



The 3rd Asian
Youth Games
Bahrain 2025

Athletics

Technical Handbook

V2



Technical Information

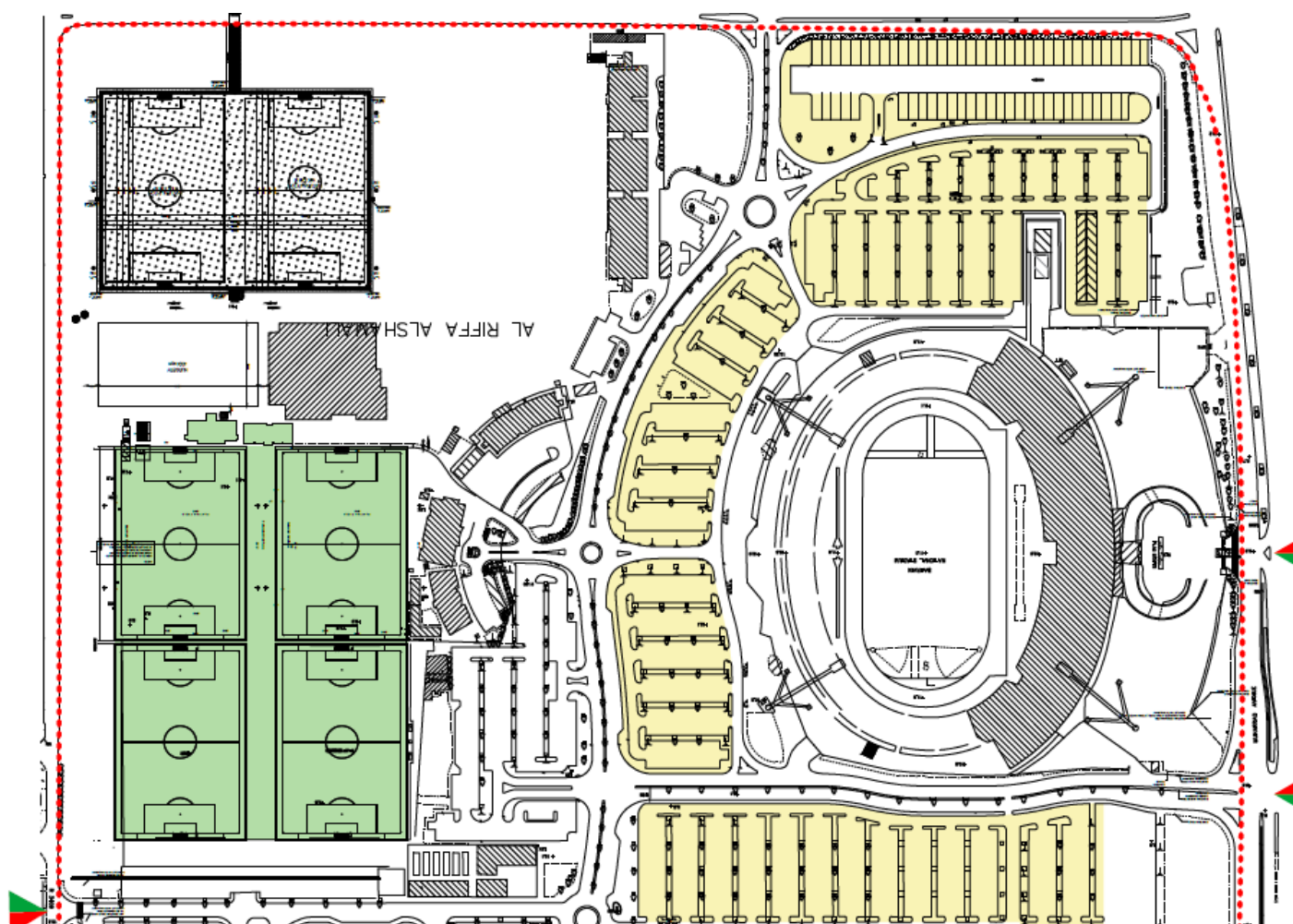
1. Dates

Athletics competition for the 3rd Asian Youth Games 2025 will be held from 23 to 28 October 2025.

2. Venues

2.1. Competition Venue

The Athletics competition will be held in Bahrain National Stadium, Isa Sports City. Olympic Sports Centre Stadium. The FOP is designed as per the World Athletics standard track and field. There are eight (8) 400m tracks and eight straight lanes covered with Synthetic surface, Tongxin Topthink flooring. The seating capacity of 24,000 spectators.



2.2. Warm-up Area

Very close to the competition venue, the warm-up area is located outside the competition track and second one indoor between the first and last calling room. The throwing events (Shot Put, Discus Throw, Hammer Throw and Javelin Throw events) share a landing sector about 400m from the competition stadium.





2.3. Training Venue

The training venue (Khalifa Sport City) is athletics track to be used for training for running and jumps events. However, the training of throwing events will be located at the Isa Sport City and will be the same area of the competition warm-up area for throwing events.

3. Competition Management

3.1. 3.1 Technical Delegates:

- Jesus Jr. Tuborg (PHI)
- Vadim Nigmatov (TJK).

3.2. Competition Manager

- Yusuf Ahmed Abdulqader Ahmed

4. Events

The Athletics competition of the 3rd Asian Youth Games consists of 42 events, including 21 men's events and 21 women's events:

4.1. Track & Field:

4.1.1. Men's

- Track events: 100m, 200m, 400m, 800m, 1500m, 3000m, 110m Hurdles, 400m Hurdles, 2000m Steeplechase
- Jumping events: High Jump, Pole Vault, Long Jump, Triple Jump
- Throwing events: Shot Put, Discus Throw, Hammer Throw, Javelin Throw
- Relay events: Medley Relay (100mx200mx300mx400m)
- Walking event: 5000m Walk.

4.1.2. Women's

- Track events: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles, 400m Hurdles, 2000m Steeplechase
- Jumping events: High Jump, Pole Vault, Long Jump, Triple Jump
- Throwing events: Shot Put, Discus Throw, Hammer Throw, Javelin Throw
- Relay events: Medley Relay (100mx200mx300mx400m)
- Walking event: 5000m Walk.

4.2. Cross Country

4.2.1. Men's

- 3.5 km individual
- 3.5 km Team

4.2.2. Women's

- 3.5 km individual
- 3.5 km Team





5. Competition Schedules

5.1. Track & Field

Note: This is a provisional timetable and subject to change.

Session	Session	Gender	Event	Phase
23 October 2025 Day 1	ATH 01 (Morning session start time 08:00)	Girls	5000m Walk	Final
		Boys	High Jump	Qualification (A&B)
		Girls	100m Hurdles	Round 1
		Boys	110m Hurdles	Round 1
		Girls	100m	Round 1
		Boys	100m	Round 1
	ATH 02 (Evening session start time 16:30)	Boys	Hammer Throw	Final
		Boys	Triple Jump	Final
		Girls	400m	Round 1
		Boys	400m	Round 1
		Boys	100m	Semi-Final
		Girls	Shot Put	Final
		Girls	Long Jump Final	Final
		Girls	5000m Walk	Medal Ceremony 1
		Boys	Hammer Throw	Medal Ceremony 2
		Girls	100m Hurdles	Final
		Boys	110m Hurdles	Final
		Girls	1500m	Final
		Boys	1500m	Final
		Boys	Triple Jump	Medal Ceremony 3
		Girls	100m Hurdles	Medal Ceremony 4
		Boys	110m Hurdles	Medal Ceremony 5
		Girls	Shot Put	Medal Ceremony 6
		Girls	1500m	Medal Ceremony 7
		Boys	1500m	Medal Ceremony 8
		Girls	Long Jump Final	Medal Ceremony 9





Session	Session	Gender	Event	Phase
24 October 2025 Day 2	ATH 03 (Morning session start time 08:00)	Boys	5000m Walk	Final
		Boys	Long Jump	Qualifications (A&B)
		Girls	400m Hurdles	Round 1
		Boys	400m Hurdles	Round 1
		Girls	200m	Round 1
		Boys	200m	Round 1
	ATH 04 (Evening session start time 16:30)	Boys	Javelin Throw	Final
		Girls	Pole Vault	Final
		Girls	Discus Throw	Final
		Girls	800m	Heats
		Boys	800m	Heats
		Boys	High Jump	Final
		Boys	5000m Walk	Medal Ceremony 10
		Girls	400m	Final
		Boys	400m	Final
		Boys	Javelin Throw	Medal Ceremony 11
		Girls	2000m Steeplechase	Final
		Girls	400m	Medal Ceremony 12
		Boys	400m	Medal Ceremony 13
		Girls	Discus Throw	Medal Ceremony 14
		Girls	100m	Final
		Boys	100m	Final
		Girls	2000m Steeplechase	Medal Ceremony 15
		Boys	High Jump	Medal Ceremony 16
		Girls	Pole Vault	Medal Ceremony 17
		Girls	100m	Medal Ceremony 18
		Boys	100m	Medal Ceremony 19



Session	Session	Gender	Event	Phase
25 October 2025 Day 3	ATH 05 (Evening session start time 16:30)	Boys	200m	Semi-Final
		Girls	Hammer Throw	Final
		Girls	Triple Jump	Final
		Girls	400m Hurdles	Final
		Boys	400m Hurdles	Final
		Boys	Shot Put	Final
		Girls	800m	Final
		Boys	800m	Final
		Boys	2000m Steeplechase	Final
		Boys	Long Jump	Final
		Girls	Hammer Throw	Medal Ceremony 20
		Girls	Triple Jump	Medal Ceremony 21
		Girls	400m Hurdles	Medal Ceremony 22
		Boys	400m Hurdles	Medal Ceremony 23
		Boys	Shot Put	Medal Ceremony 24
		Girls	200m	Final
		Boys	200m	Final
		Girls	800m	Medal Ceremony 25
		Boys	800m	Medal Ceremony 26
		Boys	2000m Steeplechase	Medal Ceremony 27
		Boys	Long Jump	Medal Ceremony 28
		Girls	200m	Medal Ceremony 29
		Boys	200m	Medal Ceremony 30
26 October 2025 Day 4	ATH 06 (Evening session start time 16:30)	Girls	Medley Relay	Round 1
		Boys	Medley Relay	Round 1
		Boys	Discus Throw	Final
		Boys	Pole Vault	Final
		Girls	Javelin Throw	Final
		Girls	3000m	Final
		Boys	3000m	Final
		Girls	High Jump	Final
		Boys	Discus Throw	Medal Ceremony 31
		Girls	3000m	Medal Ceremony 32
		Boys	3000m	Medal Ceremony 33
		Girls	Medley Relay	Final
		Boys	Medley Relay	Final
		Girls	High Jump	Medal Ceremony 34
		Girls	Javelin Throw	Medal Ceremony 35
		Boys	Pole Vault	Medal Ceremony 36
		Girls	Medley Relay	Medal Ceremony 37
		Boys	Medley Relay	Medal Ceremony 38





5.2. Cross country

- The cross-country events will be held in the Endurance Village on October 28, 2025. The course map and detailed layout will be provided at a later stage.
- The cross-country distance is 3.5 km for boys and for girls.
- The cross-country events will include individual and team medals and standing for boys and girls separately.
- Each participating country is allowed to enter a team of 5 athletes per gender maximum, with the top 3 athletes to count toward the team rankings.
- Each team's score shall be determined by the aggregate of the finishing positions achieved by its 3 (three) best placed athletes. If two or more athletes tie for a place and so on. A tie shall be decided in favour of the team whose last scoring athlete finishes nearest to first place.

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6. Competition Rules

The Athletics competition of the 3rd Asian Youth Games will be held as per the latest World Athletics Competition Rules and World Athletics Technical Rules.

Detailed information is available on the website of the World Athletics: www.worldathletics.org.

In case of any disagreement in the interpretation of the World Athletics rules and regulations, the English version of the World Athletics Competition Rules and World Athletics Technical Rules shall prevail. Any unforeseen circumstances not covered by the regulations and rules shall be resolved as follows:

- Technical issues: Resolved in accordance with the World Athletics rules and regulations.
- General issues: Resolved in accordance with the Olympic Council of Asia (OCA) Constitution and Rules

7. Training Arrangements

LOC personnel will be available at the training venue to assist. Athletes are advised to follow the instructions given by the personnel and pay particular attention to the safety rules during the training session. Implements, equipment's hurdles, starting blocks, and relay batons will be available to athletes and coaches at the official training venue. These can be obtained from the equipment store and athletes/coaches using the equipment will be asked to leave their accreditation card with the LOC personnel in charge.

Once the equipment/implements are returned the ID cards can be retrieved.

Training facilities will be fully open from 08:00 to 12:00 and 14:00 to 19:00 from 21 October 2025. Training will be possible for those planning to arrive earlier and special arrangements can be made with LOC.

Long throws will be possible at the long throw warmup area according to the schedule to be provided in due course.

8. Competition Format

8.1. Track Events

The seeding and qualifications of track events shall be determined based on the number of final entries and World Athletics Rule 20 of the Technical Rules (TR20).





8.2. Field Events

The Qualification Rounds shall be held if the number of participants is too large to allow the competition to be conducted in a single round (final). There will be qualifying standards, which will be announced by the Technical Delegates in the Technical Meeting before the competition. The athletes who reach the standards can participate in the Finals. If there are 12 or fewer athletes who reach the qualifying standard, they will be supplemented in descending order based on their results until reach 12. If there are over 12 athletes who reach the qualifying standard, all of them will be in the Finals.

The qualifying standards as well as the starting height and progression of heights of High Jump and Pole Vault will be announced at the Technical Meeting by the Technical Delegates.

8.3. Race Walking Events

Race walking events will be conducted using the "Penalty Zone" Rule – following below procedures:

Penalty Zone Set-up

It should be located in the final straight, in lanes 5 to 7, close to the 80m start line and in front of the Posting Board.

It should have one entrance and one exit at opposite ends (both same size) and be 10m in length (maximum). The width can vary but it should be such to allow up to 5 athletes at the same time. Small barriers or cones should be used to clearly identify the penalty zone. The athlete is free to stop or continue moving inside the penalty zone, however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed.

Judging World Athletics Race Walking Rules must be applied with the following adaptations: When one athlete receives 3 Red Cards, he must receive a communication from the Chief Judge or his Assistant showing him a paddle with the time penalty on both sides, and he must stop in the penalty zone at the first opportunity. The following penalty times shall apply: 30 seconds. At the first opportunity the athlete will be guided by the Chief Judge's Assistant into the Penalty Zone. The time penalty starts immediately as the athlete enters the Penalty Zone. The athlete shall be shown an appropriate card notifying him when 10 seconds remain on the penalty. After the time penalty and following the instructions of the official in charge of the penalty zone, the athlete shall re-enter the event.

The athlete is not judged in the Penalty zone. If the athlete then receives any additional Red Card(s) (from the judges who had not previously sent him one), he shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible. If an athlete receives 4 or more Red Cards before stopping in the penalty zone, the athlete shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible. If an athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or his assistant to notify the athlete that he must stop in the penalty zone, the athlete shall finish the race and the penalty time (30 seconds) shall be added to his official time.

The Chief Judge maintains the power to immediately disqualify the athlete in the last 100m of a race (no time penalty).





9. Sport Entries

9.1. Eligibility

- Only NOCs that are members of the OCA are entitled to send athletes to compete in the Athletics competition of the 3rd Asian Youth Games.
- Only athletes who comply with the OCA Constitution and Rules and its Byelaw are entitled to compete in the Athletics competition.

9.2 Number of Events per athlete

The maximum number of events in which an athlete can compete is two individual events plus relays. If the two individual events are Track Events, only one of these may be longer than 200m.

9.3 Entry Timeline

- Entry by Sport: Deadline: 24:00 25 March, 2025 (Manama Time, GMT +3)
- Entry by Number: from 10:00 30 June 2025 to 23:59 21 July 2025 (Bahrain Time, UTC +3).
- Entry by Name: from 10:00 1 August 2025 to 23:59 31 August 2025 (Bahrain Time, UTC +3).

9.4 Entry Policies

- Individual events: Each NOC may enter a maximum of two (2) athletes per event.
- Relay events: Each NOC may enter a maximum of one (1) team per event made up of up to six (6) athletes (including two (2) substitutes). Substitutes must be nominated from entered athletes. The relay order shall be submitted to the Technical Information Centre (TIC) not later than one (1) hour before the first call time for the first heat.
- Cross Country: Each NOC may enter a maximum of five (5) athletes per event.
- Total: Each NOC may enter a maximum of 45 male athletes and 45 female athletes.

9.5 Age Limitation

- Athlete participating in the Athletics Competition must be between 15 and 16
- Athletes must be born between 2009 and 2010 (inclusive).

9.6 Final Confirmation

Representatives of each NOC will collect the Final Confirmation forms for participation of track and field athletes per day during accreditation. The Final Confirmation forms shall be submitted to the sport information desk (Athletics) at the athletes accommodation or the Technical Information Centre (TIC) at Bahrain National Stadium (Isa Sports City) not later than 10:00am in the morning of the day before the corresponding competition day. No further changes would be possible after the relevant deadlines for the final confirmations.

Alternatively, NOCs may submit the Final Confirmations Forms for all days of the competition at a time, by 10:00am in the morning one day before the competition starts. Any NOC that withdraws its athletes or teams after the submission of the final entries by name or the Team Draw phase will be faced with disciplinary action by the OCA Executive Board.





10. Arrival and Departure

Teams arrival is fixed two (2) days before the competition and depart one (1) day after it ends.

11. Technical Officials and Jury of Appeal

11.1. Technical Officials

International Technical Officials (World Athletics Referees), International Race-Walking Judges, International Starter and International Photo Finish Judge shall be appointed by the Asian Athletics (AA).

National Technical Officials shall be appointed by the Bahrain Athletics Association (BAA). AF/IF has the right to appoint the Technical Delegate and International Technical Officials (ITOs) in coordination and approval of the OCA. In the event of any violation of the AF/IF Rules or Games Rules and Regulations by any participant, the OCA has the right to revoke his or her accreditation card and propose replacement of the participant concerned to the relevant party.

11.2. Jury of Appeal

The Jury of Appeal shall be made up of the AA Council members.

12. Technical Meeting

The technical meeting will be held at 14:00 on 22 October 2024 (location to be confirmed). Each NOC will be able to send a maximum of two (2) representatives to the meeting. 1 interpreter may attend the meeting if necessary.

At the entrance to the room where the Technical Meeting will take place, each NOC will receive an envelope containing the athlete's competition bibs and relevant materials for the meeting.

Agenda

The meeting will be co-hosted by the AA Technical Delegate and Competition Manager in English.

Welcome speech by the Competition Manager

Relevant Affairs

Competition Technical Arrangements

Q&A for written questions submitted by NOCs before the meeting.

All the questions and recommendations to be discussed at the technical meeting shall be included in the question form (English only) to be distributed to NOCs from the Sports Information Centre (SIC Athletics). The form must be returned to the SIC (Athletics) or to TIC not later than 10:00 on 26 October 2025.

Note: Only written questions will be addressed at the technical meeting.

location to be defined.

12. General Rules and Regulations

12.1 Rules

12.1.1 Eligibility Code (OCA 52)

To be eligible for participation in the OCA Games, a competitor must:

- a) Observe and abide by the Rules of the IOC/OCA as per the Olympic Charter;



- b) Respect the spirit of fair play and non-violence and abide by the rules on the sports field;
- c) Comply with all aspects of WADA and OCA Anti-Doping Rules Code and refrain from using substances and drugs prohibited by the said organisations;
- d) The Member must ensure that any competitor in the OCA Games must be a national of the country of the NOC, which is entering him;
- e) Disputes relating to the determination of the country which a competitor may represent in the OCA Games shall be resolved by the EB, unless the eligibility code already set out in the Constitution has been fulfilled and is not in dispute.

12.1.2 Nationality of Competitor (OCA By-Law 52)

- a) All cases of infringement of IOC Rule 41, 42 and it's Bye-laws and of the eligibility code of IFs shall be communicated by the concerned Member to the OCA, to be considered by the EB whose decision will be final;
- b) A competitor who is a national of two (2) or more countries at the same time may represent either one (1) of them, as he may elect. However, after having represented one country in the Olympic, Asian continental regional or world championships recognised by the relevant IF, the competitor may not represent another country unless he or she meets the conditions set forth in sub section 4 below that apply to the persons who has changed his nationality or acquired a new nationality;
- c) A competitor who has represented one country in the Olympic Games, OCA Games, continental, regional, and world championships recognised by the relevant IF, and who has changed his nationality or acquired a new nationality, shall not participate in the OCA Games to represent his new country until three years after such change or acquisition;
- d) If a State, Country or a colony acquires independence, a country becomes incorporated within another country by a change of border or transfer of sovereignty or if a new NOC is recognised by the OCA, a competitor may continue to represent the country to which he belongs or belonged. However, he may, if preferred, choose to represent his country or be entered in the OCA Games by his new NOC if one exists. This option can only be made once and is irreversible;
- e) In all cases not expressly addressed in these Bye-Laws, in particular those cases where a competitor would be in a position to represent a country other than that of which he is a national, or to have choice as to the country which he intends to represent, the EB makes all decisions. Decisions can be of a general The OCA Games 80 SEP 2017 or individual nature and issue specific requirements relating to nationality, citizenship, domicile or residence of the competitors, including the duration of any waiting period;
- f) Except as permitted by the EB, no competitor, coach or official who participates in the OCA Games may allow his person, name and picture or sports performances to be used for advertising purposes during the OCA Games.

12.1.3 Number of Entries (OCA 58)

- a) For a sport to be included in the OCA Games Programme a minimum of six (6) NOCs should enter their athletes by number and a minimum of four (4) should be physically present before the start of the competition;





- b) The maximum number of entries from each country in each sport or event is established by the Council in consultation with the Member hosting the Games and in accordance with the AA technical rules;
- c) However, the following numbers cannot be exceeded:
 - For individual events, two competitors from each Member;
 - For team events, one team per Member, the Number of competitors and reserves not to exceed the number allowed by the AA concerned;
 - For events where individual and team competitions are conducted simultaneously, and the team event is decided by the aggregate score/time of each individual member of the team, the athlete (if maximum two) participating in the individual event must be designated as such in the Entry form and only the athlete concerned will be competing in the individual event.

12.1.4 Technical Official and Jury of Appeal (OCA 59)

The BAYGOC must not receive or otherwise give official recognition to any foreign political delegation or leaders of any other mission whatsoever, without the prior written approval of the OCA. However, nobody can be discriminated against if he or she is a duly appointed official of the NOC's sports delegation.

12.1.5 Court of Appeal (OCA 79)

- a) The OCA EB on behalf of the OCA is the final Court of Appeal, which will decide all disputes of a non-technical nature concerning the OCA Games. Teams/Member NOC's, if necessary, may submit disputes to the Court of Appeal. In addition, the Court of Appeal may intervene in all disputes of a nontechnical nature outside the jurisdiction of the Juries of Appeal set up for each sport in the Programme;
- b) The Court of Arbitration for Sport (CAS) in association with the OCA will set up a small Ad Hoc working group from CAS that will be present and working alongside the OCA in the Asian Games period only, on the same lines as done during the Olympic Games. The participating athletes can address any issues that they may have directly with CAS, during the OCA Games.

12.1.6 Claims of Protest (OCA 80)

- a) Claims made to the Judges on grounds concerning matters of fact are decided by them without appeal;
- b) Appeals against other decisions of the Judges or with regard to any other matters must be addressed to the President of the Technical Jury of Appeal for the sport concerned by a representative of the team making the appeal;
- c) Exceptional circumstances apart, a claim must be made within two hours of the decision giving rise to it. The Jury, after an investigation, shall give a decision and this decision shall be irrevocable, except in the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the OCA. In these case it shall be decided by the Court of Appeal;
- d) All claims and appeals must be made in writing.

12.1.7 Penalties in Case of Fraud (OCA 81)

A competitor proved to have transgressed by fraud the Rules of the OCA shall be disqualified and lose any position he or she may have gained. If this competitor's team is proved to have been party to the fraud, his/her team shall be disqualified





in the sport involved.

13 Protests and Appeals

Protests and appeals shall be handled as per the World Athletics Rule 8 of the Technical Rules (TR8). Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. Any protest shall be made orally to the Referee by an athlete or by someone acting on their behalf.

An appeal to the Jury of Appeal must be made together with a deposit of USD 100 (equivalent of convertible currency) within 30 minutes of the official announcement by the Referee and signed by the official representing the concerned athlete. In case the appeal is rejected, the deposit will not be returned.

All the appeals must be submitted to the TIC, Bahrain National Stadium (Isa Sports City).

14 Equipment and Clothing

14.2 Equipment

All the equipment and facilities for competition, training and warm-up provided by BAYGOC comply with World Athletics rules.

14.3 Personal Implements

In the event that any athletes wish to use personal throwing implements that are certified by the World Athletics but not provided by BAYGOC, they shall submit the concerned implements to the equipment room in the warm-up area of the Bahrain National Stadium (Isa Sports City) before 12:00 on the day before the competition day.

Personal Implements shall also be allowed, providing that:

- The implements have a World Athletics certificate.
- The implements have passed required inspections.
- The implements are made available to all athletes.
- Each athlete must submit no more than two.

Athletes can take back their personal implements from the equipment room which is at the athlete's entrance of the warm-up area one hour after their respective events end.

14.4 Clothing

Competitors are required to present and register their uniforms at the TIC of Bahrain National Stadium (Isa Sports City). Such uniforms must conform to the current World Athletics Advertising Regulations. Judges will check competitors' uniforms at the Call Room. Only the officially registered uniform will be approved for use during competition. The Lap of Honor and Victory Ceremonies are considered as part of the competition.

14.5 Bib Number

BAYGOC will distribute four (4) bib numbers with safety pins per participating athlete at the technical meeting: two (2) bib numbers for their competition vest, one (1) for their track suit and one (1) for their bag. Bib numbers must not be cut, folded or obscured in any way. Except in the jumping events where only one (1) number may be worn on the breast or the back only, competitors must wear two (2) bib numbers on both their breast and on their



back.

Athletes taking part in the track events will also be given two (2) adhesive hip numbers in the Call Room before entering into the FOP. The hip numbers must be fixed to both sides of their shorts or upper legs.

For the Combined Events, the leading athlete after each event will be given a special bib number (yellow) to be worn on his/her chest. Athletes competing in the last event (800m or 1500m) of the combined events will be given a separate number to be worn on their chest, indicating their placing in the competition before the last event. The special bibs will be distributed by the Referee of the combined events in the rest room for combined events.

15 Doping Control

In order to ensure healthy and fair competitions and protect the interests of the athletes, the Anti-doping program of the 3rd Asian Youth Games will be conducted in strict accordance with the World Anti-doping Code and the OCA Anti-doping Rules.

16 Victory Ceremony

Gold, Silver, and bronze medals will be awarded to the athletes ranked the top three of each event respectively. In each team event, gold, silver, and bronze medals will be awarded to each of the team members in the top three teams, respectively.

Fifteen minutes before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the ceremony. Medalists must wear their NOC official uniforms.

17 Sport Information Centre (SIC)

All sport-specific information for Athletics will be available at the Sport Information Desk (SIG) and Technical Information Desk (TIC) location respectively at athlete's accommodation and at the competition venue (Isa Sports City).

18 Approval of the Technical Handbook

The Technical Handbook has been approved by Asian Athletics (AA) on 18th June 2025





19 Key Contact Information

Federations	
World Athletics	
President	Sebastian Coe (GBR)
Address	6-8, Quai Antoine 1er, BP 359, MC 98007 Monaco Cedex
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Asian Athletics	
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20 Appendices

20.1 Field of Play

TBA

