



**European Athletics
DNA U20 Clubs
16-17 September 2023
Rieti/ITA**



TEAM MANUAL

European Athletics
DNA U20 Clubs

16-17 September 2023, Rieti/ITA

As of 24 May 2023



European Athletics DNA U20 Clubs 16-17 September 2023 Rieti/ITA



1. General

Contact Local Organising Committee

Chiara Milardi: mcmilardi@hotmail.com, +39 339 817 9353

- Accommodation: Sara Mei 2306sara@gmail.com
- Transportation: Marta Paloni martapoloni@gmail.com

European Athletics Technical Delegate

Frank O. Hamm (GER): frank@hamm.top, +49 171 6423224

Contact European Athletics Project Leader

Marcel Wakim: marcel.wakim@european-athletics.org, +41 79 820 4158

Participating Teams

CZE	ESP	EST SK Elite Sport
FIN Jyväskylän Kenttäturheilijat	FRA C.S. BOURGOIN-JALLIEU	GBR
GER	IRL	ITA ATL Studentesca Andrea Milardi
ITA Bracco Atletica (Women) Fiamme Gialle G. Simoni (Men)	NOR	SUI

Stadium

Raul Guidobaldi Stadium, Viale Eugenio Guarniero Duprè Thesèider 2, 02100 Rieti, Italy

Key Deadlines

- 16 June 2023, 14:00 Preliminary entries to European Athletics
by excel: dna@european-athletics.org
- 06 September 2023, 14.00 Final entries to European Athletics
by excel: dna@european-athletics.org
- 06 September 2023, 14:00 Hotel rooming list to Sara Mei (2306sara@gmail.com)
- 07 September 2023, 17:00 (TBC) Online Technical Briefing (Invitation to follow)
- 15 September 2023, 16:00 Final confirmation for Qualification Matches
Final update of PBs
- 15 September 2023, 18:00 (TBC) Guided tour and latest Technical Updates in the Stadium (final time could change according to the Team arrivals)
- 16 September 2023 Submission of personal implements – until 1 hour before start of each match at the TIC at the Indoor Track.
- 16 September 2023, 09:30 (TBC) DNA Qualification Match 1, Stadium**
- 16 September 2023, 12:30 (TBC) DNA Qualification Match 2, Stadium**
- 16 September 2023, 17:00 Final confirmation for Finals
- 17 September 2023, 09:30 (TBC) DNA Final B, Stadium**
- 17 September 2023, 12:30 (TBC) DNA Final A, Stadium**

Website

www.dna.run

2. TRAVEL & ACCOMMODATION

2.1 Arrivals

Travel

Teams are requested to arrange and pay for their own travel to Rieti/ITA to arrive on 15 September 2023 and depart on 18 September 2023.

Airport transfers will be arranged and paid for by the LOC. The official airports for the Event are:

- Rome Leonardo da Vinci Fiumicino Airport (FCO) – 90 min transfer time
- Rome Ciampino Airport (CIA) – 90 min transfer time

Entry visas

For the citizens of the following participating countries visa will be required:

- none

Visas should be obtained before leaving your country, from the Italian Embassy or Consulate well in advance to ensure all the procedures in due time.

Please contact Marta Paloni (martapoloni@gmail.com) to receive the necessary support for your application process.

Insurance

Teams are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

2.2 Accommodation and Meals

All teams will be accommodated in the following hotel:

Hotel Serena, <https://www.hotelserenarieti.it/en/>

Hotel Valerio; <https://www.davalerio.it/>

Hotel 4 Stagioni, <https://www.hotelquattrostagionirieti.it/en/home-en.html>

Hotel Cavour; <https://www.hotelcavour.net/en>

Final details and information on meals will be communicate in due time.

Accommodation Costs

Teams are to cover their full board accommodation at the following rates:

- 80€ full board per person/night in triple
- 85€ full board per person/night in twin
- 100€ full board per person/night in single (subject to availability)

Rooming List

Teams are to provide their rooming list by 6 September 2023 to the LOC (Sara Mei, see point 1)

Rooms for meetings and additional rooms for physio are at the cost of the teams and will depend on availability and must be requested to the LOC as early as possible.



European Athletics
DNA U20 Clubs
16-17 September 2023
Rieti/ITA



2.3 Accreditation

The Teams' Accreditation Centre will be located at the Teams hotel. Each team member will be provided with a bracelet to wear on his/her wrist.

The Team Leader shall report as soon as possible after his/her arrival, in order to carry out the administrative procedures.

The opening dates and times of the Teams' Accreditation Centre will be available in due course.

The Team Leader will be asked to complete the following formalities before he/she can collect the accreditation for the whole team:

- LOC additional accommodation invoice
- Kit check
- Collection of competition related forms and information
- Confirmation of departure details

2.4 Access Areas for Teams and Special Passes

All team accreditations will allow access to the team seating area, warm-up area, changing facilities and physiotherapy area. Coaches will be allowed to enter in the FOP during each field event and they should report to the Call Room with their athlete, to be escorted to the coaching zone.

During the final event in each match (The Hunt) all the team members (athletes and officials) will be allowed to enter in the FOP in order to cheer on their team. The entry point will be communicated during the guided stadium tour.

2.5. Transportation

Transport by bus will be provided from the official airports (Rome FCO or Rome CIA) to the hotel and back. Travel details will be confirmed by each Team Leader to the LOC.

LOC will help the teams that should arrive to other airports, but they will be at their own cost. Please contact LOC (Marta Paloni, see point 1) in case you need some assistance.

3. COVID PROTOCOL

Please, refer to the following link to know the current situation about COVID protocols in Italy:
<https://www.salute.gov.it/portale/nuovocoronavirus/dettaglioContenutiNuovoCoronavirus.jsp?lingua=english&id=5412&area=nuovoCoronavirus&menu=vuoto>



European Athletics DNA U20 Clubs 16-17 September 2023 Rieti/ITA



4. TECHNICAL INFORMATION

Technical Information Centre (TIC)

The TIC is located at the stadium.

Team Leaders' WhatsApp Group

A WhatsApp group including all Team Leaders will be created after the Technical Briefing, in order to offer an additional platform to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the TIC/European Athletics via this group. All teams are requested to provide the Team Leaders mobile number in due time to the European Athletics Project Leader (Marcel Wakim).

European Athletics kindly asks the Team Leaders to use this group only for questions or concerns of the interest of all teams. For the questions and concerns of his/her team only, a Team Leader is encouraged to use other means of communication with the European Athletics and the LOC.

Technical Briefing

The Technical Briefing will be held on Thursday 7 September 2023 (TBC) online via Microsoft Teams. The Briefing will include Q&A session.

A stadium tour for the teams to familiarize with the facilities and to provide latest updates will be held on 15 September 2023 at 18:00 (TBC)

Age Category

Only athletes aged at least 16 years and no more than 19 years on 31 December 2023 may participate in this event.

In Shot Put (Men), only athletes aged at least 18 years and no more than 19 years on 31 December 2023 may participate in this event.

Entries

The teams are to provide their full list of their participating athletes and officials by 06 September 2023 latest at 14:00.

Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. The procedure will be communicated in due time. Confirmation of athletes will not be accepted after the deadline, which is on the day before each match (see Key Deadlines).

PBs shall be updated latest at that time, too.

Relays Declaration

The composition of each relay team as well as the order of running shall be officially declared at the TIC, no later than two (2) hours before the published first call time for the respective match.

Uniform

Teams must compete in the team vest approved by European Athletics. All athletes must compete in the same uniform. Teams composed of different clubs must ensure that the athletes wear the respective club team vests for the competition.

Bibs



**European Athletics
DNA U20 Clubs
16-17 September 2023
Rieti/ITA**



Bibs with Team's names (only one word) will be provided. Please send to European Athletics (Marcel Wakim) the name of your team until 6 September 2023 (14:00).

Implements

The official implements (javelin 600gr and shot 6kg) will be provided by LOC. Personal Implements shall be allowed provided that:

- They are readily identifiable and are World Athletics certified;
- They are not already on the official list;
- They have been checked for compliance with World Athletics Rules;
- They are made available to all the other competitors.

Submission of personal implements – until 1 hour before start of each match at the TIC. Any implement that fails to satisfy the criteria mentioned above will be rejected, with the reason noted on the form and the relevant Athlete or Coach notified via the TIC.

Markers

Athletes will not be permitted to use their own markers during the Matches. Those athletes wishing to use a marker will be required to use the markers provided by the LOC at the event site. The number of markers per athlete is limited to two (including the tape markers in the High Jump). Relevant officials will also provide adhesive tape for the relay runners at the track.

5. COMPETITION VENUE & TRAINING

Competition Venue

The DNA U20 Club Matches will be held in the Raul Guidobaldi Stadium.

Official training at the competition venue

Official training for all athletes at the stadium will take place on Friday 15 September 2023, 17:00-19:00. JT/SP training will be 16:00-17:00.

6. COMPETITION FORMAT & SCORING

6.1 General

The event will comprise four 2.5-hour matches:

- Saturday (16 Sep): two semi-finals (top 3 to Final A, bottom 3 to Final B);
- Sunday (17 Sep): Final B followed by Final A.

Six club teams will compete in each 12-discipline match.

Twelve teams of 18 athletes (9 men/9 women) each, plus reserves as decided by the participating clubs.

The draw for the composition of the A and B matches on Saturday, September 16 will be made by European Athletics, once the final registrations of all teams have been received and the result will be communicated to the participating teams.

Disciplines

The competition is to include 12 disciplines as follows:

Races (all finals)	Jumps & Throws (all head to head competition)
100m women	Long Jump women
200m men	High Jump men
100m/110m hurdles women & men	Shot Put men
800m women	Javelin Throw women
400m hurdles men	
Mixed 4x400 relay: 2 men, 2 women	
The Hunt: 600m women-400m men-200m women-800m men	
Total of 18 athletes to compete (9 women and 9 men)	

Team Composition

As per the disciplines above, each team is to have one athlete in each individual event and one relay team for 4x400m mixed relay and for the Hunt (600m/400m/200m/800m).

Final entries: the teams are to provide the names for the main team (9+9) plus the reserves. As many as needed reserves could be entered. Meaning no limits. But it should be clearly indicated which ones are to travel and which ones are 'non-travelling' for accommodation and invoices planning purposes.

There is no limit of disciplines one athlete can compete in. Meaning, a single athlete can compete in as many events as entered.

Final confirmations on site will be different for each Match (Day 1 separately from Day 2). Any athletes from the list of 9 + 9 and reserve athletes could be confirmed during final confirmations. Meaning, there could be differences from Day 1 to Day 2, if team decides so.



European Athletics DNA U20 Clubs 16-17 September 2023 Rieti/ITA



If late injury happens (after the final confirmation but before the first call times of the discipline), the substitution with a reserve or any athlete from the main team is possible. But the injury has to be confirmed by the appointed medical officer and done before the first call times.

Scoring

The competition is a match of six (6) teams. The winner of each individual event and relay shall score 12 points, second placed 10 points, third placed 8 points, fourth placed 6 points, fifth placed 4 points and sixth placed 2 points. Athletes or relay teams with no valid performance, disqualified or not finishing shall not score.

If two or more athletes or relay teams tie for a place in any individual event or relay, the relevant points shall be divided equally between them (including in the field events, if two athletes in the final head-to-head round have no valid results).

After eleven (11) events, the team scoring will determine the starting positions of the last (i.e. twelfth) event – The Hunt.

The winner of the last race (The Hunt) is the overall winner of the match (i.e. the last event determines the winner of the competition). The second placed team will be second in the final classification, and so on. The teams with no valid performance in the Hunt (e.g. disqualified or not finishing) will be classified in the final standing of the match according to their standing before the Hunt (i.e. after eleven (11) events), but behind the teams who finished the race.

In case of a tie in the Hunt the actual times recorded by the teams to .001 second shall be considered to break the tie, if the tie remains the teams concerned share the position, including the winner.

Qualification and Final Match

The top 3 teams of each qualification match on 16 September will advance to the Final A on 17 September

The bottom 3 teams of each qualification match on 16 September will advance to the Final B on 17 September. After the final matches on 17 September an overall ranking of all 12 teams will be created.

Call Room

The Call Room is located near the warm-up area. There will be a pre-call area in the warm-up from where the participating athletes would be escorted to the Call Room. The reporting times to the Call Room will be provided to the Teams in due time.

Victory Ceremony

Will be announced during the Technical Briefing.

6.2 Track Events Format

The Hunt

The Hunt (i.e. pursuit race) is a medley relay of the following distances and order: 600m–400m–200m–800m. Each team is to have two female and two male athletes with the following distribution:- 600m (women) - 400m (men) – 200m (women) - 800m (men)



European Athletics DNA U20 Clubs 16-17 September 2023 Rieti/ITA



The starting positions and the distance gaps between the teams, if any, are determined by the teams score/standing after eleven (11) events of the match. Each point difference between the teams in the team standing translates into 0.33 seconds of distance gap for the start of the Hunt race.

The standard 800m start in individual lanes will be used for the start of the 1st leg of the Hunt (i.e. 600m). The breaking line of 800m will be used. The leading team after eleven (11) events starts from the 800m start line of the most inner lane used, second team from the next lane, etc. In case teams are equal in score/standing after eleven (11) events, the teams start at their individual lanes at the same time.

In case of an early start, the race will not be aborted and the respective team(s) will be disqualified after the race in case of a significant advantage

Ribbon handover procedures as per WA Rules (i.e. takeover zone is 20m). For the waiting athletes of second and third/final leg, WA Rule 48.4 shall be applied.

Individual devices (lights and/or gates) will be used to indicate to each team its starting time.

Mixed Relay 4x400m

Each team is to be composed of two men and two women. The running order is decided by the Team.

The team composition is to be announced by the time of final declaration, including the first leg runner. The running order for 2nd, 3rd and 4th leg can be changed during the race. To facilitate the process, one Team Leader or Coach per Team would be allowed to be in the special zone close to the relay athletes close to the competition area. Notwithstanding the aforementioned procedure WA Rule 48.4 shall be strictly applied.

6.3 Field Events Format

Field events will be based on the head-to-head system. The athletes will be divided into two groups: 3 athletes in each group (Group A & Group B). The distribution of athletes will be done by European Athletics (see under Lane and Starting Order).

Each field event will consist of two stages: "group stage" and "final stage".

Stage	Round	Group A	Group B
"Group Stage"	1	A1 vs A2	B1 vs B2
	2	A2 vs A3	B2 vs B3
	3	A3 vs A1	B3 vs B1
"Final Stage"	5 th place	3 rd Group A vs 3 rd Group B *	
	3 rd place	2 nd Group A vs 2 nd Group B *	
	1 st place	1 st Group A vs 1 st Group B *	

In the "group stage" each athlete will compete in two duels against two other athletes in his/her group. For the win in each duel an athlete gets 3 "spikes", 1 "spike" for a tie and 0 for lost or foul. In case that in such a duel for whatever reason there's only one athlete present, the athlete will get 3 "spikes" in case of a valid attempt and 0 for a foul.

After "group stage" is over athletes in each group (separately in Group A & Group B) will be ranked based on number of "spikes" collected in "group stage". In case of any ties between two or three athletes after "group stage", the standing in each group is decided by the best performance. If the tie remains the second best result is to be considered. If the tie still remains it is to be broken by the Referee's draw.

Note: Spike is a term used to determine the positions of athletes after the initial stage of the competition in the field events (two attempts for each athlete).

In case of two or three athletes in a group would not have any valid attempt after two jumps/throws, their standing will be decided by a draw to be conducted by the relevant Referee. Thereafter, the composition of final 'duels' will be done:

- 3rd ranked in each group athletes will have a duel against each other for 5th place,
- 2nd ranked in each group athletes will have a duel against each other for 3rd place,
- 1st ranked in each group athletes will have a duel against each other for 1st place.

The final standing of the athletes determines the points to be received by each team as for any other individual event. However, if an athlete doesn't have any valid attempt from the "group stage" and the "final stage", i.e. 3 invalid attempts, the respective team will receive 0 points for the respective event.

Note: In case e.g. one athlete with no mark from the group stage is competing for 3rd place (and has no mark in his final attempt, too) and two more with no mark from the group stage are competing for 5th place those will still be ranked on 5th and 6th place and the 4th place (and points) is vacant.

Each athlete will jump once 1st, once 2nd in the group stages. In the final stage the group stage performance will decide the order: better performer jumps/throws 2nd.

High Jump features

In the High Jump, there are no pre-defined starting heights and progression. Each athlete decides about the height before each round without knowing the height of the competitor (meaning, before each jump he/she indicates in a special form the height he/she will jump while having "duel" with another competitor;

The referee collects the heights ordered by two athletes and then announces them before the jumps of the head-to-head format starts. The procedure of deciding the heights is repeated before each 'duel'. The athlete with lower height ordered always jumps first. In case the same height is ordered by both athletes, the order of the start list will be used.

Long Jump, Javelin Throw and Shot-Put features

For the final head-to-head attempts in long jump, javelin throw and shot put, the jumping /throwing order (i.e. who jumps/throws last in each head-to-head 'duel') will be determined by the best result in the "group stage" (second best result if the best results are equal). In case the tie remains a draw to be conducted by the Referee to determine the order of attempts.

6.4 Specific regulations

Lane and Starting Order

Lane and starting order will be done by draw by European Athletics and provided to the teams in due time.



European Athletics DNA U20 Clubs 16-17 September 2023 Rieti/ITA



The distribution of athletes in groups during qualification/initial round of the field events is to be done by European Athletics based on the personal bests of competing athletes and using the zigzag distribution.

Disqualification

Any disqualification of an athlete should only happen in case of a significant advantage gotten out of the infringement. The decision what's significant is taken by the respective Referee in the sense of World Athletics Technical Rules and the DNA concept.

Protests

Any protest shall be made orally to the relevant (World Athletics) Referee in the infield by an athlete or someone acting on behalf of an athlete, during the event or immediately after the event. The decision of the Referee will be final and no further appeals will be allowed. Video Recording and Control System will be used extensively to support immediate decisions by the Referee. In case of doubt, especially regarding the specific DNA format, the Referee might seek advice from the Technical Delegate(s).

Coaches and Teams Areas

To facilitate communication between team members and encourage teams support and engagement, there will be designated team zone on the stands. In addition, there will be designated zones, inside the competition area, for the coaches of field events and for 4x400m Mixed Relay. Special coach stewards will bring the coaches (one coach per team for field events and relays) to the specific coaching zone.

Electronic devices

The use of electronic devices, specifically for social media activities, is strongly supported and suitable devices are allowed to be brought and used infield by athletes and coaches.



**European Athletics
DNA U20 Clubs
16-17 September 2023
Rieti/ITA**



7. MEDICAL SERVICES & DOPING CONTROL

7.1 Medical Services

The LOC medical service is in charge of any medical assistance to all accredited guests (Teams, LOC and EA personnel) as well as, during the competition, to the spectators in the stadium. In case of emergency, please use the local number 118.

7.2 Doping Controls

General Information

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules and Regulations and WADA code in force. The controls will be done under the supervision of the European Athletics Technical Delegate. Both urine and blood samples may be collected immediately before, and during the event.

Athletes selected for doping control will be informed (notified) and accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the Doping Control Station (DCS). The athletes can be accompanied to the DCS by an accredited team representative of their choice and should report immediately to the DCS unless there are valid reasons for delay.

Athletes will be requested to present a valid ID card (with picture) for identification purpose. Athletes are reminded that refusal to provide a sample result in liable to disqualification and may result in further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system prior to attending the event.

Selection of Athletes

The selection of athletes for control will be made on a random basis under the supervision of the European Athletics Technical Delegate. In addition, all athletes setting World or European records must report to the DCS to provide a sample. Failure to provide a sample will result in the record not being ratified.

Additional Controls

Athletes requiring doping control (e.g. for national record) may request to be tested by reporting to the TIC, where a "Doping Control Request Form" should be completed. They will then be escorted to the Doping Control Station. The cost of this control (including the sample collection material and requested analysis) will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Event.

8. APPENDICES

Appendix 1 - Timetable & Infield Layout

Saturday 16th September 2023 - Match 1			
09:30	4x400m	X	Final
09:37	Shot Put	M	R1, 2&3
09:51	100m H	W	Final
09:55	Shot Put	M	Final
10:04	110m H	M	Final
10:09	Long Jump	W	R1, 2&3
10:26	800m	W	Final
10:31	Long Jump	W	Final
10:41	400m H	M	Final
10:45	High Jump	M	R1, 2&3
11:02	100m	W	Final
11:06	High Jump	M	Final
11:16	Javelin Throw	W	R1, 2&3
11:33	200m	M	Final
11:37	Javelin Throw	W	Final
11:48	The Hunt	X	Final

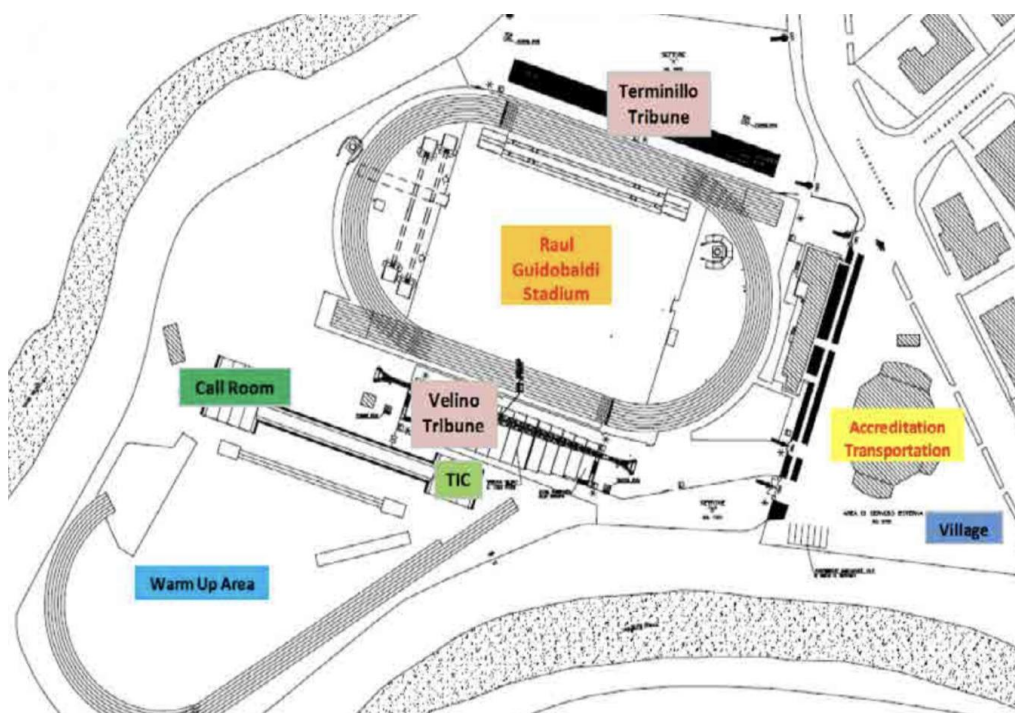
Saturday 16th September 2023 - Match 2			
12:30	4x400m	X	Final
12:37	Shot Put	M	R1, 2&3
12:51	100m H	W	Final
12:55	Shot Put	M	Final
13:04	110m H	M	Final
13:09	Long Jump	W	R1, 2&3
13:26	800m	W	Final
13:31	Long Jump	W	Final
13:41	400m H	M	Final
13:45	High Jump	M	R1, 2&3
14:02	100m	W	Final
14:06	High Jump	M	Final
14:16	Javelin Throw	W	R1, 2&3
14:33	200m	M	Final
14:37	Javelin Throw	W	Final
14:48	The Hunt	X	Final

Sunday 17th September 2023 -Final B			
09:30	4x400m	X	Final
09:37	Shot Put	M	R1, 2&3
09:51	100m H	W	Final
09:55	Shot Put	M	Final
10:04	110m H	M	Final
10:09	Long Jump	W	R1, 2&3
10:26	800m	W	Final
10:31	Long Jump	W	Final
10:41	400m H	M	Final
10:45	High Jump	M	R1, 2&3
11:02	100m	W	Final
11:06	High Jump	M	Final

11:16	Javelin Throw	W	R1, 2&3
11:33	200m	M	Final
11:37	Javelin Throw	W	Final
11:48	The Hunt	X	Final

Sunday 17th September 2023 -Final A			
12:30	4x400m	X	Final
12:37	Shot Put	M	R1, 2&3
12:51	100m H	W	Final
12:55	Shot Put	M	Final
13:04	110m H	M	Final
13:09	Long Jump	W	R1, 2&3
13:26	800m	W	Final
13:31	Long Jump	W	Final
13:41	400m H	M	Final
13:45	High Jump	M	R1, 2&3
14:02	100m	W	Final
14:06	High Jump	M	Final
14:16	Javelin Throw	W	R1, 2&3
14:33	200m	M	Final
14:37	Javelin Throw	W	Final
14:48	The Hunt	X	Final

STADIUM MAP/PIC with facilities



Appendix 2 Lane Draw

			Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
4x400m	X	Final	A	B	C	D	E	F
100m H	W	Final	B	C	D	E	F	A
110m H	M	Final	C	D	E	F	A	B
800m	W	Final	D	E	F	A	B	C
400m H	M	Final	E	F	A	B	C	D
100m	W	Final	F	A	B	C	D	E
200m	M	Final	A	B	C	D	E	F
The Hunt	X	Final	X	X	X	X	X	X

Appendix 3 Competition Implements

- Women's Javelin (600gr)
 - [will follow]
- Men's Shot Put (6kg)
 - [will follow]

Appendix 4 - Social Media and Promotion

Social Media Hashtags

#AthleticsWithAttitude

DNA Event Logo



Rieti - Italy
DNA U20 Clubs
16-17 September