



# SPORT INFORMATION GUIDE ATHLETICS

NICE 2015



INTERNATIONAL  
MASTERS  
GAMES  
ASSOCIATION



VILLE DE NICE



ENGLISH VERSION

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# THE MAYOR'S WORD

## SPORTS, ALL

# HIS LIFE

**A**s an international sports event, the European Masters Games competition has put forward a concept that perfectly meets Nice's ambition to be the European city of sports as well as a model city with a capacity to implement innovative policies for seniors.

*"To take a lifelong leading part in one's own physical condition and fitness", this is an important message I want to share with everyone, and this is why I was determined that the city of Nice be in a position to host this competition and make it a major event in France. A sports-health showcase. Indeed, Nice also wants to initiate an ambitious program for Senior Sports in France with the aim of developping this Masters Games concept to a nation-wide level and promoting various aspects of sports practice at all ages. The stakes are important, at a time when promoting physical activities and sports towards seniors is becoming a priority, and when we have to tackle the issue of today's sedentary lifestyle. This is not a matter of fate, as sport still remains the best way to take good care of one's physical and mental health throughout life.*



## Christian ESTROSI

Member of Parliament,  
Mayor of Nice  
President of the Nice-Côte d'Azur  
Metropolitan Area

*After the World Figure Skating Championships in 2012 and the Tour de France in 2013, and before the Euro 2016 football/soccer competition, we want to make the European Masters Games an unforgettable experience for the thousands of visitors we welcome on this occasion, offering them the very best of Nice, a worldwide recognized welcoming place. Welcome everyone, welcome to Nice.*

# 5<sup>TH</sup> LARGEST CITY OF FRANCE

# NICE “LA



**W**ith 300 sunny days and 5 million visitors a year, Nice is the second most visited tourist destination of the country, and also possesses the second busiest international airport in France with over 11 million passengers a year. But the popularity of the fifth largest city of France reaches well beyond its “post-card” image: a rich heritage, a unique cuisine, a preserved language – “nissart” – and of course a worldwide famous Carnival make Nice an attractive capital with a strong identity.

“Nissa la bella” kept growing more beautiful with the inauguration, last October, of the “Promenade du Paillon”, truly a green haven in the heart of the city, and the recent redevelopment of the “Quai des Etats-Unis”, which now offers more space for pedestrians and cyclists to get around while enjoying an unobstructed view over the “Grande Bleue”, the Mediterranean.

An exceptional land, therefore, for great international events, for culture and for sports. Sitting between sea and mountains, the “nîçois” landscape

# BELLE”

## (THE BEAUTIFUL)

is an outstanding natural arena in the heart of France’s largest metro area: Nice-Côte d’Azur, 49 municipalities and 550,000 inhabitants.

In 2013, Nice made a major leap forward in sports with the construction of Allianz Riviera, a superb, 35,000-seater sports arena, and the hosting of two major competitions: the 7th Francophonie Games and the 100th

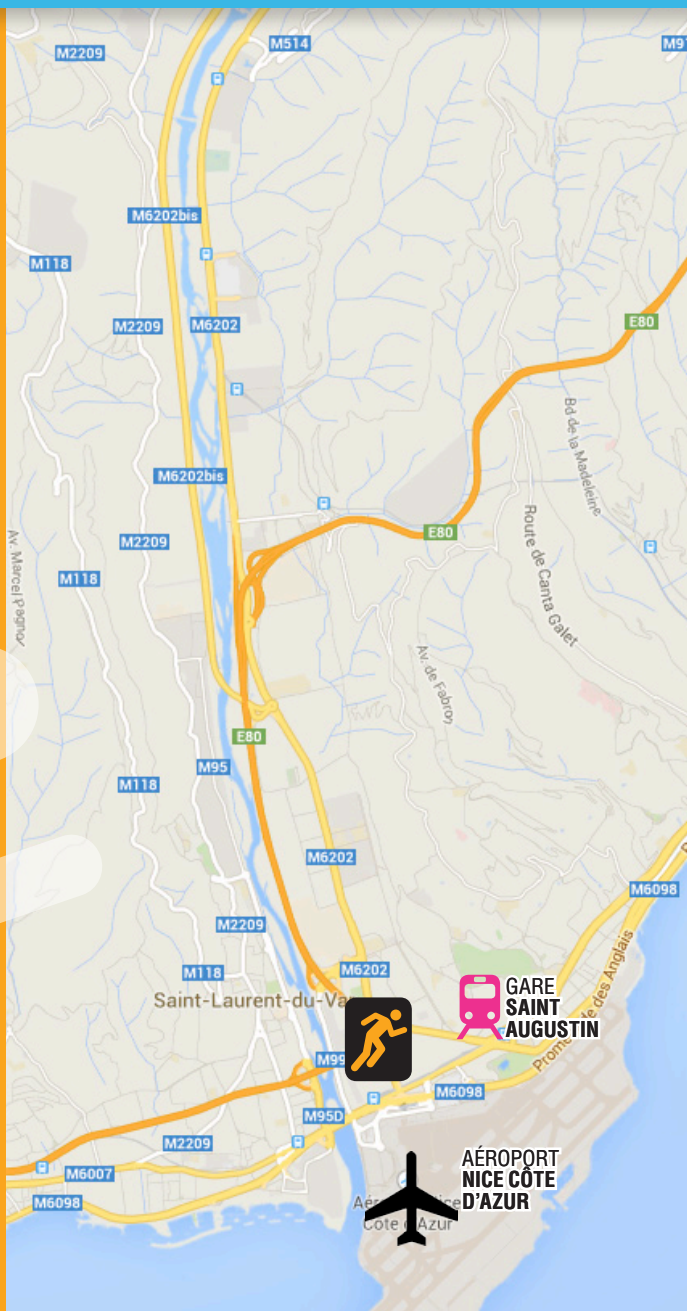
Tour de France, whose per-team time trial took place entirely in Nice. And subsequent to the cycling Tour de France, the sailing Tour de France made its great return in Nice in July 2014 for the competition’s finish line. The European Masters Games will further this ambition in October 2015, prior to Nice’s hosting, a few months later, of four football matches of the UEFA Euro 2016.

# WELCOME TO NICE!

# LOCATION OF VENUE



**PARC DES  
SPORTS  
CHARLES  
EHRMANN**





# INTRODUCTION TO THE VENUE

## PARC DES SPORTS CHARLES EHRLMANN



**155, ROUTE DE GRENOBLE  
NICE**

### VENUE FACILITIES

**Refreshments,  
parking (150 + 300  
spaces), WIFI**

### GETTING THERE BY PUBLIC TRANSPORT

#### BUS

- **Bus stop:** 'Centre Administratif' followed by a 3 minute walk
- **Travel time from Place Masséna:** 45mins

- **N° 70**
- **Bus stop:** 'Santoline' followed by a 5 minute walk
- **Travel time from Jean Médecin stop / Hotel des Postes:** 30mins



## EXECUTIVE COMMITTEE

### EMG NICE 2015

#### GAMES DIRECTOR

Sylviane  
CASANOVA

#### SPORTS DIRECTOR

Laurent CIUBINI

#### COMPETITION MANAGER

Julien SASSI

#### ATHLETICS / SWIMMING SECTOR MANAGER

Clément RUBECHI

#### ATHLETICS PROJECT MANAGER

Clément RUBECHI

### FEDERATION

#### FRENCH FEDERATION

FFA

#### TECHNICAL DELEGATE

Jean-François  
FAMBOU

### ASSOCIATION

#### SUPPORT ASSOCIATION

Nice Côte d'Azur  
Athlétisme

#### HEAD OF ASSOCIATION

Michel LOURIE

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# REGULATIONS

## CATEGORIES

MEN	MEN	WOMEN	WOMEN
	COMPETITION	COMPETITION	
	AGE CATEGORY	AGE CATEGORY	
	35 +	35 +	
	40 +	40 +	
	45 +	45 +	
	50 +	50 +	
	55 +	55 +	
	60 +	60 +	
	65 +	65 +	
	70 +	70 +	
	75 +	75 +	
	80 +	80 +	
	85 +	85 +	
	90 +	90 +	
	95 +	95 +	
	100 +	100 +	

**NB:** All regulation conditions concerning categories, venues, the running of the competition and technical aspects are applied on a provisional basis and are subject to change when and how the executive committee sees appropriate, up until the beginning of the competition.

# REGISTRATION



- **PARTICIPANT'S AGE IS CALCULATION FROM, 1<sup>st</sup> october 2015**

- **THERE ARE MIXED SEX EVENTS**

- **PARTICIPANTS CAN ONLY SIGN-UP** to one age category

- **IN THE CASE OF AN INSUFFICIENT NUMBER OF TEAMS** in an age category, the executive committee reserves the right to

enter participants into a different category, notably the category directly beneath (or above depending on the participants). The prizes however will be awarded to the top 3 participants in each age category

- **REGISTRATION WILL BE CLOSED ON AUGUST 31<sup>ST</sup> 2015** or as soon as a category will be full

# ORGANISATION

## SCHEDULE

- **EVENTS WILL TAKE PLACE** from Saturday 3<sup>rd</sup> to Thursday 8<sup>th</sup> October

## EVENTS

- **THE EVENTS SCHEDULED FOR EMG WILL BE ORGANISED** according to the guidelines determined by the International Association of Athletics Federation

## TRAINING

- **THERE WILL BE NO TIME SLOTS ALLOCATED FOR TRAINING**

## INFORMATION DESK

- **AN INFORMATION DESK WILL BE OPEN** in order to introduce the organisation to the competition, remind participants of rules and regulations and to hand out competitors bibs, qualifiers etc



## MEN / WOMEN

- 100m
- 200m
- 400m
- 800m
- 1500m
- 5000m
- 100m hurdles\*
- 400m hurdles\*
- 3000m steeplechase\*
- High jump
- Pole vault
- Long jump
- Triple jump
- Shot put\*
- Discus\*
- Hammer throw\*
- Javelin\*

\*Events will be adapted according to age and sex categories.

# GENERAL RULE

## STRUCTURE OF THE COMPETITION

- THE ATHLETIC EVENTS AT THE EMG will be organised according to the regulations of the International Association of Athletics Federation and the WMA

- RESPONSIBILITY FOR THE ORGANISATION OF EVENTS is given to the technical delegate designated by the FFA

### COMPETITION SITES

- TRACK EVENTS WILL TAKE PLACE at 'Parc des Sports Charles Ehrmann (PSCE) which can accommodate 12,500 spectators

- SHOT PUT AND HAMMER THROW EVENTS will take place on the throwing area located at the venue entrance

### WARM UP AREA

- PSCE IS EQUIPPED WITH A WARM UP AREA just behind the main stand



## CONFIRMATION OF PARTICIPATION

- **ATHLETES MUST CONFIRM THEIR PARTICIPATION** in an event no later than 1 hour 30 mins before the beginning of the event. They should do this at the information desk which is situated beside the warm up area where they can also pick up their competition number and any other required information

## ADVERTISING RULES

- ALL ADVERTISING PRESENTED ON CLOTHING or sports bags must meet IAAF regulations
- NOTABLY, ANY SPORT KIT SUPPLIER LOGO cannot exceed 30cm on competition kit or 40cm on sports sweaters, vests or jackets
- ALL ILLEGAL PUBLICITY will be covered with an adhesive strip



# TECHNICAL REGULATIONS

## CALL ROOM

- **ATHLETES MUST GO TO THE CALL ROOM** for registration according to the registration schedule which may change depending on participant numbers
- **ANY ATHLETE WHO DOES NOT PRESENT THEMSELVES** to the call room on time will be excluded from the event
- **ATHLETES' CHECKS WILL TAKE PLACE** in a zone of the call room which will only be accessible to participants competing in the upcoming event; it is not open to team officials
- **THERE WILL BE ANNOUNCEMENTS** throughout the warm up area to remind athletes when it is their time to go to the call room

### **THE FOLLOWING WILL TAKE PLACE ONCE IN THE CONTROL ROOM:**

- Identification of athletes with aid from competitors numbered bibs and their accreditation card
- Verification of athlete's kit
- General checks (number, form, size)

- **THERE WILL ALSO BE AN INSPECTION TO CHECK** for any illegal personal items such as video recorders etc which are not permitted under rule 144.2 of the IAAF

- **DICTAPHONES, RADIOS, CD WALKMANS, MP3 PLAYERS, MOBILE PHONES, CAMERAS ETC ARE ALSO NOT AUTHORISED**

- **ANY ITEM WHICH IS IN VIOLATION** of the IAAF terms and conditions will be confiscated and may be collected from the information desk after the event has finished

- **ALL SHOES WILL BE CHECKED FOR CONFORMITY** with rule 142.2 of the IAAF, in particular the maximum dimensions of 9mm for every event except high jump and javelin – 12mm. If not within regulation the athlete will be required to change into appropriate footwear

## COMPETITOR BIBS

- **COMPETITOR BIBS** can be collected from the information desk at the entrance to the warm up zone

### **ATHLETES WILL RECEIVE ONE COMPETITOR NUMBER WHICH MUST CORRESPOND WITH THEIR LISTED INFORMATION:**

- 1 numbered bib
- 1 bib with the athlete's name
- **ATHLETES MUST WEAR THE BIBS** during the actual event, on their chest for events over 800m and on their back for events less than 800m
- **FOR THE COMPETITION THE BIB** should be worn on the chest

# TECHNICAL REGULATIONS

## CALL ROOM

EVENT	FIRST CALL	CLOSING	ACCESS TO COMPETITION ZONE
Track	30'	20'	10'
Pole	80'	70'	60'
Other	50'	40'	30'

## WHISTLE START

- **THE STARTER WILL SPEAK IN FRENCH**

**FOR RACES LESS THAN 400M THE FOLLOWING DIRECTIONS WILL BE CALLED**

- A vos marques
- Prets
- Tir du pistolet

## TIMEKEEPING AND MEASUREMENT RESULT

- **THE OFFICIAL TIME KEEPING** and distance measurement will be verified by the Ligue Côte-d'Azur d'Athlétisme

## COMPETITION OFFICIALS

- **THE LIGUE CÔTE-D'AZUR WILL DESIGNATE A TEAM OF LOCAL OFFICIALS**

## INFORMATION DESK

- **THE INFORMATION DESK** will be situated at the entrance to the warm up area
- **IT WILL PROVIDE A POINT OF CONTACT BETWEEN ATHLETES**, the technical delegate and the management team

### IT IS ALSO IN CHARGE OF:

- **DISPLAYING ALL RELEVANT INFORMATION** from officials, provide lists of events and participants, show results and display schedules for the call room
- **PROVIDING URGENT INFORMATION** from the technical delegate and head of the competition
- **TAKING ANY WRITTEN APPEALS**
- **OPENING TIME WILL BE 2 HOURS** before the first event of the day and the information desk will close 30 minutes after the last event of the day

## APPEAL JURY – COMPLAINTS

### APPEAL

- **THE APPEAL JURY IS COMPOSED** of 3 members nominated by the technical delegate of the FFA
- **THE JURY WILL ONLY DEAL WITH APPEALS** regarding the proceeding of athletic events
- **THE APPEALS PROCEDURE** will be carried out in accordance with rules 119 and 146 of the IAAF
- **ALL APPEALS MUST FIRST BE MADE PERSONALLY** to the arbitrator by the athlete themselves, by someone acting on their behalf or by an official team representative
- **IF THE ARBITRATOR IS NOT AVAILABLE**, the complaint should be made at the information desk
- **PARTICIPANTS CAN ONLY MAKE A COMPLAINT** regarding something which happened in their own round of the event
- **IN ORDER TO COME TO A FAIR DECISION**, the arbitrator should take into account all valid proof which is available and which he deems necessary such as any official photography or video recordings or any other video evidence available. The arbitrator can either make his can make his can decision or pass the appeal onto the jury.

### IF THE ARBITRATOR MAKES THE DECISION

- **HE MUST IMMEDIATELY INFORM THE INFORMATION DESK.** In the case where this it is not possible to communicate this decision verbally to the team or athlete concerned, the official announcement will be given as soon as the information desk is informed.
- **THE ARBITRATOR HAS THE RIGHT TO CALL THE JURY OF APPEALS.** An appeal in front of the jury should be filed in the 30 minutes which follow, an official announcement of modified results after an appeal, or notification to those who filed a complaint when no action is being taken. The appeal should be made in writing, signed by the athlete, by someone of the athletes behalf or by an official team representative and must be accompanied by 100€ deposit which will not be reimbursed if the appeal is not accepted
- **THE APPEAL JURY WILL INFORM ALL INVOLVED PARTIES** of any decisions made and will make sure any official ranking is updated
- **DECISIONS OF THE APPEAL JURY CANNOT BE CONTESTED**

# TECHNICAL REGULATIONS

## AFTER THE EVENT

- **ALL ATHLETES MUST LEAVE THE TRACK**

via the south exit and make their way to the check point where they can pick up their personal items

- **TRACK:** athletes should leave the track as soon as the race has finished

- **THROWING, LONG JUMP, TRIPLE JUMP:**

Athletes should leave the competition area after their third attempt or after their 3 extra tries

- **HIGH JUMP AND POLE VAULT:** Athletes should leave the competition area by passing by the mixed zone accompanied by a judge as soon as the event is completed

- **ATHLETES WHO ARE CHOSEN FOR ANTI-DOPAGE TESTING** will be informed in the post-competition zone. An inspector will be with each chosen athlete from the exit of the post-competition zone until the doping inspection centre. The athlete can collect their belongings in the inspection zone.

## SPORTING AND COMPETITION EQUIPMENT

### BRANDING

- **ATHLETES ARE NOT PERMITTED TO USE** their own brands

- **RULE 180.3 OF THE IAAF REGULATIONS** is applicable

- **THE LONG JUMP, TRIPLE JUMP, POLE VAULT AND JAVELIN** should use brands provided by the Organisation and which will be available in the event zones

- **FOR SHOT PUT,** discus and hammer events the athletes should use one marker which will be provided by the organisation and placed on the ground immediately behind or beside the circle



## POLE VAULT

- **ATHLETES USE THEIR OWN POLES.**

Athletes may not use another participants pole without their permission to do so

- **PARTICIPANTS MUST INFORM THE APPROPRIATE OFFICIAL** which position they wish the bar to be for the first try and this position will be noted. If the athlete then wishes to make a change they must immediately inform the appropriate official before the bar is placed in the position they initially decided

- **FAILURE TO RESPECT THIS RULE** will result in a delay to the start of the try

- **POLES WILL BE ORGANISED AT PSCE VENUE**, they will be inspected during the morning of competition days

- **IF A POLE IS DETERMINED AS NOT MEETING THE STANDARD REGULATIONS** the athlete will be informed immediately. Athletes should fix a label with their name and the delegation which they represent onto the pole or on the pole cover

## THROWING EQUIPMENT

- **THE ORGANISATION WILL PROVIDE** the throwing equipment, 3 pieces of equipment per category

### THE USE OF PERSONAL EQUIPMENT WILL BE PERMITTED IF:

- **THEY ARE IAAF APPROVED**
- **THEY ARE VERIFIED IN THE PRESENCE OF THE ATHLETE / OFFICIAL** - the verification office for personal equipment will be located in one of the changing rooms the day before each throwing event, the equipment will only be returned to the athlete the day of the competition in the warm up zone. A receipt will be given to each athlete.
- **THEY WILL BE AVAILABLE** to other participants

## POLE STORAGE

**POLES CAN BE STORED THE BUILDING AT PSCE**

# ADDITIONAL INFORMATION

## AWARD CEREMONY AND MEDICAL



### THE CEREMONY

- **THE OFFICIAL CEREMONIES** for each category and each event will take place at the end of the competition at the Athletes Village in a venue set up for this purpose or directly at the competition venue

### MEDALS

- **MEDALS BY CATEGORY:** For each category there will be 3 athletes awarded with a medal (gold, silver or bronze). In the event of certain categories being grouped together, each age category will have 3 medal winners

### ANTHEM

- **THERE WILL BE NO NATION ANTHEM PLAYED**

## HANDICAP

- **A SPECIFIC COMPETITION COMPRISING OF 5 EVENTS WILL BE RUN FOR HANDICAPPED PARTICIPANTS IN THE FOLLOWING CATEGORIES:**

- wheelchair users / amputees (upper body)
- deaf and dumb / amputees (lower body)

## MEDICAL EXAMS

- **HEALTH CARE COVERAGE DURING THE EUROPEAN MASTERS GAMES NICE 2015,** will be arranged by the Games executive committee in accordance with the specifications of the International Masters Games Association. It will come into effect from 1<sup>st</sup> to 11<sup>th</sup> October after being approved by the Alpes-Maritimes administrative centre.

- **THE EXECUTIVE COMMITTEE IS RESPONSIBLE** for medical devices at the venues and the Athletes Village, the participants, the referees, the judges, the volunteers and the spectators. They will provide a high-quality, efficient and well-organized health service which respects the high standards enforced in France.

**DURING THE EMG,  
VOLUNTEERS  
WILL BE THERE  
TO HELP THE HEALTH  
COMMITTEE**

## ANTI-DOPING CONTROLS

- **THE INTERNATIONAL MASTERS GAMES ASSOCIATION** has put the executive committee in charge of enforcing anti-doping rules and setting up anti-doping inspections.
- **ANTI-DOPING INSPECTIONS WILL TAKE PLACE** in compliance with advice given by the International Masters Games Association taken from the World Anti-Doping Code.
- **IT IS THE RESPONSIBILITY OF THE ATHLETES** and others involved in the events to be aware of the anti-doping regulations and the rules regarding the substances and methods which are banned.

**GOOD  
COMPETITION!**





LIGNANO  
EMG 2011  
2075  
LIGNANO SABBIADGRO



OCTOBER 1-11, 2015

EUROPEAN  
MASTERS  
GAMES

NICE 2015



VILLE DE NICE

[www.emg-nice2015.fr](http://www.emg-nice2015.fr)