



BALKAN MASTERS ATHLETICS CHAMPIONSHIPS STADIA, AUGUST 29TH – 31ST

COMPETITION AND TECHNICAL RULES

The competition will be held in accordance with the World Masters Athletics Competition and Technical rules which could be found at:

[Microsoft Word - WMA Competition and Technical Rules 2025](#)

Hereby we also mention some local information and some specific rules which we will apply in accordance with the Statutes of BAMA and the tradition of BAMACS.

BAMACS 2025 COMPETITION AND TECHNICAL RULES

Place of event

The 34th edition of the Balkan Masters Athletics Outdoor Championships (BAMACS) is organized by the Croatian Association of Masters Athletics and Athletic club Sloboda at stadium SRC Sloboda in Varaždin, 29th -31st of August 2025. The competition will be judged by Croatian judges. The competition director has executive powers.

Stadium SRC Sloboda

This multipurpose Stadium is located near the city center. It is used mainly for athletics but also for football. The stadium has a capacity of 2,500 seats, most of them covered by a roof.

Many big Athletics competitions were held at this stadium. Among the others – European Junior Championships in athletics in 1987, and European Athletics Team Championships Second League in 2019.

Timetable

The competition schedule is available on the website www.bamacs2025.com

REGISTRATION for athletes from Balkan countries

All athletes will be registered by their national Team manager in SAM application.

The age group is determined for each athlete according to WMA Rules of Competition, Rule 3.1 Throughout the competition, the athlete competes in the age group for which he/she qualifies on the first day of competition.

This application form must be submitted before August 5th, 2025. Late registration will not be possible. The payment deadline is 15th Aug 2025.

For correct applications, each athlete must provide the following information to The Country Team manager:

- ✓ Name and surname
- ✓ Gender
- ✓ Date of birth
- ✓ Events
- ✓ Season's best (SB) or Personal best (PB) for each event *

** In the absence of this information the athlete may receive a disadvantageous lane or heat that does not match his/her athletic level.*

An athlete can register for a maximum of 5 (five) individual events and 3 relay races.

Entry fee

Entry fee is 32.- Euro - including the first event fee and anti-doping fee. Each additional event is 7 Euros. The Entry fee is NOT refundable.

Registration / Corrections

LOC must be informed regarding all changes applied to the registered entries before the Technical Meeting on August 28th, 2025. These changes refer to corrections of the personal data of athletes already registered. New registrations will not be accepted. Changing the events for an athlete is not accepted either after the 5th of August.

The start lists will be published on the Competition website www.bamacs2025.com at least 2 days before the Competition begins.

Registration for athletes from NON-BALKAN COUNTRIES (NBA)

The local organizing committee will decide on August the 7th if there is a possibility of participation in the Championships for athletes from non-Balkan countries – *ooc* (out of competition). If that is possible, registration for athletes will be open on August 8th and will finish on August 18th. There will be a special application for registration. Payment must be made by August 21st. All information will be published on the website www.bamacs2025.com !

Athletes from non-Balkan countries (NBA) who will compete out of competition will get one memorable medal and will not participate in victory – ceremonies and will not get individual medals/diplomas. Results will be published in official results lists as *ooc*.

Special rules for athletes out of competition - ooc (NBA):

Races: they will accept any seeding order by lane / group according to start lists.

Horizontal jumps and throws: there will be only 3 attempts if the age group consists of more than 8 Balkan athletes, and NBA will not be placed in final 3 jumps / throws. If the age group consists of less than 8 Balkan athletes, NBA can compete in the last 3 final attempts if placed among 8 best athletes.

Competitors from other than Balkan countries (NBA) will collect their BIB numbers by themselves in the Welcome Center at the stadium from August 28th after 4 pm.

Athlete's BIB numbers and uniforms

The **BIB** numbers will be distributed by the LOC to the Team Managers according to their registration lists. Each athlete is kindly asked to keep in touch with his/her Country Team manager to get the kit from him/her. Each competitor will be given one (1) BIB number which should be worn on front of his/her shirt, except in the jumping events, where one bib number may be worn on the front or back. BIB numbers should not be folded, deteriorated or changed. All athletes must compete in the sport uniforms and colors of their national teams.

Technical Information Center (TIC)

The TIC will be in a room within the stadium. The official results will be announced at a specially designated place on the stadium and on website www.bamacs2025.com !

Working hours of the TIC and welcome center:

Thursday, 15.00 – 20.00

Friday 8.00 – 12.00, 14.00 – 20.00

Saturday 8.00 – 12.00, 14.00 – 19.00

Sunday 8.00 – 15.00

WARM-UP AREAS

The warm-up areas are in the auxiliary stadium next to the main stadium.

CALL ROOM

All participants must register in the Call Room. The application time in the Call Room for all events are below:

CALL ROOM SCHEDULE

Events	Time (before the start of the event)
Track	20 minutes
Jumps	40 minutes
Pole Vault	50 minutes
Throws	40 minutes
Relays	20 minutes

The referees will check the athlete's equipment and bib numbers in the Call room. Competitors who don't register on time in the Call Room will not be allowed to compete.

The length of spikes is 6 mm maximum on the track (WA Technical Rule 5.3, 5.4 and 5.5). The heel spike length shall not exceed 9 mm except in high jump, where it shall not exceed 12 mm. All competitors will be accompanied to the competition area by an official. Maximum sole for shoes is 40 mm.

Start

Instructions to athletes in all races will be given in English according to WMA rules. Athletes may start from either block-start or standing position at their own choice. The athletes who start incorrectly two times in one event will be disqualified from the race.

Timing

Electronic timing and photo-finish equipment will be operational during the competition.

Relays

Relay events age groups will be formed by every age group for men and women respectively, as a five-year age group, 35-39, 40-44, 45-49... etc. Registrations for relays MUST be done in advance in order to calculate the medals amount by Team Managers. The last changes of the names of athletes are possible 2 hours before the start of relays. There will be **4 x 100 m** (Friday), **4 x 100 m MIX** (Saturday) and **the Balkan relay** (Sunday).

One country may register more teams in the same relay event age group. After the race, only the best relay from one country will be included in the ranking. All others will be automatically declared Out of Competition (OOC).

Entry fee for relays (20.- euro per team) must be paid in advance together with entry fees for all competitors for the announced number of relays.

For example: if one country would like to announce 10 relays, they will pay 200.- euros with the right to change age groups / gender at any time before the start of the competition, but with the last name change 2 hours before the start of the relevant relay. Changes can be made **ONLY** by the official country's **TEAM MANAGER**, and **NOT** by athletes themselves.

Additional BIB numbers with **country marks** will be given to the last runner in relays just before the race in the Call room. These BIB numbers are mandatory, no matter if the country name is marked on the athlete's equipment.

All 4 athletes who run in a relay must **WEAR the same shirt / uniform**. Teams who do not fulfill this rule will be disqualified from the race and not allowed to start.

Vertical Jumps

POLE VAULT:

WOMEN	35-59	1.60m	+20cm	2.00m	+10cm.	2.20m	+5cm
	60+	1.40m	+10cm	1.60m	+5cm	-	-
MEN	35-39	2.50m	+20cm	2.90m	+10cm	3.20cm	+5cm
	40-44	2.30m	+20cm	2.90m	+10cm	3.20cm	+5cm
	45-49	2.30m	+20cm	2.70m	+10cm	3.10cm	+5cm
	50-54	2.00m	+20cm	2.60m	+10cm	3.10cm	+5cm
	55-59	2.00m	+20cm	2.60m	+10cm	3.10cm	+5cm
	60-64	1.60m	+20cm	2.00m	+10cm	2.60cm	+5cm
	65-69	1.50m	+20cm	1.90m	+10cm	2.20m	+5cm
	70-74	1.50m	+20cm	1.90m	+10cm	2.10m	+5cm
	75+	1.40m	+20cm	1.80m	+10cm	2.10m	+5cm

HIGH JUMP:

Women	35-39	1.20m	+5cm	1.40m	+3cm	1.52m	+2cm
	40-44	1.15m	+5cm	1.35m	+3cm	1.44m	+2cm
	45-54	1.10m	+5cm	1.35m	+3cm	1.44m	+2cm
	50-54	1.10m	+5cm	1.35m	+3cm	1.44m	+2cm
	55-59	1.00m	+5cm	1.20m	+3cm	1.42m	+2cm
	60-64	1.05m	+5cm	1.15m	+3cm	1.36m	+2cm
	65-69	1.00m	+5cm	1.15m	+3cm	1.36m	+2cm
	70+	0.90m	+5cm	1.15m	+3cm	1.30m	+2cm
Men	35-39	1.40m	+5cm	1.70m	+3cm.	1.82m	+2cm
	40-44	1.35m	+5cm	1.60m	+3cm.	1.72m	+2cm
	45-49	1.35m	+5cm	1.60m	+3cm.	1.72m	+2cm
	50-54	1.30m	+5cm	1.60m	+3cm.	1.72m	+2cm
	55-59	1.20m	+5cm	1.40m	+3cm.	1.52m	+2cm
	60-64	1.15m	+5cm	1.40m	+3cm.	1.52m	+2cm
	65-69	1.10m	+5cm	1.20m	+3cm	1.44m	+2cm
	70-74	1.00m	+5cm	1.15m	+3cm	1.36m	+2cm
	75-79	0.90m	+5cm	1.15m	+3cm	1.30m	+2cm
	80+	0.80m	+5cm	0.90m	+3cm		

If only one competitor remains in the competition in his/her age group, he/she has the right to choose the height of the bar in accordance with the WMA competition rules, even if there are athletes in other age groups who still jump predetermined heights.

Implements/shots

The use of personal implements is allowed. The implements must be taken to the Call Room no later than 30 min. before entering the Call Room.

Time limits

If necessary, during the competition we will apply the time limit as follows:

5000 m - 50 minutes
3000 m - 25 minutes
3000 m walk - 30 minutes

Athletes will be excluded from the race after the finish line. The result will not be official, but athletes will get the medal if among the first 3 in the race. The decision will be made by the Competition director.

Protests and appeals

All appeals will be judged by a Jury of Appeal. The appeal must be applied in no more than 30 minutes after the results are posted and must be given in TIC in written form only by the Team manager. For any appeal a 100 € fee must be paid. If the appeal is rejected, the deposit of 100 euro will not be returned.

The members of the appeal board are BAMA Technical Director, Competition Director, and Head of Judges.

Victory Ceremonies

For all events, the awards ceremony will take place at the stadium in a specially designated area 60 minutes after the announcement of the official results.

If any athlete is unable to attend the awards ceremony, they should contact the TIC to collect their medal and diploma.

Doping Control

There will be a Doping control on the Competition – according to WMA rules, with random selection. The person or entity that requires testing of any competitor for doping will pay 750 Euro per case in advance.

Medical care / First aid / Health insurance

During the whole competition emergency medical assistance will be provided. Emergency calls at 112 – the medical service - may also be used in case of need. The athletes will undertake all the health risks to be involved in the competition. Every athlete should procure the appropriate health insurance coverage for the time of their stay abroad.

OPENING CEREMONY

The opening ceremony will take place on August 29th, 2025, at 15.30. The program includes marching of the nations, a short formal program, awarding of the BEST Balkan Master Athletes (Male and Female) for 2024 and an entertainment program. All delegations are asked to take part in this ceremony. For the marching of the nations, 10 athletes per national team are recommended.

CLOSING CEREMONY

The Closing Ceremony will take place on August 31st, 2025, after finishing competition in Balkan relays. All delegations are invited to participate in this ceremony.

SANITARY FACILITIES

Sufficient changing rooms are available on the ground floor. All changing rooms are equipped with toilets and showers.

FOODS/ REFRESHMENTS

The possibility of buying food and refreshments will be available in the bars and restaurants located close to the stadium.

OTHERS

The LOC or any other organizing party will NOT be held responsible for any injury or unfavorable evolution of the health status of any athlete, or for the loss of personal belongings during the Competition. By participating in the Competition, each athlete consents that he/she has no financial demand or pretention of any other kind for the use of the photo images or video footage during the Competition, images or video that represent the image of the athlete under of the LOC that these images may be used for promotional materials to promote master's athletics movement.