



**PRESS RELEASE THURSDAY 10 NOVEMBER 2011
2012-2013 IAAF COMPETITION RULE CHANGES**

At the 2011 IAAF Congress held during the 2011 IAAF World Championships, the 2012-2013 IAAF Competition Rules Book was approved. The IAAF Competition Rules are effective as from 1 November 2011.

An electronic version of the 2012-2013 IAAF Competition Rules Book is available on www/iaaf.org. It is also available on www.bolandathletics.com under "Latest News".

Please find attached a summary and motivation of all the rule changes that was approved at the 2011 IAAF Congress earlier this year.

Athletes, Coaches and Athletics Organizers of Track and Field Meetings at youth level must take note of IAAF Rule 187, which stipulates that at IAAF sanctioned Youth Events, a 3kg weight will be used for Shot Put Youth Girls (17). In the past, a 4kg weight was used in Shot Put Youth Girls (17) at IAAF sanctioned Youth Competitions.

Other weight changes are in Hammer Throw Youth Girls with the weight of the hammer now 3kg as well. In Javelin Throw Youth Girls, the weight of the Javelin is now 500gm instead of 600gm.

The above-mentioned weight changes will be effective as from 1 January 2012 at all IAAF sanctioned youth events.