

Minimum Standards

EVENT	MEN	WOMEN
100m	15.50	21.00
200m	33.80	50.00
400m	1.28.00	2.02.00
800m	3.40.00	open
1.500m	open	open
800m Walk Race	open	open
1.500m Walk Race	open	open
Long Jump	3.35m	2.00m
Shot Put (4kg M / 3kg F)	7.20m	4.50m
Discus (1kg M / 0.75 F)	15.20m	10.00m
Javelin (600gr M / 400gr F)	15.50m	10.00m
Triathlon (100m / Long Jump / Shot Put)	open	open
4x 100m Relay	1 team per country	1 team per country
4x 200m Relay MIX	2 men per country	2 women per country
4x 400m Relay	1 team per country	1 team per country

Technical Rules and Regulation

Athlete's registration

The athletes with Down Syndrome are divided into two „sport classes“ to ensure the competition is fair and equal:

- 1st Class: „T21“ = Down Syndrome Trisomy 21
- 2nd Class „Mosaic“ = Mosaic Down Syndrome.

Technical rules

According to rules of IAAF (International Association of Athletics Federation's) with the following IAADS adaptations:

1. The number of athletes per event by nation is open, but only a maximum of 3 will be qualified for the Final;
2. There will be no penalty for those athletes that don't achieved the minimum performance during the competition;
3. Starting blocks will be used in sprint event
4. The Sprint races (100m & 200m) will be run by Preliminary Rounds with a maximum of 8 athletes per race, in different lanes;
5. 400m race will be run only in 1 lane, as used in middle distance races;
6. In 400m, 800m and 1.500m race events there will be Direct Finals by Heats (Times);
7. In Walk Race events, it's not allowed to run! Race walking means a progression of steps with a permanent contact with the ground. If an athlete doesn't follow the rule and runs he or she will be disqualified by a direct Red Card or Paddle. When 3 Yellow penalties are shown by 3 different Judges, the athlete is disqualified with a Red Card;
8. In Relay Races the additional 10m balance zone will not be used by the athletes. Only the 20m Take-over Zone will apply,
9. In Track events the Preliminary rounds will have a maximum of 8 athletes per race. In Field events a maximum of 12 athletes are allowed for a Final,
10. First 3 placed in the Finals will be awarded with Gold, Silver and Bronze medals
11. First 3 placed in the Open competition will be awarded Glass medals

Team Competition

1. According to the IAADS guidelines and in order to encourage nations to participate, the IAADS World and Regional Championships will also have a total combined Team Competition of male and female athletes;
2. In the Team Competition the best 8 classified athletes in the Finals will get points according to the placement (8 points for 1st placed, 7 points for 2nd placed, also till 1 point to the 8th placed).
Unless in an event(s) we have less than 8 athletes entered, the number of points achieved will be equivalent to the number of the starting athletes.

Examples:

- 5 athletes T21 or Mosaic in Shot Put, the points will be 5 points for 1st place, 4 points for 2nd place also till 1 point to the 5th classified;
 - 2 athletes Mosaic or T21 in Walk Race, the points will be 2 points for 1st place and 1 point for the 2nd;
 - 1 athlete Mosaic or T21 1.500m, only one point for the winner.
3. All participant nations are eligible for the Team Competition.
 4. The Best 3 Nations by the total number of points will be awarded with 1st, 2nd and 3rd places Trophies.

the weights of the used equipment are:

- Shot put: 4kg male, 3kg female
Discus: 1kg male, 0,75kg female
Javelin: 600gr male, 400gr female

