

WMA Changes in Rules of Competition

Weight for W75+ shot and hammer reduced to 2 kg.

Weight for W75+ discus reduced to 0.75 kg.

Weight for W75+ weight reduced to 4 kg.

M80+ Long hurdles reduced to 200m hurdle with 5 hurdles.

W70+ Long hurdles reduced to 200m hurdle with 5 hurdles. Already in operation from June 2008

M60-69 Hurdles Indoor and Outdoor, changed to 12.00m to the 1st hurdle and 16.00m from the last hurdle to the finish

M60-69	100m-60m	Height	Distance to 1 st Hurdle	Distance in-between	Distance to finish
		84,0 cm	12.00m	8.00m	16.00m

Rule 116 Establishment of a WMA Race walk Panel

The panel shall consist of:

- Race Walk judges selected and approved by WMA VP non-stadia
- Experienced race walk judges in Masters Athletics from a variety of countries
- All judges will serve a probationary period before final approval as a WMA race walk Judge.
- A list of approved WMA race walk Judges will be placed on the WMA Website. All WMA race walking championship judges shall only be those approved by the Non-Stadia VP no later than one month prior to the championship.

The updated 2010 WMA Age Grading tables as on the WMA website will be effective from May 1, 2010.

These rules will be implemented from the 1st May 2010, as specified in the WMA Rule of Competition, 100 (100-3)

(11.11.2009)

Doping rule violation

The World Masters Athletics (WMA) has been informed by the Finnish Veterans' Athletic Association (SVU) that the male athlete, Pekka Viippo (M45, FIN) has been found guilty of the following doping violation:

Presence of the prohibited substances Testosterone, Norandrosterone, Methylphenidate and Ritalinic Acid in his doping control sample.

This doping violation relates to a sample collected in-competition on 02. 08. 2009 in Lahti (FIN) during the World Masters Championships.

The SVU has imposed the following sanction for a first violation:

- 2 (two) years ineligibility (18. 10. 2009 – 17. 10. 2011)
- Disqualification of all results from 02. 08. 2009