



Guidelines for Assistance to Athletes at AURA-Sanctioned Track and Road Events

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The Australian Ultra Runners' Association (AURA) follows the guidelines of the International Association of Ultrarunners (IAU) in regards to the giving of assistance (including the use of pacers and crews) at track and road events. The IAU, in turn, follows the International Association of Athletics Federations (IAAF) rules where practical for ultra running events. Such rules help protect the integrity of World and Australian records and the national team selection process.

Relevant excerpts from the IAAF 2012-2013 Competition Rules, Rule 144.2 Giving Assistance are provided below:

Any athlete giving or receiving assistance from within the competition area during an event shall be warned by the Referee and advised that, if there is any repetition, he will be disqualified from that event.

For the purpose of this Rule, the following shall be considered assistance, and are therefore not allowed:

(a) pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device (other than those permitted under Rule 144.2(g)).

For the purpose of this Rule, the following shall not be considered assistance, and are therefore allowed:

(d) Communication between the athletes and their coaches not placed in the competition area. In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the immediate site of each Field Event, should be reserved to the athletes' coaches.

(e) Medical examination / treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation once on the competition area. Such medical examination / treatment and/or physiotherapy may be provided either on the competition area itself by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel or in designated medical treatment areas outside the competition area by accredited team medical personnel specifically approved by the Medical or Technical Delegate for the purpose. In neither case shall the intervention delay the conduct of the competition or an athlete's trial in the designated order.

(f) Any kind of personal safeguard (e.g. bandage, tape, belt, support, etc.) for protection and/or medical purposes. The Referee in conjunction with the Medical Delegate shall have the authority to verify any case should he judge that to be desirable.



(g) Devices carried personally by athletes during a race such as heart rate or speed distance monitors or stride sensors, provided that such device cannot be used to communicate with any other person.

In interpreting these rules for AURA-sanctioned road and track events, it is important to note:

- Technically, men and women compete in separate events staged at the same time. Thus, men and women should not be running together, as it may be construed as pacing. It is left to the race director (“Referee” in the language above) to monitor for such incidents, to accept and consider complaints by other athletes in the event, and to issue any warnings and/or disqualifications.
- On courses that are not closed to the public, athletes may not run alongside public users of the course, as this could also constitute pacing. Further, race directors would be advised not to encourage spectators to run freely with athletes during the event, as this would cause congestion on the course that would create a disadvantage to other athletes.
- Where allowed by the race director, “crews” for athletes are technically volunteers of the race appointed by the race director to assist with the event. Thus, crews must obey the instructions of the race director. Similarly, crew members may not accompany an athlete along a course for the same reasons given above. The IAU has issued a guideline for its major international competitions, stating that all crew must stay within a metre of their tables (often termed the “refreshment zone”). The spirit of this rule is to prevent an unfair advantage for any athlete and to promote safety in keeping non-athletes off a course. Whilst this rule was created specifically for international competitions, AURA takes the position that the spirit of the rule is to prevent unfair advantage to an athlete (e.g., not all athletes may be able to obtain a crew, particularly out-of-state/international athletes). The rule also enhances safety by reducing congestion on the course. Athletes wishing to qualify for Australian national teams are expected to pay particular attention to and respect this rule. When any athlete chooses to stop at their refreshment table during an event and to consult with crew, they are advised to step out of the way/off the course, in order not to impede other athletes passing. They must always return to the course at the same point from which they left.