



**European
School
Games**

2026




ATHLETICS

RULES AND REGULATIONS

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GENERAL CONDITION

GENERAL OVERVIEW

This document ensures that all competition-related aspects are managed fairly and mannered. The key objectives of these regulations are:

- *Defining the general conditions for participation in ESG Athletics events.*
- *Outlining the sports program details.*
- *Specifying the technical rules.*
- *Establishing delegation composition guidelines.*
- *Setting the procedures for draws.*
- *Defining the process for protests and appeals.*

Any exception to these rules can be made by the Event Technical Athletics Committee (ETAC)

1. GENERAL CONDITION

The competition will be conducted following the World Athletics technical regulations and overseen by the Event Technical Athletics Committee (ETAC). Any variations from World Athletics regulations will be outlined in the event bulletin. The competition will follow the World Athletics Regulations, ensuring compliance with age-specific rules and guidelines. Decisions regarding issues not covered in this document will be determined by the ETAC.

COMPETITION CATEGORIES

U18: Boys and Girls Categories

U15: Boys and Girls Categories*

AGE ELIGIBILITY:

- U18: athletes born in 2008–2009–2010–2011
- U15: athletes born in 2012–2013–2014–2015*

Younger athletes may be accepted upon approval by the ETAC.

2. SPORT PROGRAM

Events: Boys and Girls Team Competitions

U15 Boys Events

- Sprints & Middle Distance: 100m, 200m, 400m, 800m, 1500m
- Hurdles: 100m Hurdles (0.838m), 300m Hurdles (0.762m)
- Jumping Events: High Jump, Long Jump, Triple Jump
- Throwing Events: Shot Put (4.0kg), Discus (1.0kg), Javelin (600g)
- Relays: 4x100m, Medley Relay (100m-200m-300m-400m)

U15 Girls Events

- Sprints & Middle Distance: 100m, 200m, 400m, 800m, 1500m
- Hurdles: 100m Hurdles (0.762m), 300m Hurdles (0.762m)
- Jumping Events: High Jump, Long Jump, Triple Jump
- Throwing Events: Shot Put (3.0kg), Discus (0.750kg), Javelin (500g)
- Relays: 4x100m, Medley Relay (100m-200m-300m-400m)

U18 Boys Events

- Sprints & Middle Distance: 100m, 200m, 400m, 800m, 1500m, 3000m
- Hurdles: 110m Hurdles (0.914m), 400m Hurdles (0.838m)
- Steeplechase: 2000m Steeplechase (0.838m)
- Jumping Events: High Jump, Long Jump, Triple Jump, Pole Vault
- Throwing Events: Shot Put (5.0kg), Discus (1.5kg), Javelin (700g), Hammer (5.0kg)
- Relays: 4x100m, Medley Relay (800m-600m-400m-200m); Medley Relay (100m-200m-300m-400m)

U18 Girls Events

- Sprints & Middle Distance: 100m, 200m, 400m, 800m, 1500m, 3000m
- Hurdles: 100m Hurdles (0.762m), 400m Hurdles (0.762m)
- Steeplechase: 2000m Steeplechase (0.762m)
- Jumping Events: High Jump, Long Jump, Triple Jump, Pole Vault
- Throwing Events: Shot Put (3.0kg), Discus (1.0kg), Javelin (500g), Hammer (3.0kg)
- Relays: 4x100m, Medley Relay (800m-600m-400m-200m); Medley Relay (100m-200m-300m-400m)

A male athlete with a beard and long hair tied back is captured in a dynamic pose during a shot put throw. He is wearing a blue t-shirt and black shorts. He is positioned on a circular concrete track, with his right leg extended forward and his left leg bent. His right arm is extended forward, holding a shot put, while his left arm is extended back. The background is a dark, cloudy night sky. The text "TECHNICAL" is overlaid in yellow, bold, sans-serif font, positioned to the left of the athlete's head. A vertical white line is positioned to the left of the text.

TECHNICAL

RULES

3. TECHNICAL RULES



Starting Blocks

- Only starting blocks provided by the Organizing Committee shall be used.
- Private starting blocks will not be permitted.

Specific Entry Rules

- There is no limit to the number of athletes per country, per event, or per gender.
- Each athlete may enter a maximum of:
 - Three (3) individual events + Two (2) relays;
 - Two (2) individual events + Three (3) relays.
- Each delegation must register at least one (1) coach per gender.
- In field event qualifications, athletes are allowed three (3) attempts to meet the qualifying mark.
- If an athlete achieves the mark on the 1st or 2nd attempt, they automatically qualify for the final and must stop further attempts.
- In field event finals (throws, long jump, triple jump), four (4) attempts are allowed for all finalists.
- After the third round in finals, an inverted order will be applied, with the lowest-ranked athletes attempting first.
- In vertical jumps (high jump, pole vault), each athlete has three (3) attempts per height.
- If in any race an athlete has a false start (1st False Start) all the runners in that race shall be warned that any further false start will result in disqualification for the athlete concerned.

3. TECHNICAL RULES



System of Play & Event Progression

Sprints & Hurdles (100m, 200m, 400m, 100mH, 110mH, 300mH, 400mH)

- 1–8 athletes: Direct Final.
- 9–16 athletes: 2 heats, Top 3 + 2 fastest times advance to Final.
- 17–24 athletes: 3 heats, Top 2 + 2 fastest times advance to Final.
- 25–32 athletes: 4 heats, Top 3 + 4 fastest times advance to Semifinals or 8 fastest go to Final.
- 33–40 athletes: 5 heats, Top 2 + 6 fastest times advance to Semifinals or Final.
- 41+ athletes: Heats → Semifinals → Final.

Middle & Long-Distance (1500m, 3000m)

- 1–15 athletes: Direct Final.
- 16–30 athletes: 2 heats, Top 4 + 4 fastest times advance to Final.
- 1+ athletes: 3 heats, Top 6 + 6 fastest times advance to Final.
- Or 16 and more – final by heats

If the registration numbers do not reach the number required to carry out the qualifiers, the event will go to the final and will be held at the final time.

Field Events

- Throws & Horizontal Jumps
 - Qualifying Round: Each athlete gets three (3) attempts.
 - Finals: Four (4) attempts per finalist.

After the third round, the top 8 receive 2 additional attempts.

If there are 8 or fewer athletes, all receive 4 attempts.

- Vertical Jumps (High Jump & Pole Vault)
 - Each athlete is allowed three (3) attempts per height.

3. TECHNICAL RULES



Races Over Hurdles

U15

Boys 110m Hurdles: 0.838m height, 10 hurdles, distances: 13m–8.5m–10.5m

Girls 100m Hurdles: 0.762m height, 10 hurdles, distances: 13m–8.5m–10.5m

Boys & Girls 300m Hurdles: 0.762m height, 7 hurdles, distances: 50m–35m–40m

U18

Boys 110m Hurdles: 0.914m height, 10 hurdles, distances: 13.72m–9.14m–14.02m

Girls 100m Hurdles: 0.762m height, 10 hurdles, distances: 13m–8.5m–10.5m

Boys 400m Hurdles: 0.838m height, 10 hurdles, distances: 45m–35m–40m

Girls 400m Hurdles: 0.762m height, 10 hurdles, distances: 45m–35m–40m

Boys 2000m Steeplechase Hurdles: 0.762m

Girls 2000m Steeplechase Hurdles: 0.838m

Relays

- Relay team registration must be submitted at least 4 hours before the event. Any last-minute changes must be approved by ETAC no later than 30 minutes before the race.
- These team forms must provide the names of countries, athletes and their bib numbers and must be in running order including reserve runners.
- Athletes can only run in the declared order; any deviation will lead to disqualification.
- Teams may apply for substitutions due to injury, but only if they provide a medical certificate and obtain technical committee approval.

3. TECHNICAL RULES



Team Scoring and Ranking System

- The team ranking in the competition will be determined by points awarded separately for male and female categories, as well as in an overall classification. In case of a tie between two or more teams, the ranking will be determined by the number of first-place finishes. If the tie persists, the number of second-place finishes will be considered, and so on, until the winning team is identified.
- Points will only be awarded to the first three athletes on the same team. In these cases, the score that would be applied to other athletes on the same team will be attributed to subsequent athletes in the order of classification, only in the final phase of each event.
- In relay events, the above score is doubled.
- In case of a tie, the ranking will be determined by the number of first-place finishes, followed by second-place finishes, and so on.

Entrance Fees to the Track

- Access to the track and competition area is strictly limited to accredited athletes, coaches, and officials. All participants must enter through designated access points where credentials and permissions will be verified.
- Track events – 15 min before
- Hurdles events – 20 min before
- Field events – 40 min before

3. TECHNICAL RULES



Simultaneous Participation

- If an athlete is competing in two events simultaneously, both the athlete and their coach must complete a 'Simultaneous Event Participation Form,' acknowledging the responsibility for any potential impact on performance. This form must be submitted to the Call Room before the start of the first event.

Withdrawal Regulations

- Withdrawals must be submitted to the Technical Information Center (TIC) immediately after the Technical Meeting or at least 3 hours before the event.
- For next-day events, withdrawals must be confirmed before the end of the competition day.
- Failure to withdraw on time may result in disqualification from further events.
- Medical withdrawals require a medical certificate, and athletes may only return with official medical clearance.

Stadium Entry

- Only authorized personnel (athletes, coaches, and officials) are allowed inside the stadium.
- Entry will be through designated access gates controlled by event staff.
- Failure to comply with withdrawal procedures may result in disqualification from further events, except in cases of documented medical reasons.

3. TECHNICAL RULES



Warm-up Area & Procedures

- Warm-ups are allowed only in designated warm-up areas.
- No training sessions can take place on the warm-up track during the competition.
- Shot put warm-ups must be conducted in the throwing circle and under official supervision.
- Hurdle warm-ups must be conducted in a designated hurdle warm-up area.
- Athletes must report to the Call Room 45 minutes before their race and will be escorted to the competition venue.

Call Room Procedures

- The Call Room will be located on the warm-up track as specified on the track map for all able-bodied athletes who have access.
- Athletes must be in full competition uniform and ready for immediate participation when entering the Call Room.
- Officials will conduct final checks on bib numbers, spikes, and equipment to ensure compliance with World Athletics rules.
- All athletes are required to report to the event call room before the end of the published call time. Failure to comply with this recommendation will result in the exclusion of the student-athlete from that event and all other events in which they are registered.

3. TECHNICAL RULES



- Athletes arriving late to the Call Room but before the event starts may be allowed to compete at the discretion of ETAC, depending on the circumstances.
- If an athlete's name appears on the start list and he does not appear in the call room to perform the event, the athlete will be noted as DNS and will not be able to compete.
- According to the established rule, an athlete will be excluded from participating in all other competition events, including situations in which:
- Final confirmation was given that the athlete would start the event but was unable to participate.
- An athlete classified in a previous stage of a race must present themselves for new participation in this event if they still intend to compete and continue in the competition.
- Only participants who will compete will be able to enter the call room.

Officials will check all athletes following the World Athletics rules:

- The correct uniform must be worn upon entering the conference room.
- The bib numbers must be properly displayed as established by rule.
- Competition footwear will be checked in accordance with the rules established by World Athletics.

In track events, bags must be left and removed in the mixed zone.

3. TECHNICAL RULES



Personal Implements

- Athletes wishing to use their own throwing implements must submit them to the ETAC for inspection.
- Implements must be delivered to the Technical Implements Room one day before the event.
- A maximum of two (2) personal implements per athlete per event is allowed.
- Pole Vault poles must be delivered at least one day or two hours before the event and labeled with the athlete's name and country.

Competition Bibs

- Bib numbers and pins will be distributed to the head coach or team manager, who is responsible for ensuring athletes receive them.
- Athletes must wear two bib numbers—one on the front and one on the back, except for jumping events, where only one bib is required.
- Bibs must be securely fastened using four pins.
- The bib must remain fully visible; no part may be tucked under the uniform.
- Any alteration or tampering with bibs may result in disqualification.
- Lost bibs can be replaced at the Technical Information Center (TIC).
- Hip numbers for track races will be provided in the Call Room and must remain securely attached.

3. TECHNICAL RULES



Safety Regulations

- To ensure the safety of athletes, officials, coaches, and spectators:
- Warm-ups must take place in designated warm-up areas.
- Coaches must supervise warm-ups.
- In the warm-up track, throwing events must always be supervised by a designated official.
- No glass containers are allowed in the warm-up area.
- Athletes must be cautious while crossing the track and performing throwing events.

Spikes and Shoes

- Athletes must wear footwear that complies with World Athletics regulations. The maximum permitted spike length for track events is 6mm (7mm may be accepted), except for high jump and javelin, where spikes up to 9mm are allowed. Only pyramid, cone, and Christmas tree-shaped spikes are permitted. Needle, pin, and undercut pyramid spikes are strictly prohibited.

A photograph of three female athletes celebrating their victory. They are wearing grey athletic tank tops and have their arms raised in triumph. The athlete in the center is wearing a bib with the number 2598 and a silver medal. The athlete on the right is wearing a bib with the number 1564 and a silver medal. The athlete on the left is also smiling and has a medal around her neck. The background is a bright, slightly hazy sky.

DELEGATION

COMPOSITION

4. DELEGATION COMPOSITION



Each delegation must include:

- Head of Delegation (HOD) (Mandatory)
- Athletes (Mandatory)
- Team Officials (Mandatory)
- Additional Adults (Optional)

Head of Delegation (HOD)

- Each delegation must appoint a single head, who serves as the main liaison between the delegation and the Organizing Committee (OC).

Athletes

- All participants must be students.
- Only accredited players from the official team list may compete.
- Each delegation may register multiple athletes per event, as permitted by the event bulletin.
- Each athlete may compete in a maximum of 3 individual events + 2 relays or 2 individual events + 3 relays.**

* **Any exceptions require OC approval.

Team Officials

Coaches:

- Each team must have at least one coach per gender.
- Teams cannot compete without a designated coach.

Other Team Officials:

- Roles may include doctors, trainers, physiotherapists, statisticians, and team managers.
- Not mandatory but must be specified during registration.

Any unregistered persons will not be considered part of the official team.

Additional Adults

- Roles may include interpreters, security staff, media personnel etc.
- Additional adults are optional and must be specified during registration.
- Unregistered individuals will not receive accreditation.

A female athlete is sitting on a track in a stadium, wearing a blue and yellow uniform. She is smiling and looking towards the camera. The background shows the stadium seating and the track. A vertical white line is positioned to the left of the text.

**DRAW
PROCEDURES**

PROTESTS

AND

APPEALS

5. DRAW PROCEDURES



- The ETAC will oversee the draw for heats and field qualifying events.
- Seeding will be based on entry times/distances provided in registration forms.
- If the number of participants is too low for qualifiers, the event will proceed directly to the final.

6. PROTESTS AND APPEALS

- Eligibility protests must be submitted before the competition to the Event Technical Athletics Committee (ETAC) at the Technical Information Center (TIC).
- Event protests must be filed within 30 minutes after the official result is published only by the coach or the Head of delegation.
- Protests must be made orally to the Main Referee, who may decide immediately or refer the case to ETAC only by the coach or Head of Delegation.

Appeals must be:

- Submitted in writing to the ETAC.
- Filed within 30 minutes of the Referee's decision.
- Accompanied by a €100 fee in cash to the ETAC (refunded if upheld, retained if rejected).

ETAC will issue a decision as soon as possible, but no later than 60 minutes after receiving the appeal



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JUNE
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