MIXED: 4 x 400m relay* (this race was included for the first time in Caracas in 2024).

**D. Daily schedule of the championship:** The technical program should be developed over 3 or 4 days (with morning and afternoon sessions) and adjusted based on the number of participants. It provides only an indicative example of a technical program. The schedule is provisional and may be subject to changes based on the exact number of athletes participating in the various competitions. (adjusting heats, semifinals, and finals as necessary).

DAY / TIME	Event	GENDER	FASE
1 Day	100 m	WOMEN	ROUND 1
All Day	100 m	MEN	ROUND 1

	400 m	WOMEN	SEMIFINAL
	400 m	MEN	SEMIFINAL
	800 m	WOMEN	SEMIFINAL
	800 m	MEN	SEMIFINAL
	100 m	WOMEN	SEMIFINAL
	100 m	MEN	SEMIFINAL
	High Jump	MEN	FINAL
	5000 m	WOMEN	FINAL
	5000 m	MEN	FINAL
2 Day All Day	4 x 400 m	WOMEN	SEMIFINAL
	4 x 400 m	MEN	SEMIFINAL
	Shot Put	MEN	FINAL
	100 m	WOMEN	FINAL
	100 m	MEN	FINAL
	800 m	WOMEN	FINAL
	800 m	MEN	FINAL
	4 x 100 m	MEN	SEMIFINAL
3 Day All Day	200 m	WOMEN	ROUND 1
	200 m	MEN	ROUND 1
	Long Jump	MEN	FINAL
	1500 m	WOMEN	SEMIFINAL
	1500 m	MEN	SEMIFINAL
	400 m	WOMEN	FINAL
	400 m	MEN	FINAL
	200 m	WOMEN	SEMIFINAL
	200 m	MEN	SEMIFINAL
4 Day All Day	Long Jump	WOMEN	FINAL
	200 m	WOMEN	FINAL
	200 m	MEN	FINAL
	10.000 m	MEN	FINAL
	4 x 100 m	MEN	FINAL
	1500 m	WOMEN	FINAL
	1500 m	MEN	FINAL
	4 x 400 m	WOMEN	FINAL
	4 x 400 m	MEN	FINAL

# CHAPTER V: SPECIFIC REGULATIONS FOR PARALYMPIC ACTIVITY

## SHORT HISTORY

Driven by the commitment to advancing sports opportunities for soldiers who have been wounded in the line of duty, whether active service members or veterans of our Armed Forces, CISM emphasizes the inclusion of tailored, adaptive events. These initiatives highlight the remarkable physical and mental resilience of our soldiers. Athletics, as a flagship sport symbolizing strength and valour, plays a pivotal role in encouraging the integration of such events into the schedules of our various championships. It stands as a powerful testament to the courage and determination of these individuals. To achieve this, we must respond to a design brief that upholds the same high standards of organization and professionalism seen in current technical frameworks. This requires making deliberate and consistent choices regarding podium configurations, classifications, and event types, ensuring they reflect rigorous and coherent criteria.

## Article 5.1. TECHNICAL RULES

**A.** Competitive para-sport has made remarkable strides and established a robust structure within the civilian sphere, guided by the International Paralympic Committee (IPC) and its dedicated athletics body, World Para Athletics (WPA). Over the years, rules and regulations have been refined, tested, and aligned to meet the stringent design briefs entrusted to us.

Military Para-Athletics will fully adopt the technical and regulatory standards recommended by WPA, following the established practice of aligning military disciplines with their civilian counterparts. This ensures consistency, fairness, and integration with the global standards that govern para-sports. For detailed information, the WPA Rules and Regulations can be accessed via the following link:

<https://www.paralympic.org/athletics/rules>

**B.** It should be noted that military personnel or former service members diagnosed with Post-Traumatic Stress Disorder (PTSD), or those deemed ineligible for competition under WPA criteria or classifications, have requested the development of specific rules and regulations tailored to their needs. Inspired by the spirit of the Invictus Games, this initiative aims to establish a dedicated category that upholds inclusivity and recognizes their unique challenges and strengths.

## **C. Classifications**

1) Since it is not possible to predict in advance the number and categories of athletes participating in the Military Paralympic Championship or the Paralympic events included within a CISM athletics championship, the final classifications will be determined after the registration data of the participating athletes has been collected. To maximize participation in events and competitions, categories may be grouped based on the number of registered athletes for each event and each championship. The local organizing committee, in collaboration with the CISM Track and Field PCSC or their designated representative, will have full authority over the organization and implementation of these groupings.

2) In general, and in full respect of CISM's inclusive spirit, it will be possible to merge various categories where necessary. These category mergers will be conducted with an inclusive approach,

considering that in the CISM context, we have even fewer athletes compared to the Paralympic settings overseen by the International Federation and the International Paralympic Committee. As previously mentioned, priority will still be given to the classifications established by the International Federation and the International Paralympic Committee.

3) However, to ensure broader and more inclusive participation, an **"open category"** will be introduced. This category is specifically designed for military athletes who do not fall under the official classifications established by the International Federation. It provides an opportunity for all those who do not meet the standard criteria to compete

## **Article 5.2. MEDALS AND REWARDS**

In accordance with point B (Criteria) of Article 8.30 (Official Medals) of the CISM Regulations (June 2024 edition), medals will only be awarded if the minimum participation criteria outlined in the following table are met.

<b>Medals</b>	<b>Number of Athletes</b>
Gold, Silver & Bronze	4 or more
Gold & Silver	3
Gold	2

This ensures fairness and consistency across all events, aligning with the official standards established by CISM.

## **Article 5.3. FAIR PLAY**

**A.** A sportsman or a team which, during a championship of the CISM, would do honor to the CISM's device "Friendship by sport" would receive an honorary distinction. A fair play trophy will be given to an athlete or a team, which has shown a fair play attitude.

**B.** Is concerned by this distinction any athletes, team or responsible who by their respect of sportive ethics, the non-violence and the sense of military honor have proved to be very "just so" during the competition.

**C.** The CISM Official Representative, the President and the members of Sport Committee and the Organizing country's representative are the persons who can make this appreciation.

**D.** The attitude of an athlete or a team, the fair play of which deserves to be cited, as example must be mentioned in reports established in the end of each championship by the CISM Official Representative and the President of the committee.

**E.** This trophy is not systematically attributed.

## **Article 5.4. ANTI-DOPING CONTROL**

**A.** A doping control is accomplished according to the provisions in the CISM Regulations chap. IX and in accordance with the most up-to-date WADA Regulations.

**B.** The organizing committee of a championship shall ensure that referees/judges, installations and equipment correspond with the respective rules and shall guarantee the Anti-doping control must be done according to the annual CISM Antidoping test distribution plan (TDP).

## **Article 5.5. RACE FORMAT**

### **A. Participation**

1) Composition of a mission: Regarding the composition of the mission, depending on the nature of the event (whether it is a standalone Paralympic World Championship or a Paralympic event integrated into another CISM athletics championship), it will be determined by the organizing committee in coordination with the PCSC (President of the CISM Sports Committee) and the CSC (CISM Sports Committee). The decision will consider the specific requirements of the event, ensuring alignment with CISM standards and the inclusive values that underpin all its activities.

2) When Paralympic events are included in a Military World Championship or Military World Games, and especially in the case of a standalone Military Paralympic Championship, it is essential to ensure the mission includes a medical professional or specialized personnel. This is crucial to address the specific needs of the athletes, provide immediate medical assistance if required, and maintain the highest standards of care and safety.

### **B. Program of the stay**

1) As previously mentioned, the program of the stay cannot be precisely defined in advance, as it depends on the type of event being organized. This may involve either a standalone Paralympic event (Military World Paralympic Athletics Championship) or the inclusion of Paralympic events within another Military World Athletics Championship or the Military World Games.

2) In the case of a standalone championship, it is recommended that the program of the stay be structured over six days, organized as follows:

1<sup>st</sup> day: arrival of the delegations

2<sup>nd</sup> day: technical meeting, classification activities, opening ceremony

3<sup>rd</sup> day: competitions

4<sup>th</sup> day: competitions

5<sup>th</sup> day: competitions, cultural visit (possible\*), closing ceremony

6<sup>th</sup> day: departure of the delegations

The opening and closing ceremonies can however take place on days other than those scheduled in the program.

3) For events where Paralympic competitions are integrated into another CISM World Military Athletics Championship (e.g. marathon, cross country...) or the World Military Games, the inclusion of these events will be planned in coordination with the broader technical program of the host event. This approach ensures seamless integration while respecting the unique needs and requirements of Paralympic athletes.

### **C. Events**

1) Considering all the disciplines that are part of athletics and the possible championships that can be organized in this sport (such as marathons, half-marathons, stadium events, cross-country running, and Military World Games, both summer and winter editions), it is possible to include Paralympic

events within these competitions or to create standalone athletics championships exclusively dedicated to athletes with disabilities

2) The military Paralympic athletics events typically held within the stadium are as follows:

*Track:* 100m, 200m, 400m, 800m, 1500m, 5000m

*Jump:* Long Jump, High Jump

*Throwing:* Discus Throw, Javelin Throw, Shot Put

Each athlete may participate in a maximum of three events, ensuring fair distribution of efforts and opportunities for competition.

3) For cross-country running events, shorter distances are typically included compared to the official technical program. These events are generally planned with a distance between 4 and 6 km, ensuring accessibility and adaptability for all participants.

4) In marathon or half-marathon events, reduced distances are often planned, such as 5 or 10 km.

#### **D. Daily schedule of the championship**

1) The daily schedule of the championship will depend on the nature of the event. For standalone Paralympic championships, the program will generally include three days of competition, with an optional day allocated for classification activities to ensure that athletes are accurately grouped based on their eligibility and abilities.

2) In the case of events where Paralympic competitions are integrated into another Military World Athletics Championship or the Military World Games, the daily schedule will be adapted in coordination with the main technical program of the event. This ensures optimal alignment and smooth organization while allowing adequate time for the Paralympic competitions and any required classification activities.