



**NORTH AMERICAN
ISMAILI GAMES**

TRACK & FIELD RULEBOOK

Introduction

The North American Ismaili Games (NAIG) is a premier regional sporting event that brings together athletes from across North America in a spirit of excellence, sportsmanship, and healthy competition, aligned with international standards.

Beyond competition, NAIG serves as a platform for unity, belonging, and shared growth—fostering meaningful connections and collective pride across regions. The Games are designed to be inclusive and accessible, enabling participation across age groups, skill levels, and regions.

NAIG also promotes lifelong active living and continuous improvement, while extending its impact through complementary programming such as development clinics, leadership forums, mentorship, and community engagement.

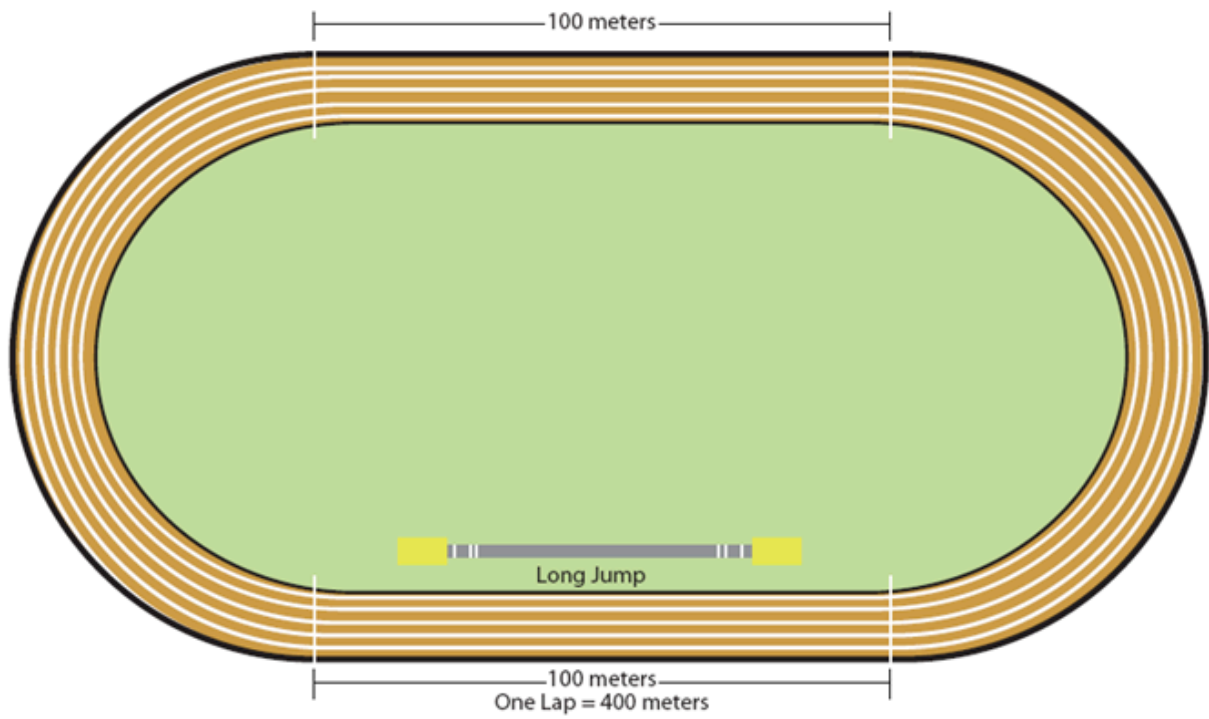
Click [here](#) and [here](#) for more information on the Official Competition Rules from World Athletics.

Highlights

- There will be age-based heats and divisions.
- The length of the standard outdoor track shall be four-hundred (400) meters.
- The direction of running shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered one (1).
- All races shall be started by the report of the starter's gun fired upwards after they have ascertained that athletes are steady and in the correct starting position.
- Any athlete(s) responsible for two (2) false starts shall be disqualified.

Track and Field Facility

The diagram below is an illustration of a track and field facility:



Equipment

- Athletes may participate barefoot or with footwear on one (1) or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give an athlete any additional assistance, and no spring or device of any kind may be incorporated in the shoes. A shoe strap over the instep is permitted.
- The sole and heel of the shoes shall be so constructed as to provide for the use of up to eleven (11) spikes. Any number of spikes up to eleven (11) may be used but the number of spike positions shall not exceed eleven (11).

The start

- The start of a race shall be denoted by a white line five (5) centimeters wide. In all races not run in lanes, the start line shall be curved so that all the runners start the same distance from the finish.
- Starting blocks shall be used for all races up to and including four-hundred (400) meters (including the first leg of the 4x100 meters and 4x400 meters) and shall not be used for any other race. In all races up to and including four-hundred (400) meters a crouch start and the use of starting blocks are compulsory.
- All races shall be started by the report of the starter's gun or approved starting apparatus fired upwards after they have ascertained that athletes are steady and in the correct starting position.
- At all international meetings, the commands of the starter in their own language, in English, in races up to and including four-hundred (400) meters be "On your marks", "Set", and when all Athletes are "Set", the gun shall be fired, or approved starting apparatus activated. An athlete shall not touch either the start line or the ground in front of it with their hands or their feet when on their marks.
- In all races up to and including four-hundred (400) meters after the "On your marks" command, an athlete shall approach the start line, assume a position completely within their allocated lane and behind the start line. Both hands and

one knee shall be in contact with the ground and both feet in contact with the starting blocks. At the "Set" command, an athlete should immediately rise to their final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks.

- In races longer than four-hundred (400) meters, the command shall be "On your marks" and the athlete shall approach the start line and assume a starting position behind the start line, and when all athletes are steady, the gun shall be fired, or approved starting apparatus activated. An athlete shall not touch the ground with their hand or hands during the start and the start line or the ground in front of it with their feet when on their mark.
- On the command "On your marks" or "Set", as the case may be, all athletes shall at once and without delay assume their full and final set position. Failure to comply with this command after a reasonable time shall constitute a false start. If an athlete after the command "On your marks" disturbs the other athletes in the race through sound or otherwise, it may be considered a false start. If an athlete commences their starting motion after assuming their full and final set position, and before the firing of the gun, or approved starting apparatus, it shall be deemed a false start.
- If for any reason the starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, they shall order all athletes to withdraw from their marks and place them on the assembly line again
- Any athlete making a false start shall be warned. If an athlete is responsible for two (2) false starts, they shall be disqualified.
- The starter or any recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun.
- When one (1) or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The starter should warn only such athlete(s) who, in their opinion, were responsible for the false start. This may result in more than one (1) athlete being warned. If the false start is not due to any athlete, no warnings shall be given.

Running in Lanes

- In all races run in lanes up to and including four-hundred meters (400m), each athlete shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes, specifically the eight-hundred meters (800m). If the referee is satisfied, on the report of a judge or umpire or otherwise, that an athlete has run outside their lane, they shall be disqualified.
- If an athlete is pushed or forced by another person to run outside their lane, and if no material advantage is gained, the athlete shall not be disqualified.
- If an athlete either:
 - Runs outside their lane, and no material advantage is gained in the straight, and no other athlete is obstructed then they shall likewise not be disqualified.
 - Runs outside the outer line of their lane on the bend, with no material advantage thereby being gained, and no other athlete is obstructed then they shall likewise not be disqualified.
- Except in the case of relay races run in lanes, athletes may not make check-marks or place objects on or alongside the running track for their assistance.
- The eight-hundred meter (800m) race shall be run over two (2) laps of a four-hundred meter (400m) track. Athletes shall make standing starts from staggered positions and run in lanes until the end of the first (1st) bend, which is when they can break for the inside. The starts shall be so staggered that the distance from the start to the finish shall be the same for each athlete. A marker shall be placed at each end near the first (1st) turn just outside the track about thirty centimeters (30 centimeters) from the nearest lane line.
- The fifteen-hundred meter (1500m) race shall be run over three-and-three-quarter (3^{3/4}) laps of a four-hundred meter (400m) track. Athletes shall make a bunched standing start and can break immediately for the inside.

Timing and Finish

- The athlete's finish position is determined by the first part of their torso—defined as the chest, trunk, or abdomen—that breaks the vertical plane of the finish line - not the head, arms, legs, or feet
- Two (2) alternative methods of timekeeping shall be recognized as official:
 - Hand timing.
 - Fully automatic timing obtained from a photo finish system.

Hand timing

- Every effort should be made to allow participants to compete for advancement on the track directly against fellow athletes in order to minimize variations in hand timing.
- The timekeepers shall be in line with the finish and outside the track. Wherever possible, they should be placed at least five (5) meters from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.
- The time shall be taken from the flash/smoke of the gun or approved starting apparatus to the moment at which any part of the body of an athlete (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the perpendicular plane of the nearer edge of the finish line.
- Three (3) official timekeepers (one (1) of whom shall be the chief timekeeper) and one (1) or two (2) additional timekeepers shall time the winner of every event. The times recorded by the additional timekeepers' watches shall not be considered unless one (1) or more of the official timekeepers' watches fail to record the time correctly, in which case the additional timekeepers shall be called upon, in such order as has been decided previously, so that in all the races, three (3) watches should have recorded the official winning time.
- Each timekeeper shall act independently and without showing their watch to, or discussing their time with, any other person, shall enter their time on the official form and, after signing it, hand it to the chief timekeeper who may examine the watches to verify the reported times.

- For all hand-timed races on the track, times shall be read to the next longer one-tenth ($1/10^{\text{th}}$) of a second. The times for races partly or entirely outside the stadium shall be converted to the next, longer full second.
- If two (2) of the three (3) watches agree and the third (3^{rd}) disagrees, the time recorded by the two (2) shall be the official time. If all three (3) timekeepers disagree the middle time shall be official. Should only two (2) times be available, and if they differ, the longer time shall be official.

Ties

- If there is a tie between athletes in different heats for a ranking position or for a qualifying position for the next round, the tying athletes shall be placed in the next round.
- In the case of a tie for any place in any final, including first (1^{st}) place, the tie shall remain.

Obstruction

- Any competing athlete, who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of a heat, to permit any athlete(s) seriously affected by jostling or obstruction (other than any disqualified athlete), to participate in a subsequent round of the event.

Athlete Identification

- Every athlete shall be provided with two (2) number bibs which, during the competition, shall be worn visibly on the breast and back. The number bib shall correspond with the number allocated to the athlete in the program. If track suits are worn during the competition, number bibs shall be worn on the track suit in a similar manner.

Simultaneous Entries

- If an athlete is entered in both a track and field event, or in more than one (1) field event taking place simultaneously, the appropriate referee may, for one (1) round at a time, or for each trial, allow an athlete to take their trial in an order different from that decided upon by the draw prior to the start of the event.

Seeding, Draws and Qualification in Track Events - Rounds and Heats

- Preliminary rounds (heats) shall be held in track events in which the number of athletes is too large to allow the event to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must participate in, and qualify through, all such rounds.
- The following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure, i.e. those to advance by place (P) and time (T), for each round of Track Event

100m, 200m, 400m, 800m, 4x100m, 4x400m

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	P	T	Heats	P	T	Heats	P	T
9-16	2	3	2						
17-24	3	2	2						
25-32	4	3	4				2	3	2
33-40	5	4	4				3	2	2
41-48	6	3	6				3	2	2
49-56	7	3	3				3	2	2
57-64	8	3	8	4	3	4	2	4	
65-72	9	3	5	4	3	4	2	4	
73-80	10	3	2	4	3	4	2	4	
81-88	11	3	7	5	3	1	2	4	
89-96	12	3	4	5	3	1	2	4	
97-104	13	3	9	6	3	6	3	2	2

1500m

Declared Entries	First Round			Second Round			Semi-Finals		
	Heats	P	T	Heats	P	T	Heats	P	T
16-30	2	4	4						
31-45	3	6	6				2	5	2
46-60	4	5	4				2	5	2
61-71	5	4	4				2	5	2

5000m: No heats will be held for this event. The competition will have a straight final.

- Whenever possible, athletes of each nation shall be placed in different heats
- In the first (1st) round the lane order and the heat number shall be drawn by lot
- After the first (1st) round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
 - For events of one-hundred (100) meters to eight-hundred (800) meters inclusive, and relays up to and including 4 x 400 meters, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:
 - Fastest heat winner.
 - Second (2nd) fastest heat winner.
 - Third (3rd) fastest heat winner, etc.
 - Fastest second (2nd) place.
 - Second (2nd) fastest second (2nd) place.
 - Third (3rd) fastest second (2nd) place, etc.(Concluding with)
 - Fastest time qualifier.
 - Second (2nd) fastest time qualifier.
 - Third (3rd) fastest time qualifier, etc.
- The athletes shall then be placed in heats in the order of seeding in a zigzag distribution, i.e. three (3) heats will consist of the following seeding according to their timings in previous heats:

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

- The fastest runner among all qualifiers will be part of the heat which will run last. The second fastest runner will be part of the heat which will run second last. In the above example, Heat C will run first, Heat B will run next and Heat A will run the last.
- The following minimum times must be allowed, when practicable, between the last heat of any round and the first (1st) heat of a subsequent round or final:
 - Up to and including eight-hundred (800) meters forty-five (45) minutes
 - Over one-thousand (1000) meters not on the same day
 - For the heats in the semis and finals, runners will be assigned to lanes in their respective heats as per the matrix below.

Single Heat in Next Round

Lane	4	5	3	6	2
Rank	1	2	3	4	5

Two Heats in Next Round

Lane	4	5	3	6	2
Rank	2	4	6	8	10
Rank	1	3	5	7	9

Three Heats in Next Round

Lane	4	5	3	6	2
Rank	1	6	7	12	13
Rank	2	5	8	11	14
Rank	3	4	9	10	15

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Relay Races

- Lines five (5) centimeters wide shall be drawn across the track to mark the distances of the stages and to denote the scratch line.
- Each take-over zone shall be twenty (20) meters long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. Relay races shall be run entirely in lanes. Members of a team other than the first (1st) runner may commence running not more than ten (10) meters outside the take-over zone. A distinctive mark shall be made in each lane to denote this extended limit.
- The baton shall be carried by hand throughout the race. If dropped, it shall be recovered by the athlete who dropped it. They may leave their lane to retrieve the baton provided that, by doing so, they do not lessen the distance to be covered. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification.
- In all relay races, the baton shall be passed within the take-over zone. The passing of the baton commences when it is first (1st) touched by the receiving runner and is completed the moment it is in the hand of only the receiving runner. Athletes are not permitted to wear gloves or to place substances on their hands in order to obtain a better grip of the baton. Within the take-over zone, it is only the position of the baton which is decisive, and not the position of the body of the athletes. Passing of the baton outside the take-over zone shall result in disqualification.
- Assistance by pushing or by any other method shall result in disqualification
- Once a relay team has started in the event, only one (1) additional athlete may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team may only be made from the list of athletes already entered for the meet whether for that or any other event.
- A participant who is listed on the relay team and runs in any official round will be given a medal based on finals results, but only participants of the final round will participate in the podium ceremony.

Warm-up

- Prior to the start of the competition each day, athletes shall be entitled to a one (1) hour warm-up period in the track and field facility, barring any facility restrictions.
- A submission shall be made to provide a warm-up/practice day on day one (1) of the competition for all track and field athletes.
- The athlete shall be able to warm-up for approximately ten (10) minutes prior to their competition in track events. However, athletes should be ready 30 minutes before his/her race time and must reach the designated reporting area.
- The competition area shall be cleared five (5) minutes before the scheduled start of the actual competition.

Coaching

- Coaching is considered to be communication, advice or instruction of any kind given to an athlete.
- Coaching can be provided to the athlete(s) before, just prior to, and after each race/trial.
- Coaches will be allowed to sit on the main track and field platform in their designated bench/sitting areas along with their athletes. If this is not possible, coaches will be given reserved seating in the spectator seating area.
- The coach records or checks in the names of their athletes on the heat/trial sheet
- Where a head coach is not present or available, an assistant coach, team manager, or "team" captain may assume the role of a coach.
- Under no circumstances can coaching be provided when the race/trial has started or disrupt or delay the race/trial in any manner.

Bleeding and Injury

Bleeding

- When it is detected by the referee or any of the other officials that an athlete is bleeding, has an open wound, has any blood on their uniform, or has blood on them after the event has commenced, the athlete shall be allowed to complete the running event or field event trial. However, the athlete shall not participate further until appropriate medical treatment has been administered.
- No athlete shall attempt to race or jump until cleared by medical personnel and the referee is assured that the bleeding has stopped, the wound is covered, the uniform is cleaned/changed and the body is cleaned.
- If the bleeding is detected just prior to the start of the race/trial, the athlete will be directed to seek medical assistance and shall be given a five (5) minute recovery time. If the bleeding isn't able to stop, they shall forfeit the race/trial.

- When the above occurs prior to the start of a race/trial, the start shall be delayed while the athlete receives proper medical treatment or is replaced by another legal entry off the race/trial entry heat sheet.
- The athlete shall be given a five (5) minute recovery time. If the bleeding does not stop, and there is no legal substitute on the heat sheet, the Athlete/Team shall forfeit the race/trial.
- All final decisions on injury and bleeding will be left to the referee in charge of the competition and the referee's decision will be final.

Injury

- Should a serious accident occur while the athlete is racing/jumping, the referee shall stop the heat/trial immediately and permit medical assistance to enter the track and field area. The race/trial will then be re-held.
- The athlete shall be given a five (5) minute recovery time, if the athlete isn't able to recover, they shall forfeit the race

For all other issues not addressed in these Competition Rules, please refer to The United State Ismaili Games General Rules and Regulations.