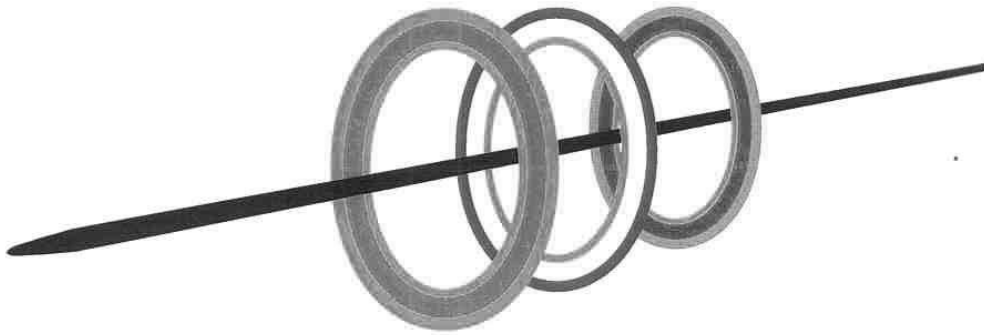


CENTRAL AMERICAN AND CARIBBEAN ATHLETIC CONFEDERATION



CONSTITUTION

DECEMBER 2010

Rules of the Central American and Caribbean Athletic Confederation

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CENTRAL AMERICAN AND CARIBBEAN ATHLETIC CONFEDERATION

Executive Council

President: Víctor López - Puerto Rico
1st Vice President: Alain Jean Pierre - Haiti
2nd Vice President: Jesús Molina - Cuba
3rd Vice President: Alpheus Finlayson - Bahamas
Secretary-Treasurer: Evelyn Claudio López - Puerto Rico

Members At-Large

Esther Maynard - Barbados
Rey O'Neal – British Virgin Islands
Ramiro Varela - Colombia

Member Ex-Officio

Neville “Teddy” McCook - Jamaica - IAAF-NACAC Area Representative

**CENTRAL AMERICAN AND CARIBBEAN
ATHLETIC CONFEDERATION**

Technical Committee

TBA

Women's Committee

TBA

Walking Committee

TBA

Cross Country Committee

TBA

Statistics Committee

TBA

Medical Committee

TBA

**BRIEF HISTORY OF THE CENTRAL AMERICAN AND CARIBBEAN
ATHLETIC CONFEDERATION**

With the initiative of the Mexican representative Mr. Carlos de Anda, at the 10th Central American and Caribbean Games held in June 1966 in the city of San Juan, Puerto Rico, the need for the formation of a Central American and Caribbean Athletic Confederation was discussed as well as a proposal for organizing the first Central American and Caribbean Championships.

The first Championships were held on the 5th and 6th of May, 1967, in Jalapa, Veracruz, México. Discussion about the formation of the Confederation was started at this time.

In Winnipeg, Canada, during the celebration of the V Pan American Games, a tentative constitution was approved, a permanent committee elected and the site of the second Central American and Caribbean Championships was awarded to Cali, Colombia, for August 1969, with Cuba as the alternate site.

The Constitution was finally adopted on the occasion of the second Championships in August 1969. It has been revised and amended at General Assemblies in Guadalajara, Mexico, June 16, 1979; San Juan, Puerto Rico, July 5, 1979; Nassau, Bahamas, August 22, 1980; Santo Domingo, Dominican Republic, July 11, 1981; Maracaibo, Venezuela, August 18, 1998; Bridgetown, Barbados, June 27, 1999, San Juan, Puerto Rico, July 16, 2000, Bridgetown, Barbados, July 7, 2002 and San Salvador, El Salvador, December 4, 2002, Havana, Cuba, July 5, 2009, Santo Domingo 2010, Mayaguez 2010.

Central American and Caribbean Athletic Confederation

CONSTITUTION

ARTICLE 1 - NAME

Section 1 - The name of the Association shall be the “CENTRAL AMERICAN AND CARIBBEAN ATHLETIC CONFEDERATION” and it shall hereinafter be referred to as the “CONFEDERATION”.

ARTICLE II - AIMS AND OBJECTIVES

Section 1 -

- (a) To promote and develop the sport of athletics in the Central American and Caribbean region.

Athletics is defined as track and field athletics, road running, walking and cross country running.

- (b) To strive to ensure that there shall be no hindrance to the participation of any country or individual in international competitions in the Central American and Caribbean region on the basis of racial, social, political or religious grounds, subject to Article III, Section (1).
- (c) To hold the Central American and Caribbean Athletic Championships every two odd years in the Senior and Age group categories, and every two even years in the Junior/Youth categories. Also, hold the Cross Country Championships every year.
- (d) To encourage athletic meets among members of the Confederation.
- (e) To promote and encourage an interchange of technical knowledge with the other countries and international organizations.
- (f) To establish friendly and loyal cooperation among national governing bodies of athletics for the promotion and development of athletics in the region.
- (g) To disseminate reports, periodicals, books, films, pictures and instructional matter of any kind relating to or dealing with athletics.
- (h) To crystallize the Confederation’s stand and viewpoint in the solution of disputes arising among members of the Confederation and in all other difficulties that may be confronted.

Section 2 - The emblem of the Confederation will consist of three Olympic rings in the form of a discus with concentric circles of colors. The first yellow, red and yellow; the second green, white and yellow; the third orange, blue and yellow. The three rings being pierced by a black javelin.

ARTICLE III - MEMBERSHIP

- Section 1 - Membership of the Confederation is open to all National Governing Bodies for Athletics in any country or territory in the region which is affiliated to the International Association of Athletics Federations (hereinafter referred to as the “IAAF”). Other countries may be granted observer status and may, with permission of the Congress, be allowed to compete in open championships. They will, however, not be entitled to vote at the Congress.
- Section 2 - Application for membership shall be addressed to the Secretary-Treasurer of the Confederation who shall present the same at the first subsequent meeting of the Permanent Executive Council (hereinafter referred to as the “Council”)
- The Council shall consider the application and shall make recommendations to the next General Assembly (Congress).
- Section 3 - No application for membership shall be considered unless the same includes the following requirements:
- (a) The title of the National Governing Body.
 - (b) The postal address of its headquarters.
 - (c) A copy of the applicant’s Constitution.
 - (d) List of officials of the applicant.
 - (e) An application fee of US \$100.00 that shall constitute its annual dues if the application is approved.

ARTICLE IV - OFFICIAL LANGUAGE

There shall be two official languages, namely English and Spanish.

ARTICLE V - THE GENERAL ASSEMBLY OF DELEGATES (CONGRESS)

- Section 1 - The General Assembly of Delegates (hereinafter referred to as the “General Assembly”) shall be the governing body of the Confederation. It shall consist of a Permanent Executive Council and not more than two (2) delegates from each member of the Confederation.
- Section 2 - The General Assembly shall be convened in ordinary session on the occasions of the celebration of each Junior and Senior Central American

and Caribbean Championships. The President is empowered to convene General Assembly at any other time as he may deem fit to consider any urgent matter concerning the Confederation.

- Section 3 - A special meeting of the General Assembly, also known as an Extraordinary General Assembly, may be called by the Council or by one-third of the members who shall give notice in writing to the Secretary-Treasurer stating their desire for such a meeting and the reason for it. Upon receipt of such notice the Secretary-Treasurer, in consultation with the President, shall summon a meeting of the General Assembly within three months.
- Section 4 - The Extraordinary General Assembly may only be called to treat any of the following matters:
- (a) Resignation of two-thirds of the council members and the election of their replacements.
 - (b) Vacancy in the office of the President by reason of death, disability or resignation if the same occurs at least 12 months prior to the next ordinary General Assembly.
 - (c) Urgent matters that need immediate action and which functions properly belong to the General Assembly and cannot be exercised by the Council.
- Section 5 - Invitations for the Extraordinary General Assembly should be sent to members at least two months prior to the specified date of the special meeting, indicating the reason or reasons for such a meeting. The rules of procedure in the Ordinary General Assembly shall apply to the special meeting of the General Assembly unless decided otherwise.
- Section 6 - The President shall preside at all of the General Assembly meetings. In his absence the First Vice President or one of the Vice Presidents shall preside over the General Assembly.
- Section 7 - Upon completion of his or her term of office, the President shall assume the status of Honorary Life President of the Confederation and be an ex-officio member of the General Assembly. There may be any number of Honorary Life Presidents but all shall be former Presidents.
- Section 8 - A member Federation shall be represented at the General Assembly only by its delegates, notice of whose appointment, certified in writing by a member, must be lodged with the Secretary-Treasurer prior to the commencement of the General Assembly. A delegate may represent only one Federation. Members of the Council may not represent their own Federation at any ordinary general assembly but may be allowed to do so

at an Extraordinary General Assembly if they are the only members present for their Federation.

- Section 9 - Each member shall have only one vote and the delegates of members shall have the power to vote. Voting by proxy will not be allowed.
- Section 10 - The attendance of one-third of the member countries at the General Assembly shall constitute a quorum. Only the General Assembly shall have the power to approve or alter the Constitution. Any changes to the Constitution require two-thirds of the voting power of those present and such two-thirds must also represent at least one-third of the voting power of the Confederation. All other matters will be decided by simple majority vote. In cases of a tie, the President will be allowed a casting vote.

ARTICLE VI - PERMANENT EXECUTIVE COUNCIL

- Section 1 - There shall be a Permanent Executive Council (hereinafter referred to as the "Council") comprised of eight members. It shall consist of:
- (a) The President
 - (b) First Vice President
 - (c) Second Vice President
 - (d) Third Vice President
 - (e) Secretary-Treasurer
 - (f) First Vocal
 - (g) Second Vocal
 - (h) Third Vocal

The IAAF Area Representative will be an ex-officio member of the Council.

- Section 2 - All members of the Council shall come from different member Federations except that the President and Secretary-Treasurer shall reside in the same country.
- Section 3 - The officers and members of the Council, with the exception of the Secretary-Treasurer, shall be elected by the General Assembly every four (4) years during the celebration of the Central American and Caribbean Championship.

The Secretary-Treasurer shall be appointed by the President.

- Section 4 - Nominations for Council membership shall be received by the Secretary/Treasurer not later than three (3) calendar months prior to the date of the General Assembly at which the election will take place. All such nominations received shall be circulated at least two (2) months prior to the General Assembly. Nominations will not be accepted at the General

Assembly. Nominations can be made only by members from the country which the candidate belongs, but may be seconded by other members. Not more than one member of the Council may come from the same country.

Section 5 - The Council shall meet at least once a year at a time and place to be decided by the President. A majority of all members shall constitute a quorum.

Section 6 - The Council shall have the following duties and functions:

- (a) To carry out and implement the aims and objectives of the Confederation as set forth in Article II of the Constitution.
- (b) To conduct and manage the affairs of the Confederation and act for and on the behalf of the General Assembly while the same is not in session.
- (c) To render technical, organizational and administrative assistance to members of the Confederation whenever requested.
- (d) To collect, study and consider proposals and recommendations by affiliated Federations for presentation to the General Assembly.
- (e) To submit an annual budget to the General Assembly for approval.
- (f) To act upon all decisions of the General Assembly and render a report of such actions at the next Congress.
- (g) To approve administrative and financial reports and statements submitted to it by the President and the Secretary-Treasurer, as well as other reports submitted by executive officers for its approval.
- (h) To prepare and recommend to the General Assembly a development plan of activities on an annual basis for a vigorous and speedy promotion of athletics in the area.
- (i) To act on all urgent matters on behalf of the Confederation, provided, however, that all such decisions must be reported to the next General Assembly.

Section 7 - The Council may form or create such ad-hoc committees or commissions as it may deem necessary to assist it in the performance of its duties and functions and for the development of athletics in the Central American and Caribbean Region, defining their duties, prescribing their composition and their rules of procedure and shall guide them in their deliberations.

Section 8 - The Council may suspend a member for culpable violation of this Constitution as well as of the Rules and By-Laws of the Confederation for such period as the Council may decide. All suspensions and/or disciplinary action taken by the Council shall be reported to the General Assembly. It may likewise recommend to the expulsion of the member for the same offense and such expulsion shall become effective upon the approval of two-thirds of the members voting at the General Assembly, provided, however, that such two-thirds must also represent at least one-third of the voting power of the Confederation.

ARTICLE VII - OFFICERS, DUTIES AND FUNCTIONS

Section 1 - The President shall have the following powers and duties:

- (a) Preside over all meetings of the General Assembly and the Council.
- (b) The President should be present at all editions of the Central American and Caribbean Games and Championships. He shall also represent the Confederation in all official functions and missions at international events.
- (c) Implement the decisions of the General Assembly and Council that require execution or when so directed by these bodies.
- (d) Conclude, execute and sign contracts, along with the Secretary-Treasurer, for and on behalf of the Confederation.
- (e) Make an annual report to the Council and the General Assembly covering his activities as President.
- (f) Approve disbursements of funds that are provided for in the budget.
- (g) And finally, to exercise all such powers and functions which involve and are incumbent upon him as chief executive officer of the Confederation.

Section 2 - The duties and powers of the Vice Presidents and members are as follows:

- (a) The First Vice President shall perform the duties of the President in his temporary absence or in the event of his incapacity.
- (b) Each Vice President will be assigned a certain number of federations for whose affairs he will be responsible to the Council. Each Vice President will be requested to submit an annual report

of the activities and development of athletics in their assigned areas of jurisdiction.

- (c) Each member of the Council will carry out such additional duties as may be assigned by the President.

Section 3 - The duties and powers of the Secretary-Treasurer shall be as follows:

- (a) To take, transcribe and keep records of proceedings of all of the General Assembly and the Council and, together with the President, attest and certify to the correctness of minutes.
- (b) To maintain an archive of the records and other related papers and other documents of the Confederation.
- (c) To run the administrative and secretarial affairs of the Confederation empowering him in the process to employ, subject to the approval of the Council, the necessary personnel required for the smooth operation of the office and to fix their compensation.
- (d) To serve invitations and notices to all meetings of the General Assembly and the Council, enclosing the agenda for such meetings as duly approved by the President.
- (e) To supervise the work of all committees and follow up on their activities.
- (f) To work with all the correspondence of the Confederation and sign them on its behalf.
- (g) To collect and receive all monies due to the Confederation and deposit such funds in a bank duly assigned by the Council.
- (h) To make disbursements of funds of the Confederation, sign checks and make payments for lawful obligations duly provided in the budget and approved by the President.
- (i) To act as custodian of all funds and properties of the Confederation.
- (j) To submit to the Council and General Assembly a report of his activities as Secretary-Treasurer including financial statements, administrative operations, and such other reports as may be required by the Confederation.

Section 4 - The Council is empowered to take decisions or sanctions if an urgent nature arises of members who do not fulfill their responsibilities, in accordance with the code of ethics.

ARTICLE VIII - COMMITTEES

Section 1 - All Committees shall meet when summoned by the Secretary-Treasurer and at least once yearly. Their recommendations shall be reported to the General Assembly annually. Individual members must come from different countries.

Section 2 - There shall be the following standing committees:

(a) Technical Committee

1. The main function of the Technical Committee shall be to advise the Council on the technical aspects related to the development of athletics in the area. All matters relating to the rules of competition shall be referred to this committee.
2. The Committee shall consist of a Chairman and six individual members.

(b) Women's Committee

1. The main function of the Women's Committee shall be to develop and increase women's participation in athletics in the area. All matters relating to women's athletics shall be referred to this committee.
2. The Committee shall consist of a Chairman and four individual members.

(c) Walking Committee

1. The main function of the Walking Committee shall be to develop and increase participation in race walking in the area. All matters relating to walking shall be referred to this committee.
2. The Committee shall consist of a Chairman and three individual members.

(d) Cross Country and Road Running Committee

1. The main function of the Cross Country and Road Running Committee shall be to develop and increase cross and road running participation in the area. All matters in relation to cross country and road running shall be referred to this committee.
2. This Committee shall consist of a Chairman and three individual members.

(e) Medical Committee

1. All matters of a medical nature concerning athletics shall be referred to this committee.
2. The Committee shall consist of a Chairman and four members, all of whom shall have medical qualifications.

(f) Statistics Committee

1. The main function of the Statistics Committee shall be the collection and compilation of statistics relating to athletics in the area.
2. The Committee shall consist of a Chairman and four members.

Section 3 - These committees shall be elected on the occasion of the election of the Permanent Executive Council and shall serve for a term of four years. Nominations for standing committees shall be received by the Secretary-Treasurer not later than three months prior to the election of the Council. Nominations will not be accepted at the General Assembly. Nominations can be made only by members from the country which the candidate belongs, but may be seconded by other members. In case there are not enough nominees for a particular committee the Council will appoint those individuals. Not more than one member of the committee may come from the same country.

ARTICLE IX - MEMBERSHIP FEES

The annual membership fee shall be US \$100.00, and shall be paid on or before the first day of March of each year.

Members who do not pay the membership fee will be allowed to attend the General Assembly but will not be allowed to vote

A member who is two years in arrears on its membership fees will be liable to suspension and shall not be allowed to participate in the activities of the Confederation.

ARTICLE X - EFFECTIVITY

Any provision of this Constitution, its amendments or alterations shall be effective and operative immediately upon its approval unless a particular date is indicated.

CENTRAL AMERICAN AND CARIBBEAN ATHLETICS CONFEDERATION

CODE OF ETHICS

ARTICLE I

The present Code of Ethics shall rule the disciplinary regime of the members of the Council of the Central American and Caribbean Confederation.

ARTICLE II

The Council of the Central American and Caribbean Confederation, by simple majority of its members, shall be in charge of applying the present Code.

ARTICLE III

For the determination of the faults committed and with a view to impose the corresponding sanctions, the Council shall formulate the corresponding proceedings and shall hear the person/member.

ARTICLE IV

The faults committed by the members of the Council shall be sanctioned according to their gravity and they shall be applied in the following manner:

- (a) When a member of the Council fails to attend one (1) ordinary and/or extraordinary meeting without a justifiable cause he/she shall be given a verbal warning.
- (b) When a member of the Council fails to attend two (2) consecutive ordinary and/or extraordinary meetings without a justified cause, such a member will be issued a written warning.
- (c) When a member fails to attend three (3) consecutive meetings without a justified cause, such action shall be considered sufficient cause for dismissal from his/her position in the Council.
- (d) Any member of the Council who fails to attend five non-consecutive meetings without a justified cause within a two years period shall be considered to have provided sufficient cause for dismissal from his/her position in the Council.
- (e) Any member of the Council who acts in a manner contrary to the ethical principles and interests of the Confederation shall be deemed to have

provided sufficient cause for dismissal from his/her position in the Confederation.

ARTICLE V

The member concerned shall have the right to appeal to the annual ordinary General Assembly of the Central American and Caribbean Athletic Confederation to consider his case.

ARTICLE VI

At the General Assembly where the dismissal of a member of the Council is confirmed, the Assembly shall immediately proceed to elect a new member to fill the vacant position.

ARTICLE VII

The present Code of Ethics and Related Sanctions shall enter into force immediately upon the approval of the Constitution.

ARTICLE VII

What is not foreseen in the present Code of Ethics and Related Sanctions shall be determined by the Council of the Central American and Caribbean Confederation.

**RULES FOR THE CENTRAL AMERICAN AND CARIBBEAN
TRACK AND FIELD CHAMPIONSHIPS.**

Rule 1 - The Central American and Caribbean Athletic Confederation will promote the Central American and Caribbean Senior, Junior/Youth, Cross Country and Age Group Track and Field Championships. The Senior and Age Group championships will be held in odd years, the Junior/Youth championship in even years and the Cross Country championships every year. All Championships will be held in accordance with IAAF Rule XIII and the specific rules established by the CACAC for each Championships.

Rule 2 - Application

Application to host the Central American and Caribbean Track and Field championships shall be requested from the member countries of the Confederation. These applications shall be in the hands of the Secretary-Treasurer at least six (6) months prior to the General Assembly of the preceding Championships. The General Assembly shall consider such applications and appoint a member to organize the Championships.

In order to give all our members the opportunity to be able to host any of our championships a rotation system will be used between four sub-regions. The CACAC, for this purpose alone, will be divided in the following four sub-regions: Northern Caribbean (NC), Southern Caribbean (SC), Central America (CA) and Eastern Caribbean (EC).

The sub-regions will be composed of the following members:

NC	SC	CA	EC
Bermuda	Barbados	Mexico	USVI
Bahamas	Trinidad	Guatemala	BVI
Cuba	Curacao*	Belize	St. Lucia
Jamaica	Aruba	El Salvador	Dominica
Cayman Is.	Venezuela	Nicaragua	St.Kitts/Nevis
Puerto Rico	Colombia	Honduras	St. Vincent
Haiti	Guyana	Costa Rica	Grenada
Dominican Rep.	Surinam	Panama	Antigua
Turks & Caicos	French Guyana*		Anguilla
			Montserrat
			Guadaloupe*
			Martinique*

* Denotes Observer Members

Rule 3 - Technical Responsibilities

- (a) A member of the Executive Council along with a member of the Technical Committee shall be appointed by the President as the Confederation's official representatives for the purpose of inspecting all the sport facilities, accommodations, transportation, technical rules, officials, competition program and all other related matters for the proper hosting of the Championships. Such inspection must be conducted at least six (6) months prior to the opening of the Championships. A written report must be submitted to the President within two (2) weeks of the completion of the inspection. Any recommendations made by the official representatives involving necessary changes in the facilities, rules, etc., must be forwarded to the Organizing Committee of the Championships, by the President, within one (1) month after the inspection is completed. All recommended changes must be completed by the host country of the Championships at least three (3) months prior to the opening date of the Championships. Where recommendations are of a serious nature, inspectors may be requested to recheck the facilities to ensure that the recommendations have been carried out. The expenses of one of the official representatives of the Confederation (air-fare, living accommodations, including food, internal transportation) will be paid by the Organizing Committee of the host country of the Championships. The traveling expenses of other members will be paid by the Confederation, but the local expenses shall be similarly paid by the Organizing Committee.
- (b) During the Championships, designated members of the Technical Committee shall be appointed, by the President, to ensure that the IAAF Rules are being complied with at all times.

Traveling expenses for the member(s) shall be paid by the Confederation.

Rule 4 - Financial Obligations

- (a) The Organizing Committee of the host country for the Championships shall be wholly responsible for all the costs and expenses involved in the preparation of the Championships.
- (b) Participating countries shall pay to the Organizing Committee of the Championships a fee of \$25.00 USD per day for each participant, coach or delegate, for each day they stay at the site of the respective Championships.
- (c) The Organizing Committee shall remit to the Confederation 10% of the income collected from each participating country, providing a proper accounting of the amount collected at the Championships.

- (d) The Organizing Committee shall be responsible for the expenses of board, lodging and internal transport of the President and Secretary-Treasurer, and designated members of the Technical Committee, for not more than three days prior to the opening of the Championships and not more than two days after the closing of the Championships.
- (e) The Organizing Committee of the Championships shall provide board, lodging and internal transport for all delegates and competitors for a maximum of five days. Delegations which stay at the venue beyond that period shall be charged at an appropriate rate.

Rule 5 - Competition

The Central American and Caribbean Senior and Junior Championships shall be open to all member federations in the region who comply with Article III of the Constitution and Rule IX, paragraph 8 of the IAAF.

Rule 6 - Duration

The maximum duration of the Championships shall be five days and the minimum three days.

Rule 7 - Postponement

In the event that the host country of the Championships is unable to meet the agreed opening date and there is a need to postpone the event, such event shall not be delayed more than one month from the initially agreed opening date.

Six months notice of such postponement is mandatory.

Rule 8 - Program

The order of the events and the complete daily schedule shall be established by the Organizing Committee with the approval of the Council.

This program must be sent to all member Federations, by the host country at least sixty (60) days prior to the Championships.

Rule 9 - Entries

1. Each country can enter a maximum of two (2) competitors per individual event with the exception of the 1/2 marathon in which three competitors per country may be allowed. In team events (relays) each country may enter one (1) team comprising of six athletes of whom four may actually

compete. For multi-events team competition, each country must enter three competitors.

2. The number of team officials accompanying each delegation shall be limited as follows: one competitor - one team official; 2 - 6 competitors - two officials; 7 - 12 competitors - three officials; 13 - 18 competitors - four officials; 19 - 24 competitors - five officials; plus one team official for every five additional competitors up to 50; after which, one team official for every 10 additional competitors.

If a team wishes to board additional officials in the accommodations provided by the Organizing Committee, they may only board half as many as the number of team officials stated above. The fee for these additional officials shall be determined by the Organizing Committee.

3. Six (6) months prior to the opening date of the Championships, the Organizing Committees of the Championships shall send the first official Technical Bulletin and official entry forms to all member Federations in the region.
4. Participating countries must confirm their participation within three (3) months prior to the opening date of the Championships.
5. The Organizing Committee of the Championships shall receive the official entry form with an indication of the team size at least thirty (30) days prior to the opening date of the Championships.
6. The Organizing Committee shall receive the official entry forms listing the individual and team entered not later than ten (10) days prior to the commencement of the Championship. Faxed entries will be accepted provided they adjust themselves to the specifications established.
7. In case an event will not be held due to an insufficient number of entries, defined as less than five competitors from three countries, the Organizing Committee shall immediately advise, by cable (facsimile), those countries which had entered athletes for such an event.

Rule 10 - Awards and Presentation

The Organizing Committee of the Championships shall provide awards. They shall be granted to competitors in the following order:

(a) Individual Events:

1. Gold medal for the winner.
2. Silver medal for the second place.
3. Bronze medal for the third place.

(b) Team Events:

1. One Gold medal for each member of the winning team.
2. One Silver medal for each member of the second place team.
3. One Bronze medal for each member of the third place team.

Victory Ceremony : Medals shall be presented, if possible, immediately after the event. Only the competitors who have been judged first, second and third shall mount the victory stand. They shall wear proper sports attire.

The flag of the country of the winner shall be hosted on the center flag pole and those of the second and third on the adjoining flag poles in the right and left as they face the arena.

Only the National anthem of the country of the winner shall be played. The competitors on the Victory Stand shall turn towards the flag poles.

Rule 11 - Official Language

Since Spanish and English are official languages of the Central American and Caribbean Athletic Confederation, the communications, publications and announcements at the Championships related to the Competition shall be made in both languages.

Rule 12 - Symbol

The official Symbol of the Championships shall be the same as set out in Article II, Section 2 of the Central American and Caribbean Athletic Confederation Constitution.

Rule 13 - Events

The Central American and Caribbean Track and Field Championships shall include the following events:

- (A) **Senior Category** - To compete in our Senior Championship all athletes must be 15 years or older the year of the competition.

Men:

Running: 100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 5,000 meters, 10,000 meters, 1/2 Marathon.

Hurdles: 110 meters, 400 meters

Steeplechase: 3,000 meters

Relays: 4 x 100 meters, 4 x 400 meters

Walking: 20, 000 meters (Road)

Jumping: High, Long, Triple, and Pole Vault

Throwing: Discus, Javelin, Shot Put, Hammer

Decathlon: First Day - 100 meters, Long Jump, Shot Put, High Jump, 400 meters
Second Day - 110 meters Hurdles, Discus Throw, Pole Vault, Javelin Throw and 1,500 meters.

Women:

Running: 100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 5,000 meters, 10,000 meters, 1/2 Marathon

Hurdles: 100 meters, 400 meters

Steeplechase: 3,000 meters

Relays: 4 x 100 meters, 4 x 400 meters

Walking: 10,000 meters (Track)

Jumping: High, Long, Triple and Pole Vault

Throwing: Shot Put, Discus, Javelin, Hammer

Heptathlon: First Day - 100 meters Hurdles, High Jump, Shot Put, 200 meters
Second Day - Long Jump, Javelin Throw, 800 meters

- (B) **Youth/Junior Categories :** The competitors in the Youth/Junior category for Boys and Girls must be under eighteen (18) and under twenty (20) years of age, respectively. To compete in our Youth/Junior Championships, all athletes must be 14 years or older the year of the competition. The under-20 competitors will be referred to as Junior and the under-18 as Youth.

Boys (under 20 years):

- Running: 100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 5,000 meters, 10,000 meters
- Hurdles: 110 meters (0.99m); 400 meters (0.914m)
- Steeplechase: 3,000 meters
- Relays: 4 x 100 meters, 4 x 400 meters
- Walking: 10,000 meters (Track)
- Throwing: Shot Put (6.0 kg); Discus (1.750 kg); Hammer (6.0 kg); Javelin (800 gm.)
- Jumping: High, Long, Triple and Pole Vault,
- Decathlon: First Day - 100 meters, Long Jump, Shot Put, High Jump, 400 meters
Second Day - 110 meters Hurdles, Discus Throw, Pole Vault, Javelin Throw, 1,500 meters

Girls (under 20 years):

- Running: 100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 3,000 meters, 5,000 meters
- Hurdles: 100 meters (0.84m), 400 meters (0.76m),
- Steeplechase: 2,000 meters
- Relays: 4 x 100 meters, 4 x 400 meters
- Walking: 5000 meters (Track)
- Jumping: High, Long, Triple and Pole Vault
- Throwing: Shot Put (4 kg); Discus (1kg); Javelin (600 gm); Hammer (4 kg)
- Heptathlon: First Day - 100 meters Hurdles, High Jump, Shot Put, 200 meters
Second Day - Long Jump, Javelin Throw, 800 meters

Boys (under 18 years):

Running: 100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 3,000 meters

Hurdles: 110 meters (0.914m), 400 meters (0.84m)

Steeplechase: 2,000 meters

Relays: 4 x 100 meters, 4 x 400 meters

Walking: 5,000 meters (Track)

Jumping: High, Long, Triple and Pole Vault

Throwing: Shot Put (5.0 kg); Discus (1.5 kg); Javelin (700 gm); Hammer (5.0 kg)

Octathlon: First Day - 100 meters, Long Jump, Discus Throw, 400 meters
Second Day - 110 meters Hurdles, High Jump, Javelin Throw, 1,200 meters

Girls (under 18 years):

Running: 100 meters, 200 meters, 400 meters, 800 meters, 1200 meters

Hurdles: 100 meters (0.762m), 400 meters (0.762m)

Relays: 4 x 100 meters, 4 x 400 meters

Walking: 4,000 meters (Track)

Jumping: High, Long, Triple, Pole Vault

Throwing: Shot Put (3kg); Discus (1 kg); Javelin (500 gm)

Heptathlon: First Day - 100 meters Hurdles, High Jump, Shot Put, 200 meters
Second Day - Long Jump, Javelin, 800 meters

Rule 14 - In all races up to and including 400 meters (including the first leg of the 4 x 200 meters and the 4 x 400 meters), a crouch start and the use of starting blocks are compulsory. (See Rule 162.4, IAAF Handbook). This rule shall be strictly enforced for competitions in both the Senior and Junior categories.

**RULES FOR CENTRAL AMERICAN AND CARIBBEAN JUNIOR AND SENIOR
CROSS COUNTRY CHAMPIONSHIPS**

1. Date of the Championships

- (a) The Central American and Caribbean Cross Country Championships shall be held annually, normally in the third week in November but not later than the last week in February.
- (b) In the event the member country conducting the Championships is unable to stage the event on the date for which it was initially announced and there is a need to postpone the event, the Championships shall not be delayed for more than one month from the original date.
- (c) Six months notice of any such postponement is mandatory.

2. Allocation of the Championships

Member countries desiring to act as hosts for the Championships shall make application to the Secretary-Treasurer of the Confederation not later than the first day of January two years before the date on which the Championships are to be contested. The Council shall recommend to the Congress to which country the Championships are to be allocated.

3. Course

The course shall comply with the requirements of IAAF Rule 168(2). A plan of the course giving details of the obstacles and of the profile showing gradients shall be provided by the organizers to the Secretary-Treasurer of the Confederation not later than the first day of June in the year preceding the Championships.

This plan shall be made available to the membership at the Annual Championships that year. It shall, when approved, be circulated in good time to all member countries in the region.

4. Distances

The distances of the races shall be: In the Senior Category for Men - 12 kilometers; for Women - 8 kilometers and in the Junior Category for Men - 8 kilometers and for Women - 6 kilometers.

5. Age Qualifications

In the Senior category the athlete must be 16 years or older the year of the competition.

In the Junior category the athlete must be 14 years or older the year of the competition.

6. Entries

- (a) Teams and Reserves: For the men's race, teams of not more than six competitors can be entered and start, of which four will score. For the women's race, teams of not more than four competitors can be entered and start, of which three can score.
- (b) Individual Entries: A member Federation may enter up to two individuals in any event in which it does not field a complete team.
- (c) Initial Entries: Shall be invited by the Organizing Committee not later than July 30th preceding the Championships and shall be lodged with the Organizing Committee not later than the last day of September of the year of the competition.
- (d) Final Entries: Official entry forms shall be sent out by the Organizing Committee not later than the second week of October in the year of the Championships and these completed forms must be received by the Secretary-Treasurer not later than 25 days before the competition.

7. Promotion

- (a) The Organizing Committee shall send to all members, by air mail, no less than four informative and technical bulletins so as to fully apprise member Federations of the Championships. The last of these bulletins should be sent out immediately after final entries are received.
- (b) The Organizing Committee shall keep the Secretary-Treasurer of the Confederation and all member Federations advised as to the number of teams that have indicated an interest in participating.

8. Scoring

- (a) For the men's race, four competitors shall score and for the women's race, three competitors shall score.
- (b) At the conclusion of a race, the Judges shall decide the respective places of the scoring competitors of each team, add these together and the team having the lowest aggregate shall be declared the winner.

- (c) In the event of a tie, it shall be resolved in favor of the team whose last scoring member finished nearer to first place.
- (d) If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race results and shall be eligible for the individual prizes.
- (e) No adjustment to the scoring places of the finishing teams shall be made in respect of any individual entries approved by the Secretary-Treasurer of the Confederation.

9. Trophies and Prizes

- (a) The member country conducting the Championships shall award a trophy to the winning team in each race; also to the three winners and such trophies shall be retained by the winning countries or individuals.
- (b) In each race, the winning competitor shall receive a gold medal, the competitor who placed second a silver medal and the competitor who placed in third a bronze medal.
- (c) All the members of the first three men's teams and the first three women's teams shall receive presentation medals.
- (d) The production of the medals shall be arranged by the Confederation, but the cost shall be paid by the member country conducting the Championships. The cost of any trophies awarded to the winning teams shall also be borne by the Organizing Committee.

10. Financial

The member country conducting the Championships shall be responsible for the financial arrangements for the race and shall be entirely responsible for meeting any changes arising from the promotion. It shall retain any resulting profits. Any profits arising from the sale of TV rights shall be divided 50% to the Organizing Committee and 50% to the Confederation.

Each member country is responsible for all expenses incurred in connection with its own team or teams.

11. Conduct of the Championships

- (a) The Technical Committee of the Confederation shall be responsible for the overall supervision of the Championships. The Jury of Appeal shall be appointed by the Council of the Confederation.

- (b) The member country conducting the Championships shall subject to any directions given by the Technical Committee of the Confederation, be responsible for all the arrangements in connection with the races.

12. Technical Meeting for Team Leaders

A Technical Meeting for team leaders shall be held in the 24 hours preceding the race and delegations given due notice of the place and time of the meeting. At that meeting, the names of the actual runners, who must have been officially entered, shall be declared.

13. Doping Controls

Doping Control shall be conducted at the Championships in accordance with the Rules of the IAAF. The costs of such controls shall be borne by the Organizing Members.

**RULES FOR THE CENTRAL AMERICAN AND CARIBBEAN
AGE-GROUP CHAMPIONSHIPS.**

1. The CACAC Age Group Championships shall be held every two years.

2. Allocation of Championships:

Member countries desiring to act as hosts should make applications to the Secretary of the CACAC during the previous Championships after which it will be presented to the Congress for consideration.

3. Age Qualifications:

There shall be two age group categories for males and females.

(a) Females: 11-12 years, 13-14 years

(b) Males: 11-12 years, 13 - 14 years

4.(a) Events - Males

<u>Day</u>	<u>11-12 years</u>	<u>13-14 years</u>
1	60m dash High Jump	80m dash Long Jump Shot Put (3 kg)
2	Long Jump Baseball Throw 800m	80m Hurdles High Jump 1000m

(b) Events - Females

<u>Day</u>	<u>11-12 years</u>	<u>13-14 years</u>
1	60m dash High Jump	80m dash Long Jump Shot Put (3 kg)
2	Long Jump Baseball Throw 800m	60m Hurdles High Jump 1000m

(c) Events - Relays

4 x 100 meters (mixed) for both categories.

5. Entries

- (a) Each team may enter two male competitors and two female competitors in each category.
- (b) A country can enter a team in one of the age groups only and be eligible to win that category championship.
- (c) Where countries do not enter a full team, they can enter athletes as individuals in any category. However, no country may enter more than two athletes per category.

6. Scoring

The scoring will be in accordance with the Games Scoring tables for Youth Competition.

7. Awards

- (a) A Gold, Silver and Bronze medal will be awarded for the first three places in each event in each category. Competitors who finish 4th - 8th in each category will receive a ribbon.
- (b) A trophy will be awarded to the first three teams in each category with the highest total number of cumulative points in the entire competition.
- (c) A trophy will be awarded to the female team and the male team with the highest score in each category.

Technical Rules

- 1. Except when otherwise stated, the rules of the IAAF will apply in the conduct of the events of the competition.
- 2. In the following events:
 - 1. 60m
 - 2. 80m
 - 3. Hurdles Events
 - 4. Relays
- (a) Each competitor is allowed two false starts, but shall be disqualified on third false start.

- (b) Competitors must remain in assigned lanes and those who leave their lanes during the race shall be disqualified.
- (c) In order to score points, competitors must complete the race. A competitor who falls during the race must get up and finish in order to score points.
- (d) Heights of hurdles shall be:

Male	13-14 years	84 cm
Female	13-14 years	76.5 cm

12 meters from the starting line to the first hurdle and 8 meters in between.

3. High Jump

- (a) Each competitor shall be allowed three attempts at each height. Starting on an attempt twice without jumping will constitute one attempt.
- (b) Starting heights shall be:

Males	11-12 years	80 cm
Males	13-14 years	110 cm
Females	11-12 years	70 cm
Females	13-14 years	90 cm
- (c) Increments shall be as follows:

5 cm until 3 competitors are left
2 cm until the last competitor is left

Thereafter, increments shall be at the last competitors discretion.

4. Long Jump

- (a) The take-off board shall be white and shall measure 1.22m x 30 cm.
- (b) The minimum distance between the take-off board and the landing pit shall be 100 cm.
- (d) Each competitor is allowed 3 attempts.

5. Baseball Throw

- (a) A standard sized baseball shall be used.
- (b) The throw shall be an overhand throw.
- (c) Each competitor is allowed 3 attempts.

6. Shot Put

- (a) The shot used shall be 3 kg in weight.
- (b) Each competitor is allowed 3 attempts.
- (c) The competitor shall use either the full technique or throw from the final phase (front of the circle).