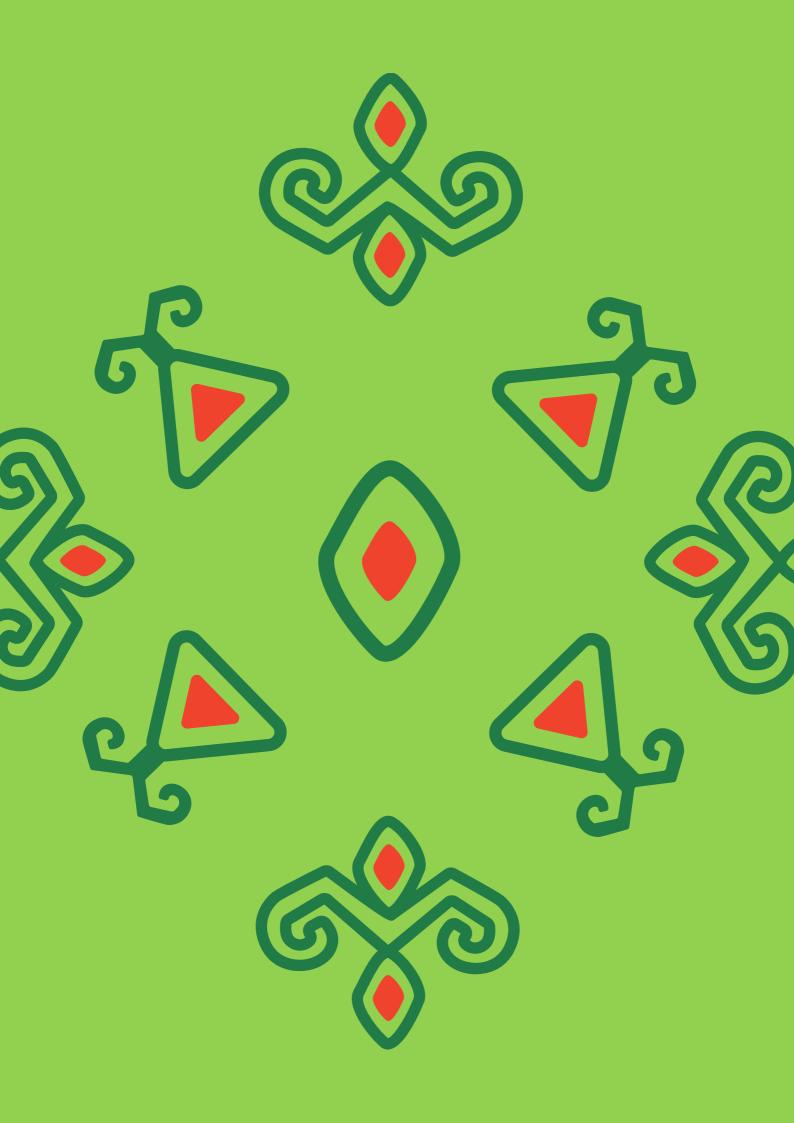


# Sport Handbook

### **Indoor Athletics**

September 2017



### 5<sup>th</sup> Asian Indoor And Martial Arts Games – in honor of peace and friendship

On behalf of the Country of Turkmenistan, I would like to welcome all of our guests who are coming to participate at Ashgabat 2017 5<sup>th</sup> Asian Indoor and Martial Arts Games, taking place for the first time in our country.

We are working hard across all levels of the government to develop sport in Turkmenistan, and work together with International Federations and sporting organisations throughout the world to share knowledge and experience.

I hope that Ashgabat 2017 will establish Turkmenistan's position on an international level, spread our Country's love of sport throughout the world and strengthen our friendly relations between nations.

During the Games, Asian and Oceanic athletes will have the opportunity to share their experiences, demonstrate their sporting skills and build lasting friendships.

We have been working hard to deliver the Games to a high level. The Ashgabat Olympic Complex covers total area of 157km2, we have over 39 different sites within the complex, including 16 sport competition venues.

The Athletes village and accommodation for our guests offers international world class catering, relaxation, cultural and entertainment facilities. All of this contributes to the great experience we want our guests to have along with a greater cooperation with Asian and international sport federations.

"Health, inspiration and friendship" was chosen as the motto of the Games. This motto is reflective of our healthy society, our nation's inspiration and the importance of developing friendly relations with all nations of the world.

National values, ancient traditions and the rich culture of our nation are depicted in the logo, mascot and brand of Ashgabat 2017. The logo, mascot and brand of the Games, which represent past and present history, and the great future of our nation, will form a starting point for a unique opportunity for our guests to experience our ancient history, national legacy, spiritual and cultural values through to modern day times of our country.

Our nations healthy life style is embedded in our each and every one of our citizens. One of the leading principles of the state is to protect our nation's health, to ensure that our citizens enjoy a peaceful and prosperous life, to assure our young generation enjoy sport and to major sporting events in our country.



I would like to express my gratitude to the heads of the Olympic Council of Asia for the support and opportunity to host the 5<sup>th</sup> Asian Indoor and Martial Arts Games and I would also like to thank the heads of the Asian and Oceania National Olympic Committees for their support in the participation of their athletes in the 5<sup>th</sup> AIMAG.

I wish success, prosperity and sound health to all the athletes who will participate in the  $5^{th}$  Asian Indoor and Martial Arts Games.

President of Turkmenistan Gurbanguly Berdimuhamedov



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### Introduction

In September 2017 Ashgabat will host the 5th Asian Indoor and Martial Arts Games; attracting athletes from 64 delegations from Asia and Oceania to participate across 21 sports.

This is a historic moment for the country, as Ashgabat 2017 will be the first major multi-sport event to be hosted in Turkmenistan. The vision after these games will be for the city of Ashgabat and the wider country to host future major sporting events at an international level.

#### 5th Asian Indoor and Martial Arts Overview

The Games are owned, co-organised, and regulated by the Olympic Council of Asia (OCA).

The first Asian Indoor Games were held in 2005 in Bangkok. After three editions of the Asian Indoor Games, the Olympic Council of Asia merged the event with the Asian Martial Arts Games. This merger created the Asian Indoor and Martial Arts Games, with the 4th AIMAG taking place in Incheon, Korea in 2013.

In 2010 the 5th edition of the Asian Indoor and Martial Arts Games was awarded to the city of Ashgabat, Turkmenistan.

The 2017 Asian Indoor and Martial Arts Games will be held in Ashgabat from 17–27 September 2017.

#### Ashgabat 2017 5th AIMAG Executive Committee

The Ashgabat 2017 5th AIMAG Executive Committee was established in 2013 under the direction of the President of Turkmenistan Gurbanguly Berdimuhamedov. The Chairman of the 5th AIMAG Executive Committee is Mr. Dayanch Gulgeldiyev.

#### The Ashgabat 2017 5th Asian Indoor and Martial Arts venues

There are 15 competition venues, with all sports except Equestrian Jumping and Futsal taking place within the Ashgabat Olympic Complex. Equestrian Jumping will take place at the Equestrian Centre located in the north east of the city and Futsal at the Multifunctional Sport Venue located less than 500m from the Ashgabat Olympic Complex.

#### The Ashgabat 2017 5th Asian Indoor and Martial Arts sports

Twenty-one sports will be contested during the 5th Asian Indoor and Martial Arts Games. The Games will include six Olympic sports: 3 x 3, Track Cycling, Equestrian Jumping, Taekwondo, Wrestling and Weightlifting.



## **General Information**

#### 1. Ashgabat 2017 5th Asian Indoor and Martial Arts Games in Brief



#### 1.1 Games Overview

Duration	September 17 <sup>th</sup> – 27 <sup>th</sup> 2017 (11 days)
Location	Ashgabat, Turkmenistan
Games Venue	16 Venues
Sports Programme	21 Sports / 341 Events
Patron	Olympic Council of Asia (OCA)
Host	The Ashgabat 2017 Asian Indoor and Martial Arts Games Organising Committee (AIMAGOC)

#### 1.2 Motto

# Health. Inspiration. Friendship.



#### 2. Organising Bodies

#### **OCA Executive Board**

Title	Name	Country	
President	Sheikh Ahmad Al-Fahad Al-Sabah	Kuwait	
Honorary Life Vice-President	Raja Randhir Singh	India	
Honorary Life Vice-President	Jizhong Wei	China	
Vice President	Maj Gen Charouk Arirachakaran	Thailand	
Vice President	Timothy Tsun Ting Fok	Hong Kong	
Vice President	Lt Gen Syed Arif Hassan	Pakistan	
Vice President	HE Sheikh Isa Bin Rashed Al Khalifa	Bahrain	
Vice President	Timur Kulibayev	Kazakhstan	
Vice President	Tsunekazu Takeda	Japan	
Vice President	Prof Dr Hoang Vinh Giang	Vietnam	
Vice President	Sapardurdy Toylyyev	Turkmenistan	
Vice President	Song Luzeng	China	
Vice President	Yu Zaiching	China	
Vice President	Rita Sri Wahyusih Subowo	Indonesia	
Honorary Vice-President	Hemasiri Fernando	Sri Lanka	

#### 1.3 Logo

The Ashgabat 2017 logo is made up of several different elements:

#### Akhal-teke

The akhal-teke horse is a national symbol of Turkmenistan. These horses are renowned for their speed, endurance and intelligence. The horse represents **Health**.

#### Moon

The crescent Moon is a recognised symbol shown on the Turkmenistan national flag. The Moon represents Inspiration.

#### Star

The star is the symbol of the Olympic Council of Asia, which represents welcoming Asian countries to Turkmenistan. The star represents **Friendship**.

Together the elements of the logo and the colours come together to represent Health, Inspiration and Friendship within Turkmenistan, and the circular shape reflects unity and sharing these values with the world.

#### 1.4 Mascot

The Ashgabat 2017 Mascot is called Wepaly – meaning Loyal Friend in Turkmen. He is an Alabai, a traditional Turkmen dog which is renowned as a beautiful and courageous animal that for many centuries has helped Turkmen shepherds to safeguard flocks of cattle in heavy conditions in the sandy desert. Today the Alabai is treasured by the Turkmen people not only as a courageous protector, but also as a loyal friend. Wepaly wears traditional ceremonial dress and a white telpek fur hat while waving the State Flag of Turkmenistan and the symbol of the Olympic Council of Asia.

#### 2. Accreditation and Validation

The Asian Indoor and Martial Arts Identity and Accreditation Card (AIMAGIAC) is both a visa-waiver document for entry into Turkmenistan for the 5<sup>th</sup> AIMAG and an identity and access device for access into Games venues.

AIMAGIACs will be distributed to all eligible Games participants via IFs/AFs (Technical Delegates and federation staff), NOCs (athletes and team officials), or the Ashgabat 2017 Executive Committee Sport Team (Technical Officials). The cards will be distributed in the form of a Pre-Valid Card (PVC) which must be validated at an official Games Accreditation location prior to being used to access Games venues.

For updates on the status of applications, please contact the IF/AF or NOC that is responsible for your application. Please also contact the relevant responsible organization if you do not receive your PVC before the end of August 2017.







PVCs should be carried with the passport during travel to Turkmenistan – participants may need to show the PVC to airline check-in or border control officials during departure or transit to prove eligibility to enter Turkmenistan. The PVC is a visa waiver document for entry into Turkmenistan between 18 August and 12 October 2017 – participants in possession of a PVC do not need to apply for a separate entry visa for Turkmenistan during this period. The PVC however does not act as a transit visa for any country – participants are required to make their own arrangements for transit visas where required.

Upon arrival into Turkmenistan, the Accreditation Card should be presented with the passport to the border control officials. The passport must be the same as the information submitted as part of the application for accreditation, and it must be valid until at least 28 December 2017.

#### Validation of the PVC

PVCs must be validated at an official Games Accreditation location before accessing Games venues. Each participant must attend in person with their passport to complete the process.

There will be Accreditation Validation Counters at Ashgabat International Airport (ASB) from 1 September 2017 – all participants arriving into Turkmenistan through ASB are required to complete the validation process at the airport before proceeding to their accommodation.

#### **3. Accreditation Locations and Services**

Centre	Client Groups	Validation	Help Office	Lost/Stolen Replacement
Ashgabat International Airport (ASB)	All participants arriving on international flights	YES	-	-
Athletes Village Accreditation Centre	Village residents only	YES	YES	YES
Uniform and Accreditation Centre (UAC)	All	YES	YES	YES
<ul> <li>Venue Accreditation Help Offices (VAHOs):</li> <li>Ashgabat Olympic Complex South</li> <li>Ashgabat Olympic Complex East</li> <li>Multifunctional Sport Venue/Ashgabat Olympic Complex North</li> <li>Equestrian Centre</li> </ul>	All	YES	-	YES
OCA Family Hotel Accreditation Centre	OCA Family Hotel residents only	YES	YES	YES

Lost, Stolen and Damaged PVCs and AIMAGIACs

If your PVC is lost prior to departure for Turkmenistan, is lost in transit or is damaged, please contact your IF/AF or NOC in the first instance. They will communicate with the 5<sup>th</sup> AIMAG Executive Committee to discuss options.

If your AIMAGIAC is damaged in such a way that the photograph, name or access codes are not easily read, or if the barcode area is damaged so that it will not scan at the access control points, please report to any Accreditation Centre where a replacement card will be issued.

Lost or stolen AIMAGIACs should be reported to any Accreditation Centre at the earliest possible opportunity so that it can be cancelled. A new AIMAGIAC will be issued upon completion of a declaration form, and presentation of a valid passport to confirm identity.

#### 4. Transportation

#### 4.1 Transport Services for Arrival and Departure

Shuttle Bus Services will be provided for arriving and departing athlete and team officials, depending on arrival and departure information and flight details. Before departure Shuttle Bus Services require advanced reservation.

#### 4.2 Transport services for Competitions

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between athletes Village and the competition venues as per the competition schedule.

#### 4.3 Transport Services for Training

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between Athletes Village and the training venues as per the training schedule.

#### 4.4 Transport Services for Spectating

The Athlete Village to venue Shuttle Bus Service will be provided to athletes and team officials wishing to watch other sport competition events. The service is also available to all athletes and team officials who are involved in the same events, priority however, will be given to athletes and team officials participating in their own events. Due to the close proximity of the Athletes Village to the Olympic complex the option to walk is available to non-participating athletes and team officials.

#### 4.5 Other Transport Services

The luggage belonging to athletes and team officials should, in principle, be loaded onto the bus they take. If not possible due to insufficient storage space, another vehicle will be provided to transfer baggage to the destination.



#### 5. Accommodation

Ashgabat 2017 aims to provide a secure and comfortable environment for athletes and team officials to relax, perform at their best and enjoy the atmosphere of the first Athletes Village in Turkmenistan.

The Athletes Village is conveniently located in the heart of Ashgabat, in near proximity to the city centre and other business, leisure and commercial attractions.

Located across the road from the Ashgabat Olympic Complex (see map), the Athletes Village contains 14 buildings with 12 floors each. The apartments have between two and three bedrooms.

#### 6. Media

#### 6.1 Mixed Zone

There is a mixed zone in every venue, for every sport. Athletes are required to go through the mixed after competition. The mixed zone is made up of broadcasters and written media. Athletes do not have to stop and speak to media but they are required to go through the mixed zone. Generally the mixed zone will have media from the athlete's country.

#### 6.2 Media Conference

Media conferences may occur depending on the sport and the level of media interest. These are arranged through NOCs Media Teams.

#### 7. Medical Service

Medical stations for athletes will be installed at all competition venues and training facilities.

On-site medical treatment and emergency transfer service will be provided during the operating period. The polyclinic in the Athletes Village will provide treatment and consultation by professional medical staff across the departments of internal medicine, general surgery (including orthopedics), ophthalmology, stomatology, medical imaging, physical therapy, pharmacy etc.

It will also have an emergency room open 24 hours per day, with standby ambulance. Any patient who needs further diagnosis and treatment will be transferred to designated hospitals of the Games.

Where accredited persons including OCA Family, VIP guests, NOC guests suffer from acute diseases, acute exacerbations of chronic diseases or acute injuries, they can receive treatment in the Polyclinic or designated hospitals free-of-charge. Services may include emergency treatment, in-patient service, special consultation and ambulance transfer, if required. However, free medical services will not include selective or unnecessary treatment.



#### 8. Host Country/City Information

#### 8.1 Turkmenistan in Brief

Turkmenistan is located in the western part of Central Asia. The country extends 1100 km from west to east and 650 km from north to south.

The area of Turkmenistan is 491,210 km<sup>2</sup>. In the south, Turkmenistan borders with Iran and Afghanistan, with Kazakhstan in the north, Uzbekistan to the north and east, and with the Caspian Sea in the west.

Over 80 percent of Turkmenistan's territory is covered by the Karakum desert, which mainly spreads across the centre of the country. Approximately 15 percent of the territory of Turkmenistan is occupied by hills and mountains. The highest peak in the country is Mount Airy Baba with an altitude of 3139m.

Turkmenistan is divided into 5 provinces – Ahal, Balkan, Dashoguz, Lebap and Mary. Each province is divided into districts. There are 50 districts, 24 towns, including 15 district-wide towns, 76 villages and 553 rural councils (rural municipal units) and 1903 rural settlements in Turkmenistan.

Turkmenistan - is a democratic, legal, secular state and its government is a presidential republic, led by President Gurbanguly Berdimuhamedov.

The Constitution of Turkmenistan is the main law of state, according to which the state structure of Turkmenistan is based on the principle of separation of powers into legislative, executive and judicial branches, which operate independently, balancing each other.

The Turkmen President is the guarantor of national independence, of the country's neutrality status, its territorial integrity, the respect for the constitution and international obligations.

On 27 October 1991 Turkmenistan became an independent state and since then this date is celebrated as the country's Independence Day.

On 12 December 1995 with the unanimous support of all 185 Member States of the United Nations General Assembly Member States Turkmenistan was recognised as a permanently neutral state.

#### 8.2 Ashgabat in Brief

#### Introduction to Ashgabat

The capital city of Turkmenistan is Ashgabat, and the largest administrative and cultural centre of the country.

The city's name comes from the words "Ashk" – love and "abad"- city, giving it the name "city of love". Ashgabat is located in the south of Turkmenistan, 25km north of the border with Iran from which it is separated by Kopetdag mountains, while on the other side the city borders with the Karakum desert.

Settlements on the territory of modern Ashgabat date back to the Neolithic era, around 6000 BC.

#### **History and Culture**

Turkmenistan has been at the crossroads of Civilizations for centuries. In medieval times, Merv was one of the great cities of the Islamic world and an important stop on the Silk Road, a caravan route used for trade with China

until the mid-15<sup>th</sup> century. In Turkmenistan there are over two thousand historical and cultural sites. These include open-air museums Of Ancient settlements such as Old Nisa, Kunya Urgench, Atamyrat, Ancient Dehistan,

Old Sarakhs, Abiverd and Geoktepe fortress. All of them have become a place of Cultural Pilgrimage for many tourists and scientists from around the world.

#### Currency

The national currency is manat, put into circulation on November 1, 1993. Currently, the ratio of the national currency to a freely convertible currency is: 3.50 manat = 1 US dollar.

#### Population

The population of Turkmenistan is more than 6.2 million people. Turkmenistan is a multinational state. There are more than 100 nations and ethnic groups living in the country.

#### Language

Turkmen is the official state language. The educational institutions of Turkmenistan ensure learning of three languages – Turkmen, English and Russian. In addition, the higher educational institutions and some specialised secondary schools include study of French, Chinese, German, Japanese and some other foreign languages.

#### 9. Weather Conditions

In September the average temperature in Ashgabat is 23.1C, with an average daily maximum of 31.5C and an average daily minimum of 15.4C (source: <u>http://www.ashgabat.climatemps.com/temperatures.php</u>).

There is only a 3% chance of rain on any given day, and an average 9 hours and 23 minutes of sunshine per day in September.

## **Technical Information**

#### **1. Competition Date**

The Indoor Athletics competition will be held from September 18 to September 20, 2017 at the Indoor Athletics Arena (ATH).

#### 2. Venue

#### 2.1 Competition Venue

The Indoor Athletics competition will be held in the Indoor Athletics Arena (ATH) of the Athletics Complex (ATC) within the Olympic Complex.

Category	Competition Venue	Training Venue
Name	Indoor Athletics Arena (ATH)	Warm-up area
Distance from AV	1 km	1 km
Seating Capacity	Gross: 5000; Net: 3750	N/A

The Warm-up area has the following sites: 4 oval lanes, 6 straight lanes, a Pole Vault pit, a High Jump pit, a Long/Triple Jump pit and a Shot Put sector.

Other facilities: Weight training areas (at the Warm-up area and an adjacent Core Strength Gym), Cardio Gym, Changing Rooms and showers, Athletes' Lounge.

#### 2.2 Training Venue

Athletes will have the possibility to train at the following facilities according to the schedule below:

September 14: 9:00 – 13:00 & 16:00 – 21:00 (Warm-Up area).

September 15: 9:00 – 13:00 & 16:00 – 21:00 (Warm-Up area).

September 16: 9:00 – 13:00 & 16:00 – 21:00 (Warm-Up area).

September 17: 9:00 – 13:00 (FOP and Warm-Up area) - no trainings in the evening due to the Opening Ceremony.

Official training (including training with official starter) for all athletes at the FOP will take place on Sunday 17 September from 11:00 – 12:30 on the FOP.

The Field of Play (FOP) consists of:

- 200m track with 6 lanes
- 60m straight with 8 lanes
- High Jump pit
- Pole Vault pit
- Long/Triple Jump pit
- Shot Put sector

Equipment and implements necessary for training will be available at the training venue. Officials will be present to help in case of problems or special requirements. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back.

The Weightlifting area in the Indoor Athletics Arena is situated in the Warm-Up area. Opening hours are equal to official training times.

Details about transportation for training sessions are included in the transport section of this manual. The transport schedule will be displayed at the information desks in the Sport Information Centre (AVL) and the Technical Information Centre (ATH).



#### 3. Competition Management

3.1 Technical Delegates	Alexey Kondrat (KAZ), Vice-President Asian Athletics Association
	Vadim Nigmatov (TJK)
Organisational Delegate	Dahlan Al-Hamad
Medical Delegate	Arun Kumar Mendiratta
International Starter	Shahbazi Shahram
Photo Finish	Nonglux Pornsirisuthanont
ITOs	Mohammad S KH Jumah
	Surapong Ariyamongkol
	Hoang Manh Cuong
	Yang Zhongmin
	Kwan Kee
	Tony Daniel
	Masayuki Abo
	Mahmoud A H Abul
	Thathaiah Nookarajoo
	Loh Lin Yow
	Ang Bee Lee
	A. Shuggumarran
	Rahul Pawar
2.2 Composition Management	Toom

3.2 Competition Management Team:

Athletics Competition Manager:	Christos Athanasiadis (GRE)
Games Services Manager:	Grace Caldwell (GBR)
Technical Operations Manager:	Alexander Cherkashin (RUS)
Athletics Project Manager:	Andrey Ismailov (TKM)

#### 4. Competition Events

The Indoor Athletics competition will consist of twenty-six (26) events including thirteen (13) events for men and thirteen (13) for women.

Men (13)	Women (13)
Track:	Track:
60m, 400m, 800m, 1500m, 3000m, 60m Hurdles, 4x400m Relay	60m, 400m, 800m, 1500m, 3000m, 60m Hurdles, 4x400m Relay
Field:	Field:
Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put	Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put
Combined Events:	Combined Events:
Heptathlon	Pentathlon

#### **5. Competition Procedures**

5.1 Competition Bibs:

#### 5.1.1 Competition Bibs

For individual events, each competitor will receive 4 bibs with numbers and pins. These must be pinned to the front and back of the competition clothing, to the back of the tracksuit and to the bag. Exceptions are made for High Jumpers and Pole Vaulters: these competitors are permitted to attach the bib only to the front or back of their competition clothing (plus their tracksuit and bag). Bibs must not be cut, folded or covered in any way.



#### 5.1.2 Special Bibs

For the Combined Events, the leading athlete after each event will be given a special bib (green background) indicating he/she is the leading athlete which is to be worn on their chest.

Athletes competing in the last race of the Combined Events will also be given a special bib to be worn on their chest. This will indicate their position in the competition prior to the last event.

#### 5.1.3 Relays

Each runner in a relay team must wear the bib with the official three-letter country code of his/her national federation on their front. On his/her back the runner must wear their personal bib. Those bibs and pins will be distributed from the Call Room prior to each relay race.

#### 5.1.4 Hip Numbers

The athletes competing in Track Events will also be given two adhesive hip numbers at the Call Room before entering the FOP. The hip numbers must be secured to both sides of the athlete's shorts/legs.

Bibs will be distributed during the Technical Meeting which will be held on September 17 (except for relays).

#### 5.2 Call Room:

#### 5.2.1 Call Room

Athletes must report to the Reporting Point at the Warm-Up area, according to the schedule below. The athletes will be escorted from the Reporting Point to the Call Room, which is located in the Basement level of the Indoor Athletics Arena. The athletes will not be allowed to go directly to the Call Room bypassing the Reporting Point.

All times below are prior to the actual starting time of the event.

Event	Reporting Point (at Warm up)
Track Events	30 minutes
High Jump	65 minutes
Pole Vault	85 minutes
Long jump, Triple jump & Shot Put	55 minutes
Relays	30 minutes

This is an indicative schedule. A dedicated heat by heat Call-up Schedule will be issued once Final Entries are confirmed. It will be displayed at the Warm-Up area and handed out at the TIC daily.

Athletes who fail to report on time to the Reporting Point without a valid reason may be excluded from participating in this and all further events in the competition, including relays (IAAF rule 142.4 (a)).

#### 5.2.2 Call Room Procedures

In the Call Room, judges will check the following are in accordance with IAAF Rules:

- Competition Bibs
- Shoes and Spikes
- Official National Uniforms
- Bags (identification on and content of)

• Any advertising on clothes and bags must comply with the latest IAAF Advertising Rules and Regulations which can be found on the IAAF website (<u>www.iaaf.org</u>).



Competitors taking part in Combined Events must report to the Reporting Point in the Warm-Up area at the start of each session (morning and afternoon) according to the time provided at the Reporting point in the warm-up area. They will be escorted to the Combined Events Rest Area, where all the call room procedures will be implemented. Before each consecutive event of the same session, the Combined Events Referee will provide information on reporting time at the Combined Events Resting Area.

Personal belongings (video cameras, tape recorders, radios, CD players, radio transmitters, MP3/MP4, cell phones or similar devices) will not be permitted in the infield as per IAAF Rule 144.2. Competition officials in Call Room will confiscate all unauthorized items. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the Post Event Area once their event has finished.

#### 5.3 Combined Events:

A rest area for the competitors taking part in Combined Events will be provided at the Basement level of the Indoor Athletics Arena (near to the Call Room), where athletes can rest and wait for their next event. As the presence of the athletes in this room between events is not obligatory, all athletes must report to this room before the start of an event to undergo their final check before entering the FOP. Before the first event of each day, the athletes are to report to the Reporting Point at the Warm-Up area according to the schedule. A specific schedule for the Combined Events reporting times will be provided at the Combined Events Rest Area.

Refreshments, beverages and snacks will be provided in the rest area. Toilets will also be available.

Access to the Combined Events Rest Area and catering is limited to the competitors and one other accredited person who is in possession of the appropriate Combined Events Rest Area pass. These passes can be collected at the TIC the day before the start of each Combined Event competition.

#### 5.4 Specific Event Procedures:

#### 5.4.1 Track events

Athletes in Track Events will be asked to enter the FOP already dressed in competition clothing. Tracksuits shall be placed in baskets at the Call Room and will be taken directly to Post Event Area for collection after the race. Toilets will be located next to Call Room

#### 5.4.2 Field events

In Shot Put - each athlete is allowed a minimum of two practice trials (more if time allows) under the supervision of the officials. The athletes will be called to practice in competition order.

In the remaining field events, the practice trials will be supervised by the relevant judges.

Only official markers provided by the organizers will be allowed for marking the runways and to be used adjacent to the shot put circle.

#### 5.4.3 Field events Coaching Zones

To allow communication between athletes and coaches, seats have been reserved in the stands close to the field events. Special passes for each field event will be distributed from the TIC to the teams according to the Final Confirmation forms and in accordance with the start lists. There will be one pass per competing athlete. The pass is only valid when accompanied by a team accreditation; this accreditation needs to be visible at all times. Meeting point will be outside the TIC and will follow the Call Room schedule.

#### 5.5 Timing & Measurement:

The official timing will be provided by Atos and will be displayed on the official electronic timing instrument and photo finish cameras provided by Atos. For the races the elapsed time will be displayed on electronic timers located at the end of each straight. All field events will be measured by Atos scientific measurement equipment (EDM).

#### 5.6 Post Competition Procedures:

After the competition, athletes leave immediately through the Mixed Zone (MZ) which will be near to the finish line. In the MZ, all athletes meet the media: first TV, radio and finally the written press. It is for the athlete to decide whether he/she will give an interview.

The clothing baskets will be brought to the Post Event Area located near the Call Room.

#### 6. Competition Schedule

Day	Date	Session	Start Time	Event
1	Monday 18	Morning	9:00	F W Pentathlon 60m Hurdles - Women
	September			H W 800m Round 1 - Men
				F W Pentathlon High Jump - Women
				H W 800m Round 1 - Women
				Q M Shot Put Qualification Group - Men
				H M 400m Round 1 - Men
				Q M Long Jump Qualification Group - Men
				H W 400m Round 1 - Women
				H M 3000m Round 1 - Men
				H W 60m Hurdles Round 1 - Women
				F W Pentathlon Shot Put - Women
				H M 60m Hurdles Round 1 - Men
		Evening	17:00	F W Pentathlon Long Jump - Women
				F W High Jump Final - Women
				H W 1500m Round 1 - Women
				F M Pole Vault Final - Men
				F M Shot Put Final - Men
				F W Pentathlon 800m - Women
				F M 60m Hurdles Final - Men
				H W Long Jump Final - Women
				F W 60m Hurdles Final - Women
				C1 W Women's High Jump Medal Ceremony
				C2 W Women's Pentathlon Medal Ceremony
				F W 3000m Final - Women
				SF M 400m Semi-finals - Men
				C3 M Men's 60m Hurdles Medal Ceremony
				C4 M Women's 60m Hurdles Medal Ceremony
				SF W 400m Semi-finals – Women
				C5 M Men's Shot Put Medal Ceremony
				C6 W Women's 3000m Medal Ceremony
				C7 M Men's Pole Vault Medal Ceremony

\*NOTE: The competition schedule is subject to change depending on the number of final entries.

Day	Date	Session	Start Time		Event
2	Tuesday 19 September	Morning	9:05	F	M Heptathlon 60m - Men
				Н	M 1500m Round 1 - Men
				F	M Heptathlon Long Jump - Men
				Q	M High Jump Qualification Group - Men
				Н	M 60m Round 1 - Men
				Q	M Triple Jump Qualification Group - Men
				Н	W 60m Round 1 - Women
		Evening	17:00	F	W Triple Jump Final - Women
				F	M Heptathlon Shot Put - Men
				F	M 3000m Final - Men
				SF	W 60m Semi-finals - Women
				F	M Pole Vault Final - Women
				SF	M 60m Semi-finals - Men
				C8	W Women's Long Jump Medal Ceremony
				C9	M Men's 3000m Medal Ceremony
				F	M Heptathlon High Jump - Men
				SF	W 800m Semi-finals - Women
				SF	M 800m Semi-finals - Men
				F	M Long Jump Final - Men
				F	W 1500m Final - Women
				C10	W Women's Triple Jump Medal Ceremony
				C11	W Women's Pole Vault Medal Ceremony
				F	M 400m Final - Men
				F	W 400m Final - Women
				F	W 60m Final - Women
				F	M 60m Final - Men
					W Women's 1500m Medal Ceremony
				• • • • • • • • • • • •	M Men's 400m Medal Ceremony
				C14	W Women's 400m Medal Ceremony

\*NOTE: The competition schedule is subject to change depending on the number of final entries.

Day	Date	Session	Start Time		Event
3	Wednesday 20 September	Evening	17:00	C15	W Women's 60m Medal Ceremony
				C16	M Men's 60m Medal Ceremony
				C17	M Men's Long Jump Medal Ceremony
				F	M Heptathlon 60m Hurdles - Men
				F	M High Jump Final - Men
				F	M Triple Jump Final - Men
				Н	W 4 x 400m Relay Round 1 - Women
				F	W Shot Put Final - Women
				Н	M 4 x 400m Relay Round 1 - Men
				F	M Heptathlon Pole Vault - Men
				F	M 1500m Final - Men
				F	W 800m Final - Women
				F	M 800m Final - Men
				C18	M Men's 1500m Medal Ceremony
				C19	W Women's Shot Put Medal Ceremony
				C20	M Men's Triple Jump Medal Ceremony
				F	M Heptathlon 1000m - Men
				F	W 4 x 400m Relay Final - Women
				F	M 4 x 400m Relay Final - Men
				C21	W Women's 800m Medal Ceremony
				C22	M Men's High Jump Medal Ceremony
				C23	M Men's 800m Medal Ceremony
				C24	M Men's Heptathlon Medal Ceremony
				C25	W Women's 4 x 400m Relay Medal Ceremony
				C26	M Men's 4 x 400m Relay Medal Ceremony

\*NOTE: The competition schedule is subject to change depending on the number of final entries.

#### 7. Competition Rules

The competition rules applicable for the conduct of the Indoor Athletics competition for the 5th Asian Indoor and Martial Arts Games, Ashgabat 2017, will be those promulgated by the International Association of Athletics Federations (IAAF) in its publication Competition Rules 2016-2017, in force as from 1st November 2015, including all amendments published on the official IAAF website after November 1 2015.

In case of any disagreement in the language interpretation of the rules and regulation, the English version shall prevail. Any unforeseen case not covered by the rules and regulations shall be handled as follows:

- General Issues: Resolved in accordance with OCA Constitution and Rules.

- Technical Issues: Resolved in accordance with the IAAF Rules and Regulations.

#### 8. Sport Entries

#### 8.1 Eligibility

Only OCA and ONOC member NOCs are entitled to send athletes to participate in the Indoor Athletics competition at the 5th Asian Indoor and Martial Arts Games.

Only athletes who comply with the OCA Constitution and Rules and its by-laws are entitled to participate in the Indoor Athletics competition.

#### 8.2 Entry Timeline

Entry by Number: Deadline Saturday June 17, 2017 Entry by Name: Deadline Thursday August 3, 2017

#### 8.3 Entry Policies

Individual Events: Each NOC may enter maximum two (2) athletes in each event.

Relay Events: Each NOC may enter only one (1) team in each relay event. A team should consist of a maximum of six (6) athletes. Any four athletes among those entered for the competition, for any event, may then be used in the composition of the team for the relay.

Team Size: No more than twenty-six (26) Men and twenty-six (26) Women athletes per NOC in total can be entered. NOCs that withdraw their athletes or teams after the submission of the final Entries by Name and Team Sport Draw will be faced disciplinary action by the OCA EB.

#### 9. Technical Officials

International Technical Officials (ITOs) are appointed by the Asian Athletics Association (AAA); National Technical Officials (NTOs) are appointed by the Turkmenistan Amateur Athletic Federation.

The Asian Athletics Association (AAA) has the right to appoint two (2) Technical Delegates and ITOs in coordination and approval of the OCA. In case of violation of the AAA Rules and Games Rules and Regulations by any participants, the OCA has the right to revoke the Accreditation Card and propose change of the person to the concerned party.

#### **10. Pre-Competition Activities**

#### 10.1 Technical Meeting

Date: Sunday, September 17 Venue: Athletes Village (AVL), Chef de Mission (CDM) Hall Time: 12:00 – 13:30

#### 10.2 Written Questions

Any enquiries concerning the technical conduct of the competition must be made in writing (in English). These questions will be answered at the Technical Meeting.

The forms on which the questions must be written will be distributed upon your arrival at the Sport Information Centre (AVL) and the TIC.

These forms must be returned to the TIC no later than on Saturday 16 September 21:00. No questions will be accepted during the Technical Meeting.

#### 10.3 Orientation visit

Athletes and Team Officials may visit the Indoor Athletics Arena, inspecting access routes and other facilities which will be important to the teams on:

#### 10.4 Venue Orientation - Athletes

Date: Sunday 17 September Time: 11:00 – 12:30

#### 10.5 Venue Orientation - Team Officials

Date: Sunday 17 September Time: 11:00 – 12:00 Team Officials are to meet Competition Management members at the entrance of Warm-Up area, from where they will be escorted.

#### 10.6 Final Confirmation forms

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. The deadline for the submission of the Final Confirmation forms is 09:00 on September 2017. The forms have to be submitted to the TIC. After the Final Confirmations deadline no further changes will be allowed.

#### 10.7. Failure to participate

Any athlete who, after the Final Confirmation has been submitted, or after qualifying during a qualifying round or a heat for any event, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 113), shall be excluded from participation in all further events in the competition, including Relays (see IAAF Rule 142.4).

#### 10.8 Withdrawals

Withdrawals after final confirmation have to be submitted, on the official Withdrawal Form, to the TIC. If the athlete is entered in another discipline (including relays) of the Games, the reason for the withdrawal has to be specified in detail, confirmed by the Medical Delegate (see above), being its acceptance the responsibility of the Technical Delegates based on the IAAF Rules.

#### 10.9 Relays Declaration Forms

The composition of each relay team as well as the order of running shall be officially declared at the TIC, not later than one hour before the published first call time for each relay race. Forms for the final declaration and confirmation are provided in the TIC. The forms must be completed and submitted to the TIC within the specified deadline.

#### 10.10 Other Activities

Activity	Date	Time
Training Commences	Thursday 14 September	9:00
TIC at the ATH becomes operational	Thursday 14 September	9:00
Deadline for Technical Meeting Questions submission	Saturday 16 September	21:00
Venue Orientation - Athletes	Sunday 17 September	11:00 – 12:30
Starting Practice (with official starter)	Sunday 17 September	11:00 – 12:30
Venue Orientation - Team Officials	Sunday 17 September	11:00 – 12:00
Bib Numbers distributed	Sunday 17 September	13:00-13:30
Training at ATH ends (Opening Ceremony restrictions)	Sunday 17 September	13:00
Opening Ceremony	Sunday 17 September	20:17
Start of Competition	Monday 18 September	9:00

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#### **11. Protests and Appeals**

Protests and appeals will be processed in accordance with IAAF Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete themselves, by someone acting on their behalf or by an official representative of a team (Rule 146.3). Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

Where the appropriate Referee is not accessible or available, the protest should be made to them through the Technical Information Centre (TIC). Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board).

If the final decision of the Referee is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC. Any written appeal to the Jury of Appeal must be made in accordance with Rule 146.5 and signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal, it shall be accompanied by a deposit of USD 100 or its equivalent, which will be forfeited if the appeal is not allowed. The Jury's decision will be provided in writing.

Any athlete/NOC can appeal to CAS (Court of Arbitration for Sport) in case he/she feels that there is violation of the IAAF Technical Rules or OCA Constitution which is not related to reversing the decision of the referee or result.

#### 12. Equipment and Clothing

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and the **International Association of Athletics Federations** (IAAF).

Neither athletes nor Technical Officials can attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA and AIMAG EC.

#### 12.1 Poles

Following each Final, athletes will be expected at the TIC and escorted to equipment storage to check their pole bags. Athletes should arrive 30 minutes after the final however no later than 60 minutes. The poles will then be transferred to the main logistics centre, where they will be transported to the airport at the end of the competition. The athletes will pick-up their poles at the departure desk at the departure terminal of Ashgabat International airport. Athletes **MUST** submit a departure from to the TIC by 17 September no later that 6pm which informs the Organising Committee of their flight number and departure details.

#### 12.2 Personal Throwing Implements – Shots

Personal Implements (Shots) shall also be allowed, providing that: They are readily identifiable, are IAAF certified and they have been checked for compliance with IAAF Rules, and they are not already in the list of shots provided by the Organising Committee. These implements must be available for use by the other participants until the end of the Final of every shot put event including combined events.

Personal shots must be given to TIC no later than 18:00 on the day before the relevant event. After all Shot Put competitions are over (including combined events) those shots can be collected at TIC.



#### Shots provided by the Organising committee are:

Equipment Name / Description	Quantity	IAAF Certificate
Mondo Shot Competition 4.00kg, Steel, diam: 99mm, Blue, AL302	4	Certification No.: I-99-0174
Nordic Sport Shot 4.00kg, Turned steel, diam. 108mm	4	Certification No.: I-99-0025
Polanik Shot 4.00kg, Brass, diam. 100mm	4	Certification No.: I-00-0198
Polanik Shot 4.00kg, Competition, Turned steel, diam. 110mm	4	Certification No.: I-12-0581
Mondo Shot Competition 7.26kg, Steel, diam: 121mm, Red, AL305	4	Certification No.: I-99-0175
Nelco Shot 7.26kg, Turned iron, diam.128mm	4	Certification No.: I-99-0093
Nelco Shot 7.26kg, Turned steel, diam. 129mm	4	Certification No.: I-01-0247
Polanik Shot Competition 7.26kg, Turned steel, diam. 125mm	4	Certification No.: I-13-0652

#### 12.3 Uniform:

#### 12.3.1 Competition Clothing:

Competitors must wear the Federation's official team clothing. IAAF Rule 143 will be strictly applied. Please follow the IAAF Advertising Regulations in force. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed/taped at the Call Room.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

The rule stipulating for the compulsory wearing of the official competition clothing will be applied during the competition but also during any victory lap, interviews and Victory Ceremonies.

#### 12.3.2 Dimensions of spikes:

The part from the spike which projects from the sole or the heel shall not exceed 6mm. These spikes must be constructed that it will, at least for the upper half of its length, fit through a square sided 4 mm gauge.

#### 12.3.3 The sole and the Heel:

The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. In the high jump and long jump, the sole shall have a maximum thickness of 13 mm and the heel in high jump shall have a maximum thickness of 19 mm. In all other events the sole and/or heel may be of any thickness.

#### 12.4 Towels and Ice:

Towels will be available during training and competition at the equipment storage located in the Warm-up area. Ice – Will be available from the athlete medical room which is located near the Warm-up area.

#### 13. Medical Service & Doping Control

#### 13.1 Medical Care at the Competition Venue:

The ATC medical service is responsible for any problems concerning the athletes' health, located on Basement level (near the Team Massage Area). There is also a room for medical attention next to the finish line. The team doctor has access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

ATC medical service is also responsible for first aid in the Warm-Up area. There are two first aid teams around the FOP, supervised by a doctor and marked with a red cross.



#### Physiotherapy services at Warm-Up and training Areas:

There are well equipped physiotherapy facilities in the Warm-Up area. Teams will be allocated 10 Team Areas at the Warm-Up area for their perusal on a first come, first served basis. Team physiotherapists and doctors may use the equipment in the physiotherapy room in co-operation with the medical staff.

#### 13.2 Doping Control:

The 5th Asian Indoor and Martial Arts Games will include a full anti-doping program. The anti-doping program will be run in accordance with the WADA International Standard for Testing and Investigation and following the Olympic Council of Asia Anti-Doping Rules. The program will include pre-competition and in-competition urine and blood testing. Athletes who wish to use a Prohibited Substance or a Prohibited Method in connection with the event and do not already have a Therapeutic Use Exemption (TUE) should apply to OCA TUE Committee (OCA TUEC) by August 01, 2017.

Where the athlete already has a TUE granted by his or her National Anti-Doping Organization or International Federation, he/she should apply to the OCA TUEC for recognition of that TUE.

#### 14. Medal Ceremonies

Gold, silver, and bronze medals will be awarded to the athletes/teams ranked top three of each event respectively. Medalists must wear their NOC official uniforms.

All Athletics medal ceremonies at Ashgabat 2017 will take place, where possible, shortly after each event but not earlier than 30 minutes from the posting of the official results for said event. Medal ceremonies will take place in the following manner: The medal ceremony shall be announced. When their names are called, the competitors who have won first, second and third place shall take their place on a special podium. The winner will be slightly above the second, who shall be on their right, and the third, who shall be on their left. After the presentation of medals, the approved anthem of the winner's nation/territory shall be played and the competitors and spectators will turn towards the flagpoles. During the playing of the anthem, the flag of the winner's nation/territory shall be hoisted on the center flagpole, as will those of the second and third place competitors on adjoining flagpoles on the right and left as they face the arena. Athlete escorts will be on hand to lead athletes to the podium for the medal ceremony, and will provide direction with regard to the procedures that the athletes will need to follow. Athletes who take part in a medal ceremony must adhere to the regulations governing both dress and conduct.

All athletes participating in medal ceremonies must wear their official team tracksuit, appropriate footwear, and must not wear headwear or sunglasses. Please note that headwear for religious purposes will be permitted by exception. It is the responsibility of each athlete/ coach to ensure that the athlete has their full tracksuit with them and that it is ready to wear at the venue in time for the start of the medal ceremony. Failure to adhere to this rule may result in the delay or postponement of the medal ceremony, and will be noted as a breach of regulations.

Flags, mobile phones, cameras, electronic devices, bottles, items of sport equipment, political statements and accreditations will not be allowed on the podium. If any athlete is in possession of any of these items, they must be passed to the medal ceremonies producer for the duration of the ceremony. Similarly, if any items are thrown to an athlete while they are on the FOP and/or the podium, the athlete must pass them to their athlete escort to hold during the medal ceremony. Failure to comply with these rules may result in disqualification.

For relay events, only athletes who competed in the final (four athletes) will be awarded a medal during the medal ceremony. Up to two additional medals will be available for athletes who competed in the heats and not the finals session. These additional medals can be collected by the Team Officials at the TIC after the relevant medal ceremony.

#### **15. Sport Information Center (SIC)**

The major distribution point for Sports Information is the Sport Information Center (SIC) at the Village Plaza in the Athletes' Village which provides clients with information relating specifically to training and competition for each of the 21 sports. The role of the Sport Information Center is to help the Sport Competition Management team communicate generic Games and Sport specific competition information to Chefs de Missions, Deputy Chef de Missions, and Team officials.

#### SIC Hours of operation:

September 7 – 11 : 08:00 – 20:00 September 12 – 29 : 07:00 – 23:00

#### **16. Technical Information Center (TIC)**

Located on Basement level next to the Team Massage Area at the Indoor Athletics Arena. The main function of the TIC is to ensure a smooth liaison between each Team Delegation, Asian Athletics Association's Technical Delegates and the Competition Management regarding technical matters. TIC becomes operational on Thursday 14 September at 09:00.

The TIC is responsible for, but not limited to the following:

• Display on the relevant notice board any official communications to teams, including start lists, results and Call Room reporting times.

• Distribution of urgent notices to the delegations from the Technical Delegates and Competition Management via the pigeon boxes. It is the Team Officials' duty to collect this kind of information in due time.

• Receipt of written questions to be answered during the Technical Meeting.

• Liaison points concerning technical matters between Team Officials, Technical Delegates, Asian Athletics Association and Competition Management.

- Settlement of technical enquiries from delegations.
- Receipt of Final Confirmation forms.
- Distribution and receipt of Relay Order Confirmation forms.
- Distribution of special passes (i.e. field events coaching areas and combined events resting area) the day before the respective event, according to the start lists.
- Distribution of items confiscated at the Call Room.
- Managing national record doping control requests.
- Receipt of withdrawal forms.
- Receipt of Appeals.
- Receipt and collection of personal implements (Shots).
- Meeting point for Victory Ceremonies.

Indoor Athletics Sport Handbook

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### Ashgabat Olympic Complex



1. Ashgabat Olympic Stadium

Ashgabat 2017 Opening and Closing Ceremonies

2. Taekwondo and DanceSport Arena Taekwondo, DanceSport

**3. Billiard Arena** Billiard Sports

**4. Martial Arts Arena** Ju Jitsu, Kurash, Sambo

5. Muaythai and Kickboxing Arena Muaythai, Kickboxing

6. Weightlifting Arena Weightlifting

**7. Main Indoor Arena** Wrestling, Belt Wrestling, Traditional Wrestling

8. Aquatics Centre Short course Swimming **9. Tennis Centre** Tennis

**10. Velodrome** Track Cycling

**11.3x3 Basketball Arena** 3x3 Basketball

**12. Indoor Athletics Arena** Indoor Athletics

13. Bowling Centre Bowling

14. Chess Centre Chess

15. Multifunctional Sport Venue Futsal

**16. Equestrian Centre** Equestrian – Jumping

**17.Athlete Village** 

