

Competition Format and Rules

Format et règlement des compétitions

As of WED 21 OCT 2026

Youth Olympic Competition Format

The Athletics competition at Dakar 2026 Summer Youth Olympic Games consists of the following events:

Men's	**Women's**
Track	**Track**
100m	100m
200m	200m
400m	400m
800m	800m
1500m	1500m
3000m	3000m
2000m Steeplechase	2000m Steeplechase
110m Hurdles	100m Hurdles
400m Hurdles	400m Hurdles
5000m Race Walk	5000m Race Walk
Jumps	**Jumps**
High Jump	High Jump
Pole Vault	Pole Vault
Long Jump	Long Jump
Triple Jump	Triple Jump
Throws	**Throws**
Shot Put	Shot Put
Discus Throw	Discus Throw
Hammer Throw	Hammer Throw
Javelin Throw	Javelin Throw

Changes since Buenos Aires 2018 Summer Youth Olympic Games

The Cross-Country races have been removed from the programme. Field events, 3000m and 2000m Steeplechase will consist of a single competition phase.

Sport Rules and Procedures

Track events

- For 1500m, 3000m, 2000m Steeplechase and 5000m Race Walk, there is a single competition phase (Final). All other events have two competition phases (Semi-Final and Final), where athletes qualify based on rank and/or result.

Field events

- For all events, there is a single competition phase (Final)

Tie Break Rules

Ties are defined in the World Athletics Rules. There are no special tie breaking procedures at the Youth Olympic Games.

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Penalties / Disqualification Rules

The penalties and disqualification procedures are governed by the World Athletics Technical and Competition rules and IOC practice.

Yellow Card (YC)

- Unsporting manner/improper conduct
- Pacing
- Use of electronic device
- Use of technology or appliance
- Use of mechanical aid
- Provision of advice or other support by an official of the competition
- Receiving physical support from another athlete
- Aborting the start without valid reason
- Failing to comply with the starter's commands
- Delaying the start
- Disturbing the start

Yellow Red Card (YRC)

- Unsporting manner/improper conduct
- Pacing
- Use of electronic device
- Use of technology or appliance
- Use of mechanical aid
- Provision of advice or other support by an official of the competition
- Receiving physical support from another athlete
- Aborting the start without valid reason
- Failing to comply with the starter's commands
- Delaying the start
- Disturbing the start

Red Card (RC)

- Unsporting manner/improper conduct
- Pacing
- Use of electronic device
- Use of technology or appliance
- Use of mechanical aid
- Provision of advice or other support by an official of the competition
- Receiving physical support from another athlete
- Aborting the start without valid reason
- Failing to comply with the starter's commands
- Delaying the start
- Disturbing the start

Lane Infringement (L)

- Lane infringement
- Infringement of the inside border

Disqualification (DQ)

- Not complying with the clothing/shoes/bib rules
- False start
- Jostling/obstruction
- Lane infringement resulting in material advantage
- 2nd lane infringement
- Leaving the assigned lane/track before the breakline/breakpoint
- Continuing in the race after voluntarily leaving the track
- Not going over each hurdle

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- Trailing leg below the horizontal plane of top of hurdle
- Knocking down/displacing a hurdle in an illegal way
- Knocking down/displacing a hurdle in another lane
- Not going over each hurdle / the water jump
- Stepping beside the water jump
- Trailing leg below the horizontal plane of the top of hurdle
- Leaving the assigned lane before the breakline
- Failing to enter the penalty zone/leaving the penalty zone early
- Race walk 4th red card
- Shortening the distance to be covered

Protests / Appeals

Protests are possible and will be resolved under the World Athletics Rules. Protests concerning an athlete's status to participate in a competition must be made, prior to the commencement of the competition, to the Event Delegates. There is a right of appeal of a decision of the Event Delegates to the Jury of Appeal.

Note:
For further information please consult: www.worldathletics.org