



**GIOCHI DEL
TRICOLORE**
Reggio Emilia
6th edition 2018

Exposport Project



Co-funded by the
Erasmus+ Programme
of the European Union

ATHLETIC competitions rules (FIDAL)
6th edition GIOCHI DEL TRICOLORE 7-13/07/2018

CATEGORIES (m/f)

Category CM: CADETTI (men) born in 2003 and 2004

Races: mt.100 – mt. 200 – mt. 400 – mt. 800 – mt. 1500

Relais: 100-200-300-400

Hurdles: mt. 100hs (h. 84)

Jumps: High Jump – Long Jump – Pole-vault

Throwing events: Shot Put Kg 4 – Discus Throw Kg 1,5 – Javelin Throw gr. 600

Km 2 Road running and Race walk

Category CF: CADETTE (women) born in 2003 and 2004

Races: mt.100 – mt. 200 – mt. 400 – mt. 800 – mt. 1500

Relais: 100-200-300-400

Hurdles: mt. 80hs (h. 76)

Jumps: High Jump – Long Jump – Pole Vault

Throwing events: Shot Put Kg 3 – Discus Throw Kg 1 – Javelin Thorw gr. 400

Km 2 Road running and Race walk

Category AM: ALLIEVI (men) born in 2001 and 2002

Races: mt.100 – mt. 200 – mt. 400 – mt. 800 – mt. 1500

Relais: 100-200-300-400

Hurdles: mt. 110hs (h.91)

Jumps: High Jump – Long Jump – Triple Jump – Pole Vault

Throwing events: Shot Put Kg 5 – Discus Throw Kg 1,5 – Javelin Throw gr. 700

Km 3 Road running and Race walk

Category AF: ALLIEVE (women) born in 2001 and 2002

Races: mt. 100 – mt. 200 – mt. 400 – mt. 800 – mt. 1500

Relais: 100-200-300-400

Hurdles: mt. 100hs (h.76)

Jumps: High Jump – Long Jump – Triple Jump – Pole Vault

Throwing events: Shot Put Kg 4 – Discus Throw Kg 1 – Javelin Throw gr. 500

Km 3 Road running and Race walk

GENERAL RULES

- 1) The confirmation of admissions, with the withdraw of the envelopes and submission of possibles variations, can be done at the olympic village and even on the field, solely up to 50 minutes before the athletic event.
- 2) Each athlete can concur up to 2 individual event each day (or 1 individual + 1 relay).
- 3) The numbers for the races (that can be found in the envelope) must be worn on the chest with 4 safety pins, for each athletic event.
- 4) Call room: for the races on track, within 20min the start of the event; otherwise for all the other events, the participants have to show up directly on the footboard.
- 5) The orders of the competition judge, at the starting blocks, will be in Italian, to notice that for the categories AM and AF the regulation in force is the IAAF one, where a false start is considered a matter of direct disqualification and on the other hand, for the categories CM and CF the regulation in force is the old one, in which the first false start is automatically extended to everyone.
- 6) Only for the 100 metres sprint races (for all categories) the best 6 records will gain the right to enter the finals (all the other races on track will have the rankings based on the recorded times).
- 7) To allow full transparency a timing apparatus with photo finish will be working during the competition.
- 8) For the jumps and throws for all categories, there will only be 4 attempts, and no finals.

9) Jumps Progression:

High jump CM: 1,35-1,40-1,45-1,50-1,53-1,56-1,58-1,60-1,62- etc.

High jump CF: 1,30-1,35-1,40-1,43-1,46-1,49-1,51-1,53-1,55- etc.

High jump AM: 1,50-1,60-1,65-1,70-1,73-1,76-1,79-1,81-1,83- etc.

High jump AF: 1,40-1,50-1,55-1,57-1,59-1,61-1,63-1,65-1,67- etc.

Pole vault CM: 2,20-2,40-2,50-2,60-2,70-2,80-2,90-3,00-3,05- etc.

Pole vault CF: 2,00-2,20-2,30-2,40-2,50-2,55-2,60-2,65-2,70- etc.

Pole vault AM: 2,80-3,00-3,20-3,40-3,50-3,60-3,70-3,75-3,80- etc.

Pole vault AF: 2,20-2,30-2,40-2,50-2,60-2,70-2,75-2,80-2,85- etc.

10) The top 3 athletes, in every category for each events, will be awarded within 30 minutes.

For a more in depth look of all the other rules, which have not been covered here, see R.T.I. of the I.A.A.F.

SUNDAY 8 JULY 2018

REGGIO EMILIA - Square MARTIRI DEL 7 LUGLIO

RACE WALK and ROAD RUNNING

MEN	CAT.	PROGRAM	CAT.	WOMEN
HANGOUT		17.45		HANGOUT
2 Km RACE WALK	CM	18.30	CF	2 Km RACE WALK
3 Km RACE WALK	AM		AF	3 Km RACE WALK
2 Km ROAD RACE	CM	19.00	CF	2 Km ROAD RACE
3 Km ROAD RACE	AM	19.15	AF	3 Km ROAD RACE

Registration within Saturday 07 info@giochideltricolore.it

and confirmation 30' minutes before each start.

TUESDAY 10 JULY 2018**CASTELNOVO NE MONTI**

MEN	CAT.	PROGRAM	CAT.	WOMEN
HANGOUT		17:00		HANGOUT
LONG JUMP	CM	18:50	CF	LUNG JUMP
SHOT PUT (4 Kg)	CM	19:00	CF	SHOT PUT (3 Kg)
DISCUS THROW (1,5 Kg)	CM	19:15		
DISCUS THROW (1,5 Kg)	AM	19:15		
HIGH JUMP	CM	19:30	CF	HIGH JUMP
		19:30	AF	SHOT PUT (3 Kg)
		19:50	AF	LUNG JUMP
200	AM	19:50		
		20:10	AF	200
SHOT PUT (5 Kg)	AM	20:30		
400	AM	20:40		
LUNG JUMP	AM	20:40		
		20:55	AF	400
1500	AM	21:15		
		21:30	AF	1500

THURSDAY 12 JULY 2018**RUBIERA (RE)**

MEN	CAT.	PROGRAM	CAT.	WOMEN
HANGOUT		17:30		HANGOUT
		18:30	AF	LUNG JUMP
JAVELIN THROW (700 gr)	AM	18:30	AF	SHOT PUT (3 Kg)
		18:30	CF	SHOT PUT (3 Kg)
HIGH JUMP	CM	18:30	AF	CF HIGH JUMP
100 (heats)	CM	18:30		
		18:45	CF	100 (heats)
100 (heats)	AM	19:00		
		19:00	AF	JAVELIN THROW (500 gr)
		19:15	AF	100 (heats)
LUNG JUMP	AM	19:15		
400	AM	19:30		
JAVELIN THROW (600 gr)	CM	19:30		
SHOT PUT (4 Kg)	CM	19:30		
		19:45	AF	400
SHOT PUT (5 Kg)	AM	20:00		
LUNG JUMP	CM	20:00		
		20:00	CF	JAVELIN THROW (400 gr)
ALTO	AM	20:00		
100 (final)	CM	20:15		
		20:25	CF	100 (final)
100 (final)	AM	20:35		
		20:45	AF	100 (final)
		20:45	CF	LUNG JUMP
		21:00	CF	1500
1500	CM	21:15		
		21:30	AF	1500
1500	AM	21:45		

FRIDAY 13 JULY 2018**REGGIO EMILIA**

MEN	CAT.	PROGRAM	CAT.	WOMEN
HANGOUT		09:00		HANGOUT
		10:00	AF CF	POLE VAULT
		10:00	CF	TRIPLE JUMP
		10:00	AF	DISCUS (1 Kg)
110 HS (h 0,91)	AM	10:00		
100 HS (h 0,84)	CM	10:15		
		10:30	AF	100 HS (h 0,76)
		10:45	CF	80 HS (h 0,76)
		10:45	AF	TRIPLE JUMP
DISCUS THROW (1,5 Kg)	AM	11:00		
		11:00	CF	200
200	CM	11:15		
TRIPLE JUMP	CM	11:30		
		11:30	AF	200
POLE VAULT	AM CM	11:30		
200	AM	11:45		
DISCUS THROW (1,5 Kg)	CM	12:00	CF	DISCUS THROW (1 Kg)
		12:00	CF	800
TRIPLE JUMP	AM	12:15		
800	CM	12:15		
		12:30	AF	800
800	AM	12:45		
Relay 100-200-300-400	CM	13:00		Relay 100-200-300-400
Relay 100-200-300-400		following	CF	Relay 100-200-300-400
Relay 100-200-300-400	AM	following		Relay 100-200-300-400
Relay 100-200-300-400		following	AF	Relay 100-200-300-400