



COUNTRY COMBINED EVENT REGULATION

Yearly age coefficients

1-7 events	Age	8-10 events
1.000	30	1.000
1.007	31	1.004
1.013	32	1.008
1.020	33	1.013
1.028	34	1.018
1.036	35	1.023
1.044	36	1.028
1.052	37	1.033
1.061	38	1.039
1.071	39	1.045
1.081	40	1.052
1.091	41	1.059
1.102	42	1.065
1.114	43	1.073
1.126	44	1.080
1.139	45	1.088
1.152	46	1.096
1.165	47	1.105
1.180	48	1.114
1.195	49	1.123
1.210	50	1.133
1.227	51	1.143
1.244	52	1.153
1.262	53	1.164
1.280	54	1.175
1.300	55	1.187
1.320	56	1.199
1.341	57	1.212
1.363	58	1.225
1.386	59	1.238
1.410	60	1.252
1.435	61	1.267
1.461	62	1.282
1.489	63	1.297
1.517	64	1.314
1.547	65	1.330
1.578	66	1.348
1.610	67	1.366
1.644	68	1.385
1.679	69	1.404
1.716	70	1.424
1.754	71	1.445
1.794	72	1.466
1.836	73	1.489
1.880	74	1.512
1.926	75	1.536
1.973	76	1.561
2.023	77	1.587
2.076	78	1.614
2.130	79	1.641
2.188	80	1.670
2.248	81	1.700
2.310	82	1.731
2.376	83	1.763
2.445	84	1.796
2.517	85	1.831
2.592	86	1.867
2.672	87	1.904
2.755	88	1.943
2.842	89	1.983
2.933	90	2.024

1. EVENTS

- 1.1. Shot put without pre-jump.
- 1.2. Disk throw without pre-turn.
- 1.3. Javelin throw without run (from the spot).
- 1.4. Hammer throw without pre-turns.
- 1.5. Shot throw over the head with two hands (throw directed forward).
- 1.6. Shot throw from below with two hands (throw directed backwards).
- 1.7. Shot throw from the side with two hands (the line between sportsman's feet must be perpendicular to the direction of the throw).
- 1.8. Basketball put from the breast with two hands (the turn in respect of longitudinal body axis is not allowed).
- 1.9. Hammer-basketball unrestricted throw with one hand (hammer-ball is made from a basketball wrapped in a rope; the overall length of the implement must be 50cm or less).
- 1.10. Basketball unrestricted throw.

2. MASS OF IMPLEMENTS AND EVENTS COEFFICIENTS

Event	Men		Women	
	Mass of the implement	Event coeff.	Mass of the implement	Event coeff.
1. Shot put	5kg	2,82	3kg	2,34
2. Disk throw	1.5kg	1,00	1kg	1,00
3. Javelin throw	800g	1,15	600g	1,23
4. Hammer throw	5kg	1,15	3kg	1,25
5. Shot throw over the head	5kg	2,46	3kg	2,06
6. Shot throw from below	5kg	2,21	3kg	1,95
7. Shot throw from the side	5kg	2,46	3kg	2,25
8. Basketball throw from the breast	600g	2,04	600g	2,04
9. Hammer-basketball unrestricted throw	600g	1,06	600g	0,97
10. Basketball unrestricted throw	600g	1,37	600g	1,33

3. CONDITIONS OF THE COMPETITION

3.1. The main requirement for a sector is the following: the sector must be convenient for the athletes to throw. It may be a shot put or a disk throw sector, a folding platform or a sector marked on the asphalt pavement or on the other hard and plane surface. The boundary in the field is assumed to be like a disk throw (the angle is equal to 40°). The support for 5, 6, and 8 events is required.

3.2. When the 5, 6, 7, 8 events are executed, overstepping is permitted after the throw.

3.3. All competitors have the right to one test attempt in each event.

3.4. Three register throws must be executed one at a time. By way of exception the head referee can allow the competitors to execute all three register throws at a time.

4. ESTABLISHMENT OF WINNERS

4.1. The organiser of the competition can execute a four round event competition (the first four events), a six round event competition (the first six events) or a decathlon competition.

4.2. The winner is the competitor, whose sum of evaluated results of four, six or ten events (in metres) is the largest. The evaluated result of each event is equal to the achieved result multiplied by an event coefficient and multiplied by a yearly age coefficient. If the sum of two or more competitors' results is the same, the priority is given to senior competitors.

4.3. The organiser of the competition can establish the winner in each classic "five years" age group (not in common register). In this way the achieved result must be multiplied only by an event coefficient.

4.4. In a team register the winner and prize-winners are established according to the regulations of the competition organiser.

5. YEARLY AGES COEFFICIENTS

5.1. Yearly age coefficients are determined using the exponential function.

For the first seven events:

$$k = e^{(-0,07350)+0,00001496 m^{2,5}},$$

for eighth, ninth and tenth events:

$$k = e^{(-0,04876)+0,000009812m^{2,5}},$$

where m – age of the athlete (in years) at the time of sport event (it is calculated by deducting athlete's birth day from the first day of the competition)

5.2. Yearly age coefficients are presented in the table. Their meanings are rounded to four significant numbers. These rounded meanings should be used on computer programs; otherwise the results calculated using the formula given and results presented in the table will slightly differ.

Author of regulation – dr. Kęstutis Vislavičius

