



**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
- U15: athletes born in 2011–2012–2013\*

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
- 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
- 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
- Jumping Events: High Jump, Long Jump, Triple Jump
- Throwing Events: Shot Put (5.0kg), Discus (1.5kg), Javelin (700g)
- 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
- Jumping Events: High Jump, Long Jump, Triple Jump
- Throwing Events: Shot Put (3.0kg), Discus (1.0kg), Javelin (500g)
- Relays: 4x100m, Medley Relay (800m–600m–400m–200m); Medley Relay (100m–200m–300m–400m)



A man with a beard and long hair, wearing a blue t-shirt and black shorts, is captured in a dynamic pose during a shot put throw. He is leaning forward, with his right arm extended and holding the shot put, and his left leg kicked back. He is standing on a circular concrete track. The background is a dark, cloudy night sky. The text "TECHNICAL" is overlaid in yellow, bold, sans-serif font.

**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 can compete in a maximum of 4 individual events and 2 relays during the competition. On the same day, an athlete may take part in up to 2 individual events and 1 relay, but not in more than one individual race of 800m or longer.
- 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 are not required to make 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 the high jump, each athlete has three (3) attempts per height.
- If, in any race, an athlete commits a false start (1st False Start), all 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 (100m, 200m, 400m)

- 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: Each finalist will receive three (3) attempts. After these, the top eight athletes will be granted three (3) additional attempts, for a total of six (6) attempts.
- Vertical Jumps (High Jump)
  - Each athlete is allowed three (3) attempts per height.



# 3. TECHNICAL RULES



## 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.

## 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
- Field events – 45 min before

## 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.



# 3. TECHNICAL RULES



## 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.

## 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, discus, and javelin warm-ups must be conducted in the throwing circle and under official supervision and athletes must report to the Call Room 45 minutes before their race and will be escorted to the competition venue.



# 3. TECHNICAL RULES



## 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.
- 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.



# 3. TECHNICAL RULES



- 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 the 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.

## 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 medal with a red ribbon and has a bib number 2598. The athlete on the right is also wearing a medal with a red ribbon and has a bib number 1564. The athlete on the left is smiling and has a medal with a red ribbon. The background is a blurred outdoor setting.

**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 athletes from the official team list may compete.
- Each delegation may register multiple athletes per event, in accordance with the Specific Entry Rules.

## 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.





**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:

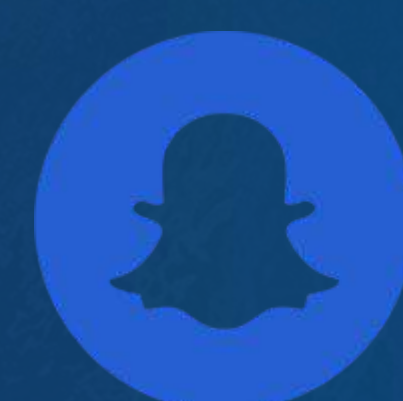
- Submitted in writing to the ETAC.
- Filed within 30 minutes of the Referee's decision.
- Accompanied by a €100 fee in cash to the ETAC (refunded if upheld, retained if rejected).

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





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