



MALAYSIA MARATHON & ROAD RACE GUIDELINES

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1. Introduction

Every month, there are hundreds of road races held in Malaysia. They vary from small town events with only a few hundred runners to major city marathons with tens of thousands of participants.

This manual for race organizers in Malaysia aims to help create high-quality events that meet global standards. It offers practical guidance, summaries of relevant World Athletics regulations, and links to additional valuable resources.

Organizing a road race of any distance is a complex undertaking. It requires meticulous planning, coordination and consideration for various stakeholders. Ensuring a safe and fair competition for participants is paramount, alongside responsiveness to the needs of local communities, law enforcement, public safety authorities, media, sponsors, and others involved.

Why do you want to organize a road race?

- Community activity: It could be on behalf of your club, school or company
- Raising fund: It might be to raise funds for charity or promote a cause
- Business operation: You may be a professional race organizer

What types of runners do you want to attract?

- Mass participation runners
- Walkers
- Charity runners
- Club athletes
- Competitive age group athletes
- National-standard runners
- Elite runners
- Tourist runners

Note: See 5. Elite Athletes for Elite Runners Preferences.

Do you want to have a competitive race or a fun run?

Mass participation runners, walkers, and charity runners are classified as fun runs, with no prizes and official times. Meanwhile, club athletes, age group athletes, national-standard runners and elite runners are classified as competitive race, where accurate timing and prizes are given.

Race organizers should consider that prize values, while a motivating factor for top runners and age category winners, need not be extravagant to attract participants. While higher prizes may draw elite athletes, this isn't always necessary or crucial.

Sanction, Permit & Certification

A "Sanction" or "Permit" refers to the approval of a competition by Malaysia Athletics (MA), while "Certification" attests that the road race course has been accurately measured.

Sanctioning of your event by the athletic federation

A Sanction, or Permit, is an official approval from Malaysia Athletics (MA) for hosting a road race or athletic event. It acts as a contract requiring the Local Organizing Committee (LOC) to adhere to national and international rules and ensure safety for participants and spectators.

Benefits of a Sanctioned Event

Sanctioning event by the Malaysia Athletics (MA) provides several benefits, including accident insurance for athletes, calendar promotion, record ratification, and assurance that competition rules are followed.

- Increased prestige and quality control. A sanction from the MA signifies that the event meets required standards and is run according to competition rules, reassuring both the public and athletes.
- Liability insurance. Sports Commissioner Offices require general liability insurance for events. The national federation provides this insurance with the sanction, making it more cost-effective than separate policies.
- Boosts exposure both locally and internationally. The logo or wordmark will be prominently featured on a variety of materials across multiple events, including event banners, merchandise, social media, and more.
- Increased networking opportunities. Connect with other organizers, sponsors, and stakeholders within the athletic community, fostering valuable relationships and partnerships.
- Marketing support. Leverage MA's marketing resources and channels to promote your event, including social media, newsletters, and official announcements.
- Accident insurance for athletes. Many federations offer accident insurance coverage for sanctioned events.

- Calendar promotion. Sanctioned events are usually included within the federation website calendar and printed versions.
- Records. A sanction is necessary for the ratification of all national and World Records achieved in an event, as well as for approval of qualifying performances for World Championships and Olympic Games.
- Competition Rules. A sanction ensures that the event adheres to universally accepted competition rules.

Scope for Sanctioning

- (a) Details of the permitted competition.
- (b) The rules or regulations of the competition set by the governing body include standards and qualifications for all participants and officials, as well as health and safety measures for participants, officials, and spectators.
- (c) Technical methods of a competition or tournament authorized or recognized by the governing body.
- (d) The responsibilities and roles of the governing body over the organization or authorized tournament.
- (e) Other matters or conditions set by the governing body of a sport that do not conflict with current policies and legislation, including those of local authorities or other relevant authorities.

Application Procedure for Event Sanctioning

The application procedure for obtaining a sanction for organizing a sporting activity must be provided by the MA, using the national language. The guidelines must adhere to any matters related to the rules and regulations currently in force at the World Athletics.

1. Programmed proposal: A comprehensive document outlining the marathon's objectives, schedule, structure and etc. Include the event's purpose, target audience, expected outcomes, and benefits to the community.
2. Details of Organizer: Information about the organizing committee or company, including contact details, past experience with similar events, and key personnel involved in the planning and execution.
3. Advertisement: Attach promotional materials of the event.
4. Participation Details: Information on how participants can register, eligibility criteria, expected number of participants, and any special categories or awards.
5. Route Map: A detailed map of the marathon course, highlighting start and

finish points, water stations, medical aid points, and any challenging sections of the route.

6. **Safety Measures:** A plan detailing safety protocols, including medical support, emergency procedures, crowd control, and coordination with local authorities to ensure participant and spectator safety.

7. **Sponsors:** A list of sponsors supporting the event, including details of sponsorship agreements, their roles, and how they will be acknowledged in the event.

8. **Participation Fee:** Information on the registration fee for participants, including any variations based on registration dates, age categories, or team entries.

9. **Person in charge (PIC) for technical matters:** Name and contact information of the individual responsible for technical aspects, such as timing systems, course setup, and coordination with technical support teams.

Sanctioning Conditions

The issued sanction must:

- (a) encompass matters that promote the development of the sport.
- (b) be free from elements of manipulation or discrimination.
- (c) include the services and benefits that will be provided to the organizer.
- (d) take into account the health and safety measures for participants, officials, and spectators at the competition or event.
- (e) ensure a safe sports environment by complying with the Safe Sports Code issued by the Ministry of Youth and Sports.
- (f) not violate the laws of the Malaysian government that are in force.
- (g) subject to local authorities or other relevant authorities.

Sanction Fee Enforcement

Sanctioning is crucial to ensure compliance with regulations and avoid enforcement actions.

Subsection 33(1) of Act 576 provides that no one may make an offer or propose to host any international sports competition or event in Malaysia without prior written approval from the Minister of Youth and Sports Malaysia, and the Minister's decision is final. Any company intending to organize any sports activity must apply for a license with the Commissioner in accordance with the Sports Development (Licensing) Regulations 2019. This is in line with Section 36 of Act 576, which provides that a company cannot engage in any sports activity or any

other activity related to sports, as specified by the Minister in the regulations, unless it is licensed to do so by the Commissioner.

If organizers fail to apply for sanction during an event, possible enforcement actions may include fines, event cancellation, or legal action. This can also result in reputational damage, affecting future opportunities.

1. **Fines and Penalties:** Organizers might face financial penalties imposed by relevant sports authorities.
2. **Event Cancellation:** Authorities could cancel the event, prohibiting it from proceeding.
3. **Legal Action:** Organizers could be subject to legal proceedings for non-compliance with regulations.
4. **Loss of Insurance:** Events may lose insurance coverage, increasing liability risks.
5. **Reputation Damage:** Organizers might suffer reputational harm, affecting future events and sponsorships.
6. **Disqualification:** Results may not be recognized officially, affecting participants' records.
7. **Future Sanctioning:** Unable or not qualified from obtaining sanctions for future events due to a history of non-compliance.

Sanction Fee Guidelines

- 5% of the total participation fees collected must be paid to the Malaysia Athletics (MA), regardless of the types of runs.
- The MA reserves the right to determine the sanction fees in exceptional or special circumstances.

Mechanism for Utilizing Sanction Fees

The collected sanction fee will be deposited into a dedicated bank account of the Malaysia Athletics Federation. The fund will be strictly designated for the following categories:

- **Talent Identification Development:** Support for scouting and nurturing emerging athletic talent.
- **Development Programme:** Initiatives focused on training and enhancing athletes' skills across various disciplines.

- **Competition:** Organizing and supporting events that provide competitive opportunities for athletes.
- **Welfare of coaches and athletes:** Covering essential expenses for athletes and coaches, ensuring they have the resources needed for their development and participation in events.

Reports will be submitted to the authority (PJS) on the use of funds from this dedicated bank account, which is provided on an interim basis.

Where to hold your race?

When selecting a location for your race, consider:

- the space required for start and finish facilities
- the backdrop throughout the route and how these elements can enhance the race's image

Security

Organisers must collaborate with local authorities to establish the necessary security measures. Many large events engage private security companies to handle specific security aspects beyond the municipality's scope.

Liability

Most municipalities in Malaysia require liability insurance to cover the organizing committee and all involved organizations. Race organizers should obtain general public liability insurance and consider additional coverage for race cancellation.

Tax liability. When managing large sums of funds for a benefiting charity, you should seek professional advice on proper handling. To ensure efficiency and cost-effectiveness, race organizers should consult experts to secure a reliable and favorable payment handling service.

Race entries require careful handling of both entry forms and payments. Clearly state the purpose for collecting each piece of information. Compliance with data protection legislation may require proving that the information is used only for stated purposes and registering with government authorities.

2. Organization

Organizing a race involves setting up start/finish areas, managing entries, and coordinating officials and volunteers. The course must be measured and marked, with necessary signage, marshals, medical support, and entertainment, while liaising with local authorities for transportation and security. Additionally, the event includes a race expo, technology setup, cleanup, procurement of race gear and awards, financial management, promotion, hospitality, and protocol, all coordinated through a pyramidal structure with regular committee meetings and detailed logistics to ensure smooth operation.

Volunteers

Volunteers are crucial for road races, often handling most aspects except technical tasks like timing and sound. Appoint a Volunteer Coordinator early to assess needs with team leaders. Conduct essential training sessions to ensure event safety, and provide a detailed contact list for all staff and volunteers.

Rules

Rules of Competition are crucial and are continuously updated by the WA. Rules should be published before the event, with electronic copies available on the WA website and printed versions for purchase from the WA.

Time-lines

Detailed time lines are crucial for ensuring the successful execution and breakdown of an event, especially during the 24 hours leading up to it.

Set-up and infrastructure

A road race requires setting up temporary infrastructure like tents, signage, and toilets in areas without permanent facilities. Planning for portable power, telephone, and internet connections is crucial for timing, medical support, and event management. Evaluating logistical areas and conducting site tests are essential to prevent issues and avoid overloading systems on event day.

Registration of Participants

Event organizers use various registration methods, including online and paper applications, depending on the event's size. Popular events may require a lottery due to high demand, while smaller races might offer race day registration, which can be challenging if not well-managed. Large events typically distribute bib numbers and giveaways through a Race Expo rather than on race day. Efficient distribution of race bibs and t-shirts requires careful planning, considering participant numbers, space, time, and staffing to set up adequate pick-up stations.

3. Course Planning

WA RULE 55.2

Course

The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic Field of Play.

Note (i): It is recommended that, for Road Races staged over standard distances, the start and finish points, measured along a theoretical straight line between them should not be further apart than 50% of the race distance. For approval of Records, see Rule 31.21.2 of the Competition Rules.

Note (ii): It is acceptable for the start, finish and other segments of the race to be conducted on grass or other non-paved surfaces. These segments shall be kept to a minimum.

Course Design

When organizing a race, start by selecting a location that showcases scenic and historical features, and ensure that the start and finish areas are spacious enough for runners and essential services like medical aid, refreshments, and restrooms. Transport logistics are crucial, especially if parking is limited or if the start and finish are at different locations. Consider providing dedicated shuttles or implementing a "park and ride" system to manage runner arrivals and departures.

It's important to manage the movement of spectators, especially at the finish line, which will be active for hours. Establish restricted areas upstream of the start line and downstream of the finish line to ensure safety and convenience. After the race, direct spectators to a designated "reunion" area beyond the finish line where runners can meet them after receiving post-race amenities such as medical attention, water, medals, and checked baggage.

Ensure adequate mobile phone coverage in high-demand areas, as it often collapses in such settings. Plan for potential growth, as successful events can expand rapidly. Both the start and finish should ideally be in locations with captivating scenic or historical backgrounds to enhance the race's appeal and attract tourist runners. Additionally, carefully determine the course layout, considering whether the start and finish can be in the same location or must be separate, and plan for assembly and dispersal areas accordingly.

Course configurations

i) Point-to-point

ii) Out/back

An out-and-back course involves running to a designated turnaround point and then returning along the same road to finish at or near the starting point. Ideally, this course layout utilizes a divided highway, allowing each side of the road to be dedicated to one direction of running. The turning point is typically marked by an existing gap in the central divider of the highway.

This design simplifies logistics and optimizes resource use. Water stations can be placed on both sides of the road, and medical facilities and toilets can be centrally located on the divider. However, signage and timing points cannot be duplicated in this manner. Course marshals may shift to the opposite roadway after the last runner passes in the early stages, but this is not feasible later on as lead runners will already be returning.

Many courses were initially designed this way before running became popular, but this setup predates current traffic management challenges. Highway authorities may resist closing both roadways for races, potentially requiring one side to remain open to regular traffic. In such cases, using barriers, cones, and tape to separate out-and-back routes on a single roadway may be feasible. Alternatively, if the road is too narrow, directing returning runners along a parallel route could be considered.

iii) Single loop

Opting for a single loop course avoids the issue of runners lapping around, yet it necessitates broader road closures and less efficient resource allocation throughout the course. Spectators will have limited opportunities, typically only one or possibly two, to observe the race.

iv) Multiple loops

A multiple loop course is most suitable for small fields of similarly skilled runners, such as championship races. In larger races, loops must differ in length to prevent faster runners from overtaking slower ones. For instance, in a marathon with a 15km and 27.2km loop, slower runners must reach 15km by the time the winner finishes to avoid obstruction. Participants slower than 8:30/km pace (6 hours for a marathon) may need to walk on sidewalks if they fall behind schedule.

Elite races benefit from multiple loops as they offer better spectator views, require fewer road closures, and optimize resources like water stations and medical services. Careful planning is crucial to balance loop length with participant ability; for instance, a 10km race with 10 loops of 1km should accommodate the slowest runner finishing under 31 minutes if the winner runs

28:00. Adjusting loop length (e.g., 2km for 35 minutes, 5km for 55 minutes) ensures fairness. Delays at the start line can affect race dynamics, increasing the risk of faster runners overtaking slower ones.

A multi-loop course necessitates both start and finish facilities in the same area, with start facilities positioned upstream and finish facilities downstream. Efficiency may require a separate finish section branching off before the main lap completes, creating a separate timing point from the lap's end.

Submitting your route for approval

When seeking approval for a race route from local authorities, ensure that every road segment is included in your submission, as omitting any part could endanger the road closure order and compromise the route. Provide detailed maps showing designated runner sections, barrier placements, and course marshal positions, and designate "chief sector marshals" to oversee specific sections, including their contact information.

Additionally, suggest alternative routes to the authorities, knowing that the police may ultimately define and communicate these routes to the public. This proactive approach helps in managing road closures and maintaining public safety.

Course Measurement

When designing a race course, it's important to balance simplicity with accuracy. A course allowing access to the full width of the road may be easier to set up but can present measurement challenges. Conversely, a course restricted to one lane of a multi-lane roadway simplifies measurement but complicates setup due to the need for barriers to confine participants. Proper setup according to the measured course is essential to avoid issues with record ratification.

Once the course is determined and approved, accurate measurement is crucial. The only official method recognized by WA and AIMS for measuring courses is the calibrated bicycle method. Therefore, for all AIMS road races, courses must be measured using this method by an accredited AIMS–World Athletics Grade A or B measurer. For World Championships and Olympic Games, courses must be measured by an accredited AIMS–World Athletics Grade A or B measurer, and the elevation change must be less than 1 meter per kilometer.

For more information on course measurement, visit the AIMS-world running website. To check the elevation change and separation for any AIMS road race, please visit the website and contact the AIMS Technical Director. If you are a measurer looking to submit a report for certification, download copies of the standard forms from the website. Note that this process applies to international races; national systems and certification procedures may differ.

The Start

WA Rule 16.1

Note: In the case of events starting outside of the stadium, the start line may be up to 0.30m in width and maybe of any colour contrasting distinctively with the surface of the start area.

The starting area should be expansive and prominently marked. It's important to consider that using a start gantry may decrease the width available for runners at the start line. Additionally, different timing devices have varying maximum antenna widths, which should be considered during the design of the start area.

Space requirements

Race organizers should allocate a minimum of 0.4 meters per participant at the start, which is crucial for determining the size of the start system and corrals, if used.

Warm-up area

Large races often don't allocate a warm-up area for thousands of runners, but elite athletes usually have access to a secure zone equipped with essential amenities like toilets, refreshments, and medical facilities. This area also serves as a final call room to verify bibs and timing transponders. Separate facilities are required for WA World Championship and Olympic Games events.

Managing the start

Large road races typically implement wave starts and corral systems to effectively manage large participant numbers. Runner start times and positions are typically assigned based on past performances, aiming to prevent overcrowding at the start and on narrow sections of the race course. Coordination with registration and race day logistics is crucial to ensure participants are correctly positioned.

Pace signs indicating expected finishing times help participants assemble appropriately at the start, particularly in smaller and medium-sized events without corral systems. Runners are usually brought forward to the start area (back-loading), with elite runners positioned behind the start line and ahead of other participants in holding areas.

To maintain safety and organization, races often include a buffer zone of 5-10 meters between elite runners and the general participants lined up behind them at the start.

Athletes with a disability: wheelchair athletes and others

Many races include divisions for athletes with disabilities, such as wheelchair competitors, who require special logistics to ensure safety. Given their potential higher speeds, often exceeding 40 km/h on downhill sections, wheelchair athletes should start ahead of able-bodied runners. The precise interval between starts varies based on factors like the number of wheelchair athletes, race distance, and course layout.

In large events, wheelchair athletes typically start 15 to 30 minutes before runners. However, for smaller local races facing logistical challenges, such as road closures, wheelchair athletes might start only 2 to 5 minutes earlier to reduce disruption.

In races with downhill starts, organisers may implement a controlled start for wheelchair athletes to enhance safety and prevent accidents. Additional safety measures, such as modifying dangerous turns and hills along the course, may also be necessary.

For non-wheelchair disabled athletes, who typically require more time and assistance to complete the race compared to other participants, organisers often offer them an early start and may allow accompanying individuals to assist them throughout the course.

Recommended start procedure

WA Rule 56.6

Start

The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules).

In races which include a large number of athletes, five-minute, three-minute and one-minute warnings should be given.

Wherever possible departure boxes should be provided for teams races with the members of each team to be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command "On your marks", the starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it, and shall then start the race.

Malaysia Marathon & Road Race Guidelines (approved & adopted on 24th April 2025)

1. Time updates should be announced by the announcer. As per Rule 56.6, these should be given at five minutes, three minutes, and one minute to the start.
2. Access to the start areas should be restricted to athletes and specifically accredited individuals only.
3. Officials should check that the appropriate athletes are placed on the front line according to the directions of the Race Director or relevant Delegate.
4. Referee, starter, and timekeepers should have a clear view of the start. A raised platform should be provided for the starter.
5. The start coordinator is responsible for ensuring that all vehicles in the lead procession are prepared to go.
6. The starter or starter's assistant shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.
7. The races shall be started by the firing of a gun, cannon, air horn, or like device. The command for longer races shall be used (Rule 16.2.2)" on your marks", then the start signal

In large road races with thousands of runners, restarting after a false start is impractical. Therefore, timekeepers must be ready to start their timing devices when the first runner breaks away, if this happens before the official start signal.

Women's performances can achieve world record ratification in either mixed gender races or women's-only road races. Organizing a women's-only road race involves scheduling separate start times for women and men to prevent one group from overtaking the other. Typically, a 20 to 30 minute differential between start times is adequate for marathons. This ensures that there is sufficient time between the top finishers in the wheelchair, women's, and men's divisions for a well-coordinated finish line presentation.

Course Set Up

Runners should never be unsure about their path at any point. There are various methods to guide them, and in most races, several of these methods are used in combination.

- lead vehicles
- road markings, including a "blue line"
- signage

- boards, barriers, tape and cones
- course marshals

Lead vehicles

In most races, a lead vehicle directs runners by traveling or riding around the course, typically 50-100 meters ahead of the leading runner (refer to the separate section on Lead Vehicles). Consider using an Eco-friendly car for this role to enhance sustainability and reduce the event's carbon footprint.

Road markings

Road markings are essential in guiding runners during road races, even if the lead vehicle driver knows the route well. Painted arrows on the road, approved by highway authorities, effectively indicate course directions at junctions and intersections, reassuring runners they are on the right path, particularly in less populated areas.

A more detailed road marking, the "blue line," approximates the measured race route. Although not necessarily blue, it should stand out from standard road markings for visibility. Implementing a blue line can be expensive due to the need for specialized equipment and personnel, especially if post-event removal is required by highway authorities. In larger city races or lap courses, blue lines are often used and may be dotted to navigate around obstacles like parked cars, guiding runners along the shortest possible route and enhancing navigational confidence throughout the race.

Signage

Lead vehicles guide the front runners, while others follow behind. Road markings show the immediate route, but signage is essential for providing advance notice to runners and vehicles about upcoming directions. Straight sections need minimal directional signage but may require informational signs for water stations, toilets, and medical posts.

Signage is vital at turnaround points and intersections where different race paths meet. Clear and repeated signs well in advance help runners prepare for turns, ensuring smooth navigation throughout the event. Arrows can be affixed to lamp-posts or barriers, directing runners without obstructing regular road signs.

Boards, barriers, tape and cones

Signage directs runners while boards, barriers, and tape define course boundaries. Boards serve to both meet sponsorship requirements and outline the

route. Continuous barriers enforce the course and can display sponsor banners. The choice between these methods depends on how robust the course definition needs to be. For simple route indication, intervals of barriers or boards with plastic tape are sufficient. This tape, often featuring race logos or sponsor names, is cost-effective and easy to deploy. Along straight stretches, tape separates spectators and runners, enhancing visibility unless dense crowds require barriers.

In corners with fewer spectators, tape prevents runners from cutting corners onto pavements. Cones are also effective for signaling directions and aiding navigation, especially at junctions requiring quick adjustments between races. Marshals play a crucial role in these adjustments and provide verbal reinforcement of directions. Care must be taken to ensure the setup does not inadvertently narrow or lengthen the route.

Course Marshals

In addition to the lead vehicle, passive methods like signage require runners to independently follow directions, which can be challenging under race stress. Active course marshals are essential, as they provide verbal alerts and gestures, offering guidance and information on upcoming aid stations. Marshals should be stationed in pairs at road junctions and key points, with multiple needed at turnaround areas. Chief marshals, appointed by the course director, oversee specific sectors and ensure optimal placement.

Marshals should be easily identifiable with color-coded T-shirts and caps, or fluorescent safety bibs for visibility in low-light conditions. Although they don't direct traffic, their presence may attract driver frustration due to road closures, so police support is important. Relying solely on local authorities for runner direction isn't advisable, as their primary focus is traffic control.

Distance markers

Distance markers are essential for guiding runners and aiding race commentary. Ideally placed every kilometer, they should at least be every 5 kilometers. In regions using Imperial measurements, markers should include mile indicators as well. The halfway point must be clearly marked. Markers are often attached to lamp-posts, sometimes up to 30 meters from the actual point, serving as a pacing guide for lead runners and commentators. For accuracy, markings on the road at precise points are recommended, especially for official timing.

As the race approaches its end, "countdown" markers every 200 meters in the final kilometer help runners manage their efforts. Signs should face approaching runners and be double-sided for televised events, ensuring spectators can see them. They should be positioned high enough for visibility over crowds and designed with clear markings visible from at least 100 meters away.

Informational signage

Apart from guiding runners along the course, signage plays a crucial role in directing participants to essential amenities. These signs should alert runners as they approach water and sponging stations, replacement fluids stations, elite drinks tables, mist stations, toilets, and medical stations. Typically, signs indicating the availability of these facilities should be placed 100 meters ahead of their location to ensure runners are well-informed and prepared.

Refreshment Stations

WA Rule 55.8

Drinking/Sponging and Refreshment Stations in Road Races

55.8.1 Water and other suitable refreshments shall be available at the finish of all races.

55.8.2 For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water shall also be made available at these points.

Note (i) Where conditions warrant, taking into account the nature of the event, the weather, conditions and the state of fitness of the majority of the competitors, water and /or refreshments shall be placed at more regular intervals along the route.

Note (iii) Mist stations may also be arranged, when considered appropriate under certain organizational and/or climatic conditions.

55.8.3 Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organizers will determine which refreshments it will provide based on prevailing conditions.

55.8.4 Refreshments will normally be provided by the Organizers but it may permit athletes to provide their own, in which case the athlete shall nominate at which stations they shall be made available to them. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizers from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

55.8.5 The Organizers shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be collected or received. It should not be directly in the line of the measured route. Refreshments shall be placed

so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official or authorized person shall, under any circumstances, move beside an athlete while they are taking refreshment or water.

55.8.6 In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, a maximum of two officials per Member may be stationed at any one time inside the area designated for them.

Note: For an event in which a Member may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

55.8.7 An athlete may, at any time, carry water or refreshment by hand or attached to their body provided it was carried from the start or collected or received at an official station.

55.8.8 An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

Note: An athlete may receive from or pass to another athlete refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.

Water and replacement fluids are essential requirements in all distance races, critical for preventing severe medical issues and potential fatalities due to dehydration. Comprehensive plans must be in place to ensure that an adequate supply of fluids is available at regularly spaced refreshment stations. In events with large numbers of participants, additional water stations may be necessary, although caution should be exercised to prevent excessive fluid intake among runners and staff.

Refreshment station logistics

Water stations should be positioned before the start, at the finish, and at suitable intervals along the course, with double-sided stations recommended for out-back courses to minimize required locations.

Personal Refreshment (elite drink) tables

Elite athletes can use personal drink bottles at 5km intervals, submitted according to technical meeting guidelines, labeled with their details, and placed on separate tables from regular drink stations.

Medical Aid stations

Race organizers should partner with medical providers to establish and staff aid stations strategically along the route, placing major stations in higher-risk or less accessible areas for optimal care and evacuation capabilities, mirroring the services provided at the finish line medical station. Minor aid stations should be positioned near water stations to offer first aid for minor issues like blisters and chafing, and to transfer more serious cases to specialized facilities.

Toilets

Toilets should be placed at the race start and along the course, with fewer at the finish, using signs for location awareness and optimizing placement where routes double back to reduce numbers.

Timing points

Transponder timing minimizes personnel involvement but is better suited at course extremities or turning points to detect cheating, often placed in less conventional spots for accuracy. For leading runners, officials stationed every 5km with watches can announce times, or a vehicle with access can relay times forward; additional teams may be needed for leading women due to course congestion. Information for runners further back can use digital clocks, officials, or clear markings for self-timing.

Course entertainment

Entertainment at large events along the route serves to motivate participants and entertain spectators, typically through live or recorded music. Organizers often incorporate diverse themes with music that reflects local cultural groups within the city hosting the race.

Sector management

Items along the course should be distributed from a central location, but local personnel must verify their placement. The course should be divided into sectors, each managed by a chief marshal who ensures proper setup of signage and amenities, while maintaining direct communication with the course director to oversee marshal deployment.

4. Race Management

Lead Vehicles

In most races, a lead vehicle precedes the runners by approximately 50-100m, guiding them along the course. For smaller races, this vehicle might be a race official on a bicycle familiar with the route. In larger races, it could be a specially designed vehicle, potentially electrically powered, with seats facing backward towards the runners and equipped with a digital clock on top. The key considerations for this lead vehicle, regardless of its type, are:

- It must always stay ahead of the lead runner.
- The driver or navigator must have thorough knowledge of the course and anticipate where the vehicle needs to position ahead to navigate obstacles like speed bumps or sharp turns.

If motorized, this vehicle may accommodate a navigator, race referee, course measurer, and timing official. Additional official vehicles that may need to precede the runners include:

- A pilot vehicle positioned well ahead to verify course layout.
- Police motorcycles to assist in securing the route, positioned directly in front of the lead vehicle on both sides of the road.
- A photographer's or media vehicle driven by a race official and coordinating with the lead vehicle.
- TV motorcycles, closest to the runners, facilitating live coverage of the race.

Coordinating vehicles and their interactions with leading runners is complex and requires thorough rehearsal and continuous communication, especially between the lead vehicle and the photographers' or radio vehicles. All vehicles must maintain a safe distance of at least 5 meters from runners to ensure safety, with special attention needed for photographers who may create hazards by slowing down or obstructing the course.

The lead vehicle's race official should instruct drivers to speed up before turns, speed bumps, or narrow sections to prevent runners from catching up. Vehicles may require at least 300 meters of clearance for tight turns, such as three-point turns, to ensure smooth coordination. Police motorcycles should be positioned on both sides of the road to keep the passage clear and monitor for any irregularities, while maintaining a safe distance from runners.

TV motorbikes should avoid distracting or obstructing runners, and it's advisable to use a painted "blue line" on the road to guide them along the ideal running path. This helps TV bikes understand the course layout and avoid being trapped near the curb, ensuring they stay on the side of the blue line farthest from the runners. Every effort should be made to position all vehicles to allow the runners to see the shortest path of the course directly ahead of them.

Separate men's and women's races

If elite women and men start at different times, two sets of the mentioned vehicles are needed, excluding the pilot vehicle. Even if the elite women's race runs concurrently with the mass race, a separate lead vehicle is necessary to guide the leading women. The driver must navigate carefully among male runners who are running at similar speeds, with a motorbike or bicycle being more suitable for this task than a larger vehicle.

Other course vehicles

Other vehicles not part of the lead formation, such as baggage and pacemaker vehicles, also need access to the course. In point-to-point races, baggage vehicles transport runners' belongings and should either precede the lead vehicle by at least 15 minutes or take a separate route. Vehicles designated to pick up pacemakers should have clear instructions on where to wait and, after retrieving them, should exit the course and return to the start/finish area via a different route.

A sweep vehicle may be deployed at the rear of the field, particularly in smaller races, to assist runners who cannot complete the course. In larger races, this may not be practical, but the sweep vehicle is essential for notifying remaining runners that roads are reopening, requiring them to resume normal pedestrian behavior, use sidewalks, and follow traffic signals.

Competition officials

Road races require a sufficient number of certified officials to uphold the competition's integrity. Volunteers often assume roles that should be performed by certified officials, potentially compromising the enforcement of competition rules and record ratification. It's important to note that certified athletics officials may not always be fully familiar with the specific rules and protocols relevant to road racing events.

Officials include:

- Referee
- Jury of Appeal (required only in Championship events)

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- Call Room Judges (for Elite division)
- Starter (often works with a dignitary/celebrity starter)
- Umpires (should include an adequate number at refreshment stations)
- Marshals
- Transponder Judge (ensures proper functioning of transponder timing systems)
- Photo-Finish Judge
- Timers & Judges (finish line and course timing points)
- Road Course Measurer (responsible for measuring and certifying the race course)

For WA World Athletic Series events, the following officials are appointed by the WA;

- Technical Delegate
- International Technical Official (ITO/ICRO)

Finish Line

The start and finish lines are the most prominent areas of a road race, and it's crucial to minimize unnecessary personnel in these zones. Only designated "tape holders" should be present at the finish line when winners cross. Areas beside the finish line, away from media view, should be arranged for officials and timekeepers, with additional zones 20m beyond for post-finish logistics for elite athletes.

The layout of the finish line should be designed with the following parameters in mind:

Wherever possible the last 200m prior to the finish line should be on a relatively straight, flat roadway. The finish line itself should be sufficiently wide to handle the expected surge of finishers.

Secured areas should be provided for:

- Television
- Photographers
- Medical

- Doping Control
- Media

Multiple Finish Lines

Many large events utilize a segmented finish line divided into 2 or 3 adjacent sections. This setup helps highlight top division finishers and celebrity participants by using cones or vertical columns to designate separate finish lines for men, women, and wheelchair athletes. After elite runners finish, all finish lines typically open for mass participants, facilitating smoother flow into post-finish services such as refreshments, medical assistance, medal distribution, etc.

Advantages of Multiple Finish Line

- Finish lines can be opened and closed to assist with logistics situations.
- Highlights top finishers for media coverage.
- Provide controlled areas for elite athletes and celebrity runners after finishing.
- Facilitates staff and volunteers in assisting the participants at the finish line and post finish area.
- Enables quick medical aid by closing the finish line when necessary.

Finish line gantry/structures

Most races use sturdy overhead gantries for signage and digital clocks, which must withstand high winds and comply with safety regulations. These structures should be designed to accommodate transponder and photo finish equipment. For multiple finish line systems, placing the gantry about one meter beyond the line ensures a clear view for cameras.

Photographers' Area

A secure area about 20 meters beyond the finish line should be designated for photographers, managed by a volunteer to control their movement. Larger events often use an overhead gantry for photographers and TV crews, reducing ground clutter and keeping the finish area clear.

Mixed Zone

High-profile events need a designated mixed zone past the finish line for press and TV interviews. This area should be positioned to avoid disrupting the flow of finishers while ensuring all athletes pass through.

Post-finish runners' amenities

Post-finish amenities for runners should include essentials like fluids and heat blankets. Organisers need a "flow plan" to avoid congestion, ideally using a straight, wide area. For large races, amenities should be placed at least 50 meters from the finish line. A suggested sequence is water, medals, photography, refreshments, baggage reclaim, and family reunions.

Popular races often have a separate area for VIPs and special guests, which requires additional security. The order of amenities, such as taking photographs before providing heat blankets, can be adjusted as long as it maintains a smooth flow and minimizes delays.

Finish Area Medical

Race organizers should hire professionals for medical support, with the area's size and staffing based on race distance, participant numbers, and weather. Set up the medical area within 100m of the finish with clear runner access, often using a large tent. Ambulances need unobstructed routes, and trained medical staff must be available at the finish line throughout the event.

Doping Control Area

A designated, private area equipped with toilet facilities must be available for doping control, arranged according to the specifications of doping officials. Typically, this includes an administrative area for processing and waiting, along with separate sections for male and female sample collection.

If the race hotel is nearby, its facilities could potentially serve as the doping control center. Runners selected for doping control will need to be escorted from the finish line to this center, which may involve participation in the award ceremony and press conference.

Awards & Award Ceremonies

Prize money announcements occur promptly at the post-race ceremony, but the money itself should wait until each performance's validity, including doping control results for major races is confirmed.

Most road races typically host an awards ceremony post-race. Smaller events generally recognize both overall and age group winners at this ceremony if age group awards are included. Larger events often limit the ceremony to top finishers and deliver age group awards later by mail. In marathons, it's impractical to have top athletes wait for a ceremony that includes age group winners.

Race Timing and Results

The primary motivation for participants in races is to achieve a precise time for a specific distance, which serves as recognition of their performance. Accurate timing is crucial for awards, media coverage, rankings, and official record validation. Timing logistics vary significantly between small races with fewer than 100 participants, which can be managed with basic stopwatch and printer-timing tools, and large-scale events like those organized by major running organizations such as New York Road Runners, which handle over 50 races annually with thousands of runners per event. These larger events typically engage independent timing companies equipped with specialized personnel and technology dedicated to precise timing and result management.

Transponder timing

WA rule 19.24 permits the use of transponder timing systems in road races.

Transponder systems use evolving RFID technology to track runners. Each runner wears a transponder with a unique ID linked to their data in a computer system. The transponder can be worn on the shoe or bib, depending on the system. Antennae placed at key points along the course—like the start, finish, and splits—detect the transponder. These antennae might be in rubber/plastic mats or as wire loops on the ground or overhead. When a transponder crosses an antenna, the system records its ID and time, then sends the data to the scoring system.

Transponder frequency interference

Video screens, sound systems, and other electronic devices might disrupt transponder signal capture. It's important to test in advance to ensure there's no interference.

Positioning and technical specifications

WA Rule requires that the start and finish lines must be clearly marked with a line up to 30cm in any colour contrasting with the road surface. It's crucial to accurately identify the finish line according to the transponder system in use.

Antennae placement

Different transponder companies place their antennae in various spots within the mats. Some read from the front edge, while others are in the middle. However, all antennae—both primary and secondary—must be positioned entirely behind the start, finish, and split timing points. Incorrect placement can cause the course to be recorded as shorter than it is.

Transponder systems for splits should be positioned on the shortest route. It's important to ensure they're placed correctly according to course certification to aid in potential record ratification.

WA Rule 19.24

Transponder System

19.24.1 None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of an athlete.

19.24.2 The weight of the transponder and its housing carried or worn by the athlete is not significant.

19.24.3 The system is started by the starter's gun or synchronised with the start signal.

19.24.4 The system requires no action by an athlete during the competition, at the finish or at any stage in the result processing.

5. Elite Athletes

Elite runners” compete for top awards and receive preferential treatment such as travel, accommodation, start line positioning, and personal drink placement along the course. Athletes qualifying for a National Championship should be classified as "Elite."

When selecting elite participants, consider your objectives carefully and keep them in mind when making subsequent decisions.

Underlying objectives

Before pursuing an elite field, clarify objectives and funding availability, particularly from sponsors. As race director, guide sponsors on maximizing their contributions for race quality improvement. If opting for elite recruitment, consider potential benefits like sponsor satisfaction, faster times for greater recognition, and enhanced domestic talent development through international competition. Ensure a defined budget before negotiating with elite athletes.

Recruiting elite runners

When committing resources to recruit elite runners, the race organiser faces decisions on whether to handle the task internally or engage a consultant who manages elite athletes and their agents. Regardless, the organiser must ensure all financial agreements with athletes or their representatives are fulfilled as per contract terms.

The consultant, likely an elite athlete manager, should disclose any conflicts of interest, such as managing their own athletes or special arrangements with other agents. They should not charge athletes or agents for signing them up for the event they represent.

Setting clear targets is crucial:

- Determine the level of performance needed to make an impact.
- Assess the performance required for securing additional funding and media coverage.
- Identify specific runners capable of making a significant impact.

If fast times alone can attract interest, recruiting the fastest runners at competitive rates becomes essential. An elite field itself can generate media attention, especially if it includes distinctive or locally connected athletes.

For most races, creating a compelling narrative around the competition is key to attracting TV coverage. Recruiting international runners with targeted performance goals can enhance the race's appeal.

It's often beneficial to aim for a competitive race rather than inviting a single dominant runner who might not push themselves to the limit. While elite competition typically focuses on the main race, recruiting a few elite runners for subsidiary events can also enrich the domestic competition.

Safeguarding against abuse

In the marathon running realm, knowledge is easily accessible and valuable, as race results widely publicized facilitate verifying the authenticity of runners' claimed qualifications through targeted internet searches.

Race enhancement through elite recruitment

To enhance the race through elite recruitment, additional resources could include increasing prize money to attract more runners, covering travel and accommodation expenses for invited athletes within specified limits, employing a pacemaker to maintain desired race pace, and utilizing a consultant to manage athlete recruitment. The consultant would handle athlete inquiries, ensure compliance with agreed terms, and verify the credentials of potential participants before final selection.

Technical Meeting

The Technical Meeting, usually held at the Headquarters Hotel, provides elite athletes, coaches, and managers with crucial information for the race. This includes details on transportation, pre-race amenities, athlete presentations, course specifics, pace making arrangements, personal drink placements, competition rules, mixed zone procedures, protest and appeal protocols, doping control, and the awards ceremony and post-race interviews.

6. Competition Rules

Pacing

WA Rule 6

Medical Examination and Assistance

6.2 Any athlete giving or receiving assistance from within the competition area during an event (including under Rules 17.14, 17.15.4, 54.10.8 and 55.8.8 of the Technical Rules) shall be warned by the Referee and advised that, if there is any repetition, they will be disqualified from that event.

Note: In cases under Rules 6.3.1 or 6.3.6 of the Technical Rules, disqualification may be made without warning.

Assistance not Allowed

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

6.3.1 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 6.4.4 of the Technical Rules).

Pacemakers, a long-standing fixture in athletics, are employed in road races to achieve faster times, though some major events opt not to utilize them. They also assist mass participants in meeting their time goals in larger races. All pacemakers must wear identifiable gear and bibs, with a limit of three per pace group and a prohibition on personal pacemakers. This rule is mandatory for all World Athletics Label road races, requiring pacemakers to be registered participants and listed in the official race results.

Cheating

Cheating in road races is more prevalent than commonly believed. While high-profile cases involve front-runners cheating for prize money, less noticeable instances occur among mid-pack runners in large races who cheat to obtain certificates falsely claiming they completed the race. Detection of basic cheating is straightforward, especially with the widespread use of transponder timing systems.

Course Cutting

Course cutting in road races ranges from minor shortcuts like jumping onto footpaths to more deliberate attempts to shorten the course significantly, such as taking side streets or turning back early on out-and-back routes. Organizers

can mitigate this by strategically placing barriers to confine runners to designated spaces and implementing checkpoints, including transponder timing points or manned stations, especially on out-and-back or multiple-lap courses, to ensure all runners follow the correct path. Using video cameras at crucial turns can also help monitor and verify runners' adherence to the course. It's important to acknowledge legitimate reasons, like restroom use, for runners temporarily leaving the course.

Jump-ins

One form of cheating in races is "jumping in," where individuals join the race after it has started, sometimes near the finish line or even shortly after the start. Reasons vary from avoiding entry fees to seeking publicity or causing confusion. Unregistered runners without race numbers can misuse race resources intended for legitimate participants, potentially crossing the finish line and claiming medals and goody bags meant for rightful finishers. Race organizers often counter this by enforcing "No transponder, no time" policies and deploying teams to identify and remove unauthorized runners near the finish to maintain race integrity and prevent embarrassment.

Others jump in late for incidental reasons, such as seeking attention or publicity, possibly for a cause, and may display banners as they enter the finish area.

To prevent such incidents and potential embarrassment, race organizers should deploy teams to identify and eject individuals without genuine race numbers, especially in the final stages of the race. These "bandit catchers" should operate discreetly near the finish line to maintain the integrity of the event.

Misrepresentation

Misrepresentation in road races occurs when registered runners do not participate but transfer their race numbers to others, potentially leading to confusion and safety concerns, especially regarding medical assistance. Verifying identity at registration helps mitigate this issue but doesn't eliminate it entirely.

To discourage fee-saving tactics, race organizers could allow race number reassignment for a nominal administrative fee, though this may affect the categorization of runners. Properly recording such changes in the database helps maintain accurate records and avoids award ceremony mishaps.

Some runners misrepresent themselves to gain unfair advantages, such as competing in easier age categories or claiming prizes fraudulently. It's crucial to thoroughly verify the credentials of all prize winners to prevent such occurrences.

Recording finish line crossings via video serves as a reliable backup to transponder timing, helping identify discrepancies like gender or age category misrepresentations. While accidental number and transponder switches occur,

particularly among family members or hotel-sharing runners, they are typically resolved with their cooperation.

Disqualifications

Disqualifying a runner is a serious action, yet necessary to prevent cheating from tarnishing the integrity of the race. Race organizers must ensure conclusive proof of cheating before taking such steps, utilizing methods like race number spotters and time-stamped video recordings. Only disqualify a runner with clear evidence of cheating to uphold the integrity of the race.

Protest and Appeals

Protest procedures for elite races and elite athletes are outlined in WA Rule 8.

Protest procedures specified in WA Rule 8 are effective for elite races but may be impractical for age group divisions in large events where result posting and scrutiny of split times and race videos can take hours or days. Non-elite divisions often have a 24-hour protest window starting from when official results are posted, emphasizing the importance of transparent protest protocols accessible to all participants prior to and alongside results. All races require a Referee to oversee dispute resolution, while a Jury of Appeal is mandatory for Federation Championship races and recommended for all events. It is crucial that both the Referee and Jury members possess a comprehensive understanding of the Technical Rules, with at least one member being a Certified Official.

Records – Ratification

Road race organizers must adhere to technical rules for record ratification by WA, including submitting a World Record form from the WA website. To expedite the process for potential records, races should have their course measured in advance by two WA road course measurers.

WA Rule 31.20.4

The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, by a different "A" grade measurer from any of those who did the original measurement.

Note: If the course was originally measured by at least two "A" or one "A" and one "B" grade measurers, no verification (re-measurement) under this Rule 31.20.4 will be required.

7. WA Label Road Races

1. General Principles

1.1 The “World Athletics Label Road Races” programme gathers the world’s leading road races (‘Races’). A World Athletics Label denotes a full application of the Competition and Technical Rules in, at a minimum, the elite component of the competition; Labels also denote superior standards in event organization, safety and runner experience; support from public authorities to the event; and a financial commitment to anti-doping.

1.2 ‘Elite’, ‘Gold’ and ‘Platinum’ Labels also indicate the existence of a world-class elite competition.

1.3 These regulations define the criteria that must be met to obtain Labels for 2024.

1.4 The following categories of Races can apply for a 2024 Label:

- Races over the following official distances for which World Records are recognised (see World Athletics Competition Rule 32): Road Mile – 5km – 10km – Half Marathon – Marathon – 50km.
- Races over the following non-WR distances which count towards World Rankings in the Marathon and Road Running event groups: 15km – 10 Miles – 20km – 25km – 30km.
- ‘Classic races’ over other non-standard distances (<50KM).

1.5 There shall be 4 Labels in 2024:

- World Athletics Label
- World Athletics Elite Label
- World Athletics Gold Label
- World Athletics Platinum Label

1.6 Label Races fall into paragraph 1.d and 2.d of “World Rankings Competitions” as defined in the Generally Applicable Definitions.

2. Applications / Labels

2.2 Applications for an WA Road Race Label may be submitted by Race Directors of races that comply with the conditions mentioned in these Rules (and annexed documents).

2.3 Races should submit to the WA an Application duly signed by the Member Federation (MF) of the country in which the race is staged, by the relevant deadline (see 2.4 below), using the appropriate application form for an WA Label.

2.4 Applications shall only be accepted from races that have been contested for at least two editions prior to the date of Application.

2.5 Applications will be evaluated twice yearly: races held from January to June inclusive shall be evaluated in August, with Applications received by the WA no later than 15 August, and races held from July to December inclusive shall be evaluated in December, with Applications to be received by the WA no later than 15 December.

2.6 The relevant WA Label shall be granted initially for one year.

2.7 Races that have held the same level of Label for no less than three consecutive years may be awarded the same level of WA Label for a three year period upon the fourth renewal subject to full compliance with all Label Regulations and the submission of an Annual Report Form.

2.8 The acceptance or rejection of an Application is at the sole discretion of the WA and shall be based on the race fulfilling all of the criteria laid out in these Regulations.

2.9 The WA reserves the right to refuse the renewal of a Label to any Race that fails to comply fully with the WA Label Road Race Regulations.

3. Obligations / Requirements of the Organisers

3.1 Athletes

International Field

Gold and Silver Label Races must have an international elite field with a minimum of five men and five women participating in the competition in the relevant Label category as defined in §3.2 hereunder of at least 5 different nationalities (note: this could be, for example, elite men from 3 countries and elite women from 2 countries for mixed gender races): a minimum of four different nationalities must be represented at the elite level in Bronze Label Races.

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Single gender elite invitational races shall have at least five men or five women in the relevant elite athlete category representing at least 5 different nationalities.

To be considered as part of the international elite field for the purposes of the WA Road Race Label, all elite runners must be bona fide competitors.

Full details, current Regulations and application forms are available on the Label Road Races section of the WA web site <https://worldathletics.org/>.

APPENDIX 1

Relevant WA Rules

RULE 17 The Race

Indication of Intermediate Times

17.14 Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise, such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee who may authorize or appoint no more than one person to call times at each of no more than two agreed timing points.

Athletes who receive intermediate times that have been communicated in violation of this Rule shall be considered to have received assistance and shall be subject to the provisions of Rule 6.2 of the Technical Rules.

Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorized in accordance with the relevant Rules and Regulations.

RULE 6 Assistance to Athletes

Medical Examination and Assistance

6.2 Any athlete giving or receiving assistance from within the competition area during an event (including under Rules 17.14, 17.15.4, 54.10.8 and 55.8.8 of the Technical Rules) shall be warned by the Referee and advised that, if there is any repetition, they will be disqualified from that event.

Note: In cases under Rules 6.3.1 or 6.3.6 of the Technical Rules, disqualification may be made without warning.

Assistance not Allowed

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

6.3.1 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 6.4.4 of the Technical Rules).

6.3.2 Possession or use of video recorders, radios, CD, radio transmitters, mobile phone or similar devices in the competition area.

6.3.3 Except for shoes complying with Rule 5 of the Technical Rules, the use of any technology or appliance that provides the user with an advantage which they would not have obtained using the equipment specified in, or permitted by, the Rules.

Assistance Allowed

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

6.4.1 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.

Note: Coaches and other persons otherwise complying with Rules 54.10 and 55.8 of the Technical Rules may communicate with their athlete(s).

6.4.2 Medical examination / treatment and/or physiotherapy under Rule 6.1 of the Technical Rules necessary to enable an athlete to participate or continue participation once on the competition area.

6.4.3 Any kind of personal safeguard (e.g. bandage, tape, belt, support, wrist cooler, breathing aid etc.) for protection and/or medical purposes. The Referee, in conjunction with the Medical Delegate, shall have the authority to verify any case should the Referee judge that to be desirable. (See also Rules 32.4 and 32.5 of the Technical Rules.)

6.4.4 Heart rate or speed distance monitors or stride sensors or similar devices carried or worn personally by athletes during an event, provided that such device cannot be used to communicate with any other person.

Interpretation :

Elite athletes are permitted to share water bottles but they will be warned if in the opinion of the Referee, one is assisting the other.

Rules of Assistance and pacing cannot easily be applied in mass events.

RULE 25.4 **Disqualification**

If an athlete is disqualified in an event for an infringement of any Rule, reference shall be made in the official results to the Rule which has been infringed.

RULE 19.24
Timing System

Transponder System

19.24 The use of Transponder Timing Systems complying with the Rules in events held under Rules 54 (races not held completely in the stadium), 55, 56, and 57 of the Technical Rules is permitted provided that:

19.24.1 None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of an athlete.

19.24.2 The weight of the transponder and its housing carried or worn by the athlete is not significant.

19.24.3 The System is started by the Starter's gun or synchronised with the start signal.

19.24.4 The System requires no action by an athlete during the competition, at the finish or at any stage in the result processing.

19.25 For all races, all times not ending in zero shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.

Note (i): The official time shall be the time elapsed between the firing of the starting gun (or the synchronised start signal) and the athlete reaching the finish line. However, the time elapsed between an athlete crossing the start line and the finish line can be made known to them, but will not be considered an official time.

Note (ii): For the Road Mile, the conversion shall be done to the next longer 0.1 second.

19.26 Whilst the determination of the finishing order and times may be considered official. Rules 18.2 and 19.2 of the Technical Rules must be applied where required.

Note: It is recommended that judges and/or video recording(s) also be provided to assist in determining the finishing order and the identification of athletes.

19.27 The Chief Transponder Timing Judge shall be responsible for the functioning of the System. Before the start of the competition, they will meet the technical staff involved and familiarise themselves with the equipment, checking all applicable settings. They shall supervise the testing of the equipment and ensure that the passing of the transponder over the finish line will record the athlete's finish time. In conjunction with the Referee, they shall ensure that

provision is made for the application, when necessary, of Rule 19.24.6 of the Technical Rules.

RULE 55
Road Races

Distances

55.1 The standard distances shall be: 10km, 15km, 20km, Half-Marathon, 25km, 30km, Marathon (42.195km), 100km and Road Relay.

Note (i): It is recommended that the Road Relay race be run over the Marathon distance, ideally over a 5km loop course, with stages of 5km, 10km, 5km, 10km, 5km, 7.195km. For an U20 Road Relay, the recommended distance is a Half-Marathon with stages of 5km, 5km, 5km, 6.098km.

The Course

55.2 The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic Field of Play.

Note (i): It is recommended that, for Road Races staged over standard distances, the start and finish points, measured along a theoretical straight line between them should not be further apart than 50% of the race distance. For approval of Records, see Rule 32.21.2 of the Competition Rules.

Note (ii): It is acceptable for the start, finish and other segments of the race to be conducted on grass or other non-paved surfaces. These segments shall be kept to a minimum.

55.3 *The course shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race.*

In all competitions under paragraphs 1. (a) and (b) and, where possible, 1. (c) and 2. (a), (b) of the World Rankings Competition definition, the measurement line should be marked along the course in a distinctive colour that cannot be mistaken for other markings.

The length of the course shall not be less than the official distance for the event. At all World Rankings Competitions, the uncertainty in the measurement shall not exceed 0.1% (i.e., 42m for the Marathon) and the length of the course shall have been measured and certified in advance by an International Road Course Measurer.

Note (i): For measurement, the "Calibrated Bicycle Method" shall be used.

Note (ii): To prevent a course from being found to be shorter than the official race distance on future re-measurement, it is recommended that a "short course prevention factor" be built in when laying out the course. For bicycle measurements this factor should be 0.1% which means that each km on the course will have a "measured length" of 1001m.

Note (iii): If it is intended that parts of the course on race day will be defined by the use of non- permanent equipment such as cones, barricades, etc. their positioning shall be decided not later than the time of the measurement and the documentation of such decisions shall be included in the measurement report.

Note (iv): It is recommended that for Road Races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000, i.e. 1m per km (0.1%).

For approval of Records, see Rule 31.21.3 of the Competition Rules.

Note (v): A course measurement certificate is valid for 5 years, after which the course shall be re- measured even when there are no obvious changes to it.

55.4 The distance in kilometres on the route shall be displayed to all athletes.

55.5 For Road Relays, lines 50mm wide shall be drawn across the course to mark the start of each stage distance (scratch line). Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. For all takeovers, athletes are not permitted to begin running outside their takeover zones, and shall start within the zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone. If an athlete does not follow this Rule, their team shall be disqualified.

Start

55.6 The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the athletes shall assemble on the start line in the manner determined by the organisers. The Starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it, and shall then start the race.

Safety

55.7 Organisers of Road Races shall ensure the safety of athletes and officials. In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World

Rankings Competition definition, the Organisers shall ensure that the roads used for the competition are closed to motorized traffic in all directions.

Drinking / Sponging and Refreshment Stations in Road Races

55.8.1 Water and other suitable refreshments shall be available at the finish of all races.

55.8.2 For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water shall also be made available at these points.

Note (i) Where conditions warrant, taking into account the nature of the event, the weather, conditions and the state of fitness of the majority of the competitors, water and /or refreshments shall be placed at more regular intervals along the route.

Note (iii) Mist stations may also be arranged, when considered appropriate under certain organizational and/or climatic conditions.

55.8.3 Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organizers will determine which refreshments it will provide based on prevailing conditions.

55.8.4 Refreshments will normally be provided by the Organizers but it may permit athletes to provide their own, in which case the athlete shall nominate at which stations they shall be made available to them. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizers from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

55.8.5 The Organizers shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be collected or received. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official or authorized person shall, under any circumstances, move beside an athlete while they are taking refreshment or water.

55.8.6 In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, a maximum of two officials per Member may be stationed at any one time inside the area designated for them.

Note: For an event in which a Member may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

55.8.7 An athlete may, at any time, carry water or refreshment by hand or attached to their body provided it was carried from the start or collected or received at an official station.

55.8.8 An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

Note: An athlete may receive from or pass to another athlete refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.

The practical application of this rule may be difficult at times especially when the athlete in question is in the middle of a pack of other runners.

RULE 57 **Mountain and Trail Races**

Race Conduct

57.8 If the Referee is satisfied on the report of a judge, or Umpire, or otherwise, that an athlete:

57.8.1 has left the marked course thereby shortening the distance to be covered;

57.8.2 receives any form of assistance such as pacing, or refreshments outside of the official aid stations;

57.8.3 does not comply to any of the specific race regulations;

they shall be disqualified or get the penalty stated by the specific race regulations.

RULE 31 **World Records**

Submission and Ratification

31.1 A World Record shall be made in a bona fide competition which has been duly arranged, advertised and authorised before the day of the event by the Member in whose Country or Territory the event takes place and which has been conducted under and in compliance with the Rules. For individual events, at least three athletes and for relay events, at least two teams must be bona fide competitors in the event. Except for Field Events conducted as provided in Rule 9 of the Technical Rules and competitions held outside the stadium under Rules 54 and 55 of the Technical Rules, no performance set by an athlete will be ratified if it has been accomplished during a mixed competition.

Note: Women only Road Race records are subject to the conditions set out in Rule 32 of the Competition Rules.

31.2. The following categories of World Records are accepted by World Athletics:

(a) Word Records;

(b) World U20 Records:

Note (i): For the purposes of these Rules, unless the context dictates otherwise, World Records refers to all categories of records under this Rule.

Note (ii): World Records under Rules 31.2.1 and 31.2.2 of the Competition Rules shall recognise the best ratified performances achieved at any facility complying with Rule 31.12 or 31.13 of the Competition Rules.

31.3 An athlete (or athletes in the case of a relay event) who sets a World Record must:

31.3.1 have been eligible to compete under the Rules;

31.3.2 have been under the jurisdiction of a Member;

31.3.3 in the case of a performance submitted under Rule 31.2.2 of the Competition Rules, unless the athlete's date of birth has been previously confirmed by the Chief Executive Officer, have their date of birth confirmed by their passport, birth certificate or similar official documentation, a copy of which, if not available to be attached to the application form, must be provided by the athlete or athlete's Member Federation to the Chief Executive Officer without delay;

31.3.4 in the case of relay events, must all be eligible to represent a single Member in accordance with Eligibility to Represent a Member Rules.

31.3.5 submit to doping control immediately after the end of the event, where the athlete has broken or equalled a World Record. No delays other than those identified in the Anti- Doping Rules (Appendix 5 – Article 5.4.4 (a)) shall be

accepted. Doping controls for the ratification of a World Record shall be conducted in accordance with the Anti-Doping Rules and the sample(s) shall be sent for analysis to a WADA accredited laboratory as soon as possible after collection. Doping control samples collected for the ratification of World Records in endurance events from 400m upwards shall be analysed for Erythropoiesis Stimulating Agents (ESA). The doping control documentation (doping control form and corresponding laboratory results) shall be sent to World Athletics as soon as it is available and, ideally, together with the World Record Application Form which must in all cases be completed and dispatched to the Office within 30 days of the competition (see CR 31.6). The doping control documentation will be reviewed by the Athletics Integrity Unit and the performance will not be ratified in the following circumstances:

- a. if a doping control is not conducted, or
- b. if the doping control has not been conducted in accordance with the Competition Rules or the Anti-Doping Rules, or
- c. if the doping control sample is not suitable for analysis or has not been analysed for ESA (for endurance events from 400m upwards only), or
- d. if the doping control results in an anti-doping rule violation.

Note (i): In the case of a Relay World Record, all members of the team must be tested.

Note (ii): If an athlete has admitted that, at some time prior to achieving a World Record, they had used or taken advantage of a substance or technique prohibited at that time, then, subject to the advice of the Athletics Integrity Unit, such record will not continue to be regarded as a World Record by World Athletics.

31.4 When a performance equals or betters an existing World Record, the Member of the Country where the performance was set shall collect together, without delay, all the information required for ratification of the Record by World Athletics. No performance shall be regarded as a World Record until it has been ratified by World Athletics. The Member should immediately inform World Athletics of its intention to submit the performance.

31.5 The submitted performance shall be better than or equal to the existing World Record for that event, as accepted by World Athletics. If a World Record is equalled it shall have the same status as the existing World Record.

31.6 The official application form of World Athletics shall be completed and dispatched to the Office within 30 days. If the application concerns a foreign athlete (or a foreign team), a duplicate of the form shall be sent within the same period to the Member of the athlete (or team).

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Note: Forms are available, on request, from the World Athletics Office, or may be downloaded from the World Athletics website.

31.7 The Member of the Country where the performance was set shall send, with the official application form:

31.7.1 The printed programme of the competition (or electronic equivalent);

31.7.2 The complete results of the event, including all information required under this Rule;

31.7.3 In the case of a Track World Record where Fully Automatic Timing was in operation, the photo finish and zero control test images;

31.7.4 Any other information required to be submitted by this Rule, where such information is or should be in its possession.

31.8 Performances made in Qualification Rounds, in deciding ties in High Jump and Pole Vault, in any event or part of an event which is subsequently decreed void under the provisions of Rule 18.7 of the Competition Rules or Rule 8.4.2 of the Technical Rules, Rules 17.2 or 25.20 of the Technical Rules, in Race Walking events in which Rule 54.7.3 of the Technical Rules is applied and the athlete is not disqualified or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, may be submitted for ratification.

31.9 The President and the Chief Executive Officer of World Athletics together are authorised to ratify World Records. If they are in any doubt whether or not the performance should be ratified, the case shall be referred to Council for decision in accordance with the Governance Rules.

31.10 When a World Record has been ratified, the Chief Executive Officer will:

31.10.1 so inform the athlete's Member, the Member applying for the World Record and the relevant Area Association;

31.10.2 Supply the official World Record Plaques, for presentation to World Record holders.

31.10.3 update the official List of World Records each time a new World Record has been ratified. This list shall represent the performances regarded by the World Athletics as being, from the date of the list, the best ratified performances yet set by an athlete or team of athletes in each of the recognised events listed in Rules 32, 33, 34 and 35 of the Competition Rules.

31.11 If the performance is not ratified, the Chief Executive Officer will give the reasons.

31.21 For World Records in Road Running Events:

31.21.1 The course must be measured by an "A" or "B" grade World Athletics/AIMS approved measurer who shall ensure that the relevant measurement report and any other information required by this Rule is available to World Athletics upon request.

31.21.2 The start and finish points of a course, measured along a theoretical straight line between them, shall not be further apart than 50% of the race distance.

31.21.3 The overall decrease in elevation between the start and finish shall not exceed 1:1000, i.e. 1m per km (0.1%).

31.21.4 Any course measurer who originally measured the course or other suitably qualified official designated by the measurer (after consulting the relevant body) with a copy of the documentation detailing the officially measured course shall in advance of the race check that the course is laid out in conformity with the course measured and documented by the official course measurer. They shall then ride in the lead vehicle during the competition or otherwise validate that the same course is run by the athletes.

31.21.5 The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, by a different "A" grade measurer from any of those who did the original measurement.

Note: If the course was originally measured by at least two "A" grade or one "A" and one "B" grade measurers, no verification (re-measurement) under this Rule 31.21.5 will be required.

31.21.6 World Records in Road Running Events set at intermediate distances within a race must comply with the conditions set under Rule 31 of the Competition Rules. The intermediate distances must have been measured, recorded and subsequently marked as part of the course measurement and must have been verified in accordance with Rule 31.21.5 of the Competition Rules.

31.21.7 For the Road Relay, the race shall be run in stages of 5km, 10km, 5km, 10km, 5km, 7.195km. The stages must have been measured, recorded and subsequently marked as part of the course measurement with a tolerance of $\pm 1\%$ of the stage distance and must have been verified in accordance with Rule 31.21.5 of the Competition Rules.

Note: It is recommended that national governing bodies and Area Associations adopt similar rules to the above for the recognition of their own records.

RULE 32

Events for which World Records are Recognised

Fully Automatically Timed performances (F.A.T.)

Hand Timed performances (H.T.)

Transponder Timed performances (T.T.)

Men

F.A.T. or H.T. or T.T.:

Road Races: 5km*; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only);

Race Walking (Road): 20km; 50km.

Women

F.A.T. or H.T. or T.T.:

Road Races: 5km*; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only);

Race Walking (Road): 20km; 50km.

Note: Except Race Walking competitions, World Athletics shall keep two World Records for women in Road Races: a World Record for performance achieved in mixed gender ("Mixed") races and a World Record for performance achieved in single gender ("Women only") races.