

Proposed Amendments to the USATF Rules of Competition

((Double parenthesis)) indicates removal. Underline indicates addition. *Italics* is a rational note.

Item 1 – submitted by Steve Vaitones, Rules Committee for Carole Langenbach, Cross Country Council

Amend Rule 1(a) as follows:

In the ... Walking Championships, the Men's and Women's Open, ~~((and)) Junior, and Masters~~ Cross Country Championships, only citizens of the United States who are eligible to represent the United States in all levels of international competition are eligible to compete. (In the Men's and Women's Race Walking Championships, ~~((and)) the Men's Long Distance Running Championships, and Masters Cross Country Championships,~~ others may compete in a separate non-scoring division or race.)

*Reason: First change - Masters should be included with cross country whenever appropriate.
Second change - Current practice*

Item 2 – submitted by Steve Vaitones, Rules Committee for Carole Langenbach, Cross Country Council

Amend Rule 1(c) as follows:

The Masters Long Distance Running and Cross Country Championships are open to all member athletes of USATF including permanent resident aliens, but only US citizens shall be allowed to win USATF medals or other championship awards or to score on a team.

Reason: This is mentioned in Rule 341, but should be spelled out here also.

Item 3 – submitted by Steve Vaitones, Rules Committee for Carole Langenbach, Cross Country Council

Amend Rule 2.5 as follows:

Resident aliens shall be permitted to compete in Regional Championships ((except Cross Country Championships)).

Reason: Current practice is to include these residents at the regional level.

Item 4 – submitted by Steve Vaitones, Rules Committee

Amend Rule 4 as follows:

In all USATF Team Championships, whether National, Regional, or Association, only teams consisting of duly accredited representatives of a member ((of one of its Associations)) club shall be eligible to win such team Championships. ((In Regional Championships, the team Championship may be contested on the basis of Association teams instead of club teams at the option of the Games Committee.))

Reason: To preserve and enhance the club team structure vs. all star teams.

Item 5 – submitted by Steve Vaitones, Rules Committee for Carole Langenbach, Cross Country Council

Amend Rule 5.1(c) as follows:

... In Men's and Women's Open, Masters, and Junior Cross Country Championships, such medals shall be awarded to the declared members of the ((Association)) teams finishing first, second, and third.

Reason: Masters cross country follows same rules as open; no need to define type of club as national clubs no longer exist.

Item 6 – submitted by Steve Vaitones, Rules Committee for Carole Langenbach, Cross Country Council

Add New Rule 5.1(e)iii as follows:

In Masters LDR, including cross country, masters shall be allowed to win awards in all categories (e.g. overall, age group, and age-graded).

Reason: This is what the Masters LDR Committee recommends. If a masters athlete is good enough to win in more than one category, the athlete should get full recognition for all accomplishments.

Item 7 – submitted by Norman Green – chair Masters Long Distance Running

Add a new Rule 6.3 and renumber remaining

A competitor may be asked to provide his/her legal date of birth when he/she registers for a USATF sanctioned competition. In the case that a competitor claims a record or receives prize money for any age-dependent event, he/she may be required to present proof of age. The form of proof unless otherwise specified, shall be a copy of a certified birth certificate, passport, or U.S. driver's license. Once an athlete has declared a birth date for U.S. competition and received benefit from it (earned an award, prize money or a record), the athlete may not subsequently change that birth date to gain an advantage in a different age group. In the event that an actual birth date is unascertainable for a foreign competitor, he/she shall contact the embassy of the competitor's country of citizenship in the US and determine the best method for age verification. This method may include issuance of a new passport, certified birth certificate or court order verifying the age of the individual. The obligation to obtain age verification documentation is on the athlete.

Reason: This proposal specifically outlines acceptable forms of proof and the process for determining the age of a foreign competitor. Also, this rule will act to inform competitors of interim remedies that may be taken if proof of age is not available.

Item 8 – submitted by Steve Vaitones, Rules Committee for Bill Quinlisk, Cross Country Council

Amend Rule 7.2 as follows:

The team Championships in Long Distance Running((,)) and Race Walking ((and Masters Cross Country)) shall be scored by time. The team Championships for Open, Masters, Junior and Youth Cross Country shall be scored by place.

Reason: Require Masters Cross Country team Championships to score by place and not by time, bringing Masters Cross Country in line with the place scoring method used by all other divisions in Cross Country team Championships

Item 9 – submitted by Steve Vaitones, Rules Committee

Amend Rule 11.2(a) as follows:

Men’s Events: ((5000)) 3000 meter walk

Reason: To have men’s and women’s distances the same. The men’s distance was increased to 5000 when there was a walk in the World Championship, but there’s no need for different distance now.

Item 10 – submitted by Steve Vaitones, Rules Committee

Amend Rule 11.2(a) as follows:

Men’s Events: Distance Medley (1200-400-800-1600)

Women’s Events: Distance Medley (1200-400-800-1600)

Amend Rule 267 to add this order (1200-400-800-1600) as acceptable for record purposes

Reason: To make the order the same both indoors and outdoors. Also matches collegiate order, unifying the event

Item 11 – submitted by John Blackburn, Rules Committee Chair

Add a new Rule 11.2(d) and renumber

The 200m event may be conducted at the discretion of the appropriate Track and Field Committee, either as a Championship or non-Championship event.

Reason: To be in line with the recently announced removal of the 200m from the IAAF World Indoor Championship program.

Item 12 – submitted by Steve Vaitones, Rules Committee

Delete Rule 13.1(a) and renumber:

Reason: The comprehensive indoor seasons run by high schools and colleges leave no room for such a championship, and it hasn't been contested back to 1981 at least.

Item 13 – submitted by Steve Vaitones, Rules Committee

Amend Rule 13.1(b) as follows:

4000 Meters Distance Medley Relay 1200-400-800-1600 ((800-400-1200-1600))
((First and second legs may be interchanged.))

Reason: There is no reason to change of order of legs 1-2

Item 14 – submitted by the Rules Committee

Amend Rule 13.1 by reordering paragraphs (f) and (g).

Reason: keeps combined events rules ordered together

Item 15 – submitted by Steve Vaitones, Rules Committee

Amend Rule 13.3 as follows:

Regional and Association((,)) Open ((and Junior)) Indoor Track and Field Championships may be held.

Reason: Youth programs and open championships seem to cover this niche well

Item 16 – submitted by Steve Vaitones, Rules Committee for Carole Langenbach, Cross Country Council

Amend Rule 15.1 as follows:

There shall be two National Cross Country Championships, the Fall National Championship and the Winter National Championship, both conducted by the Cross Country Council. Runners may compete in both the Fall and the Winter events as individuals. The Cross Country Council may add additional Masters Cross Country Championships to the national schedule.

Item 17 – submitted by Steve Vaitones, Rules Committee

Delete Rule 15.3

Reason: National clubs no longer exist in Operating Rules

Item 18 – submitted by Steve Vaitones, Rules Committee for Carole Langenbach, Cross Country Council

Amend Rule 15.4 as follows:

There shall be ((only)) Open and Masters competition at the Fall National Championships.

There shall be Open, Masters, and Junior competition at the Winter National Championships.

Reason: Current Practice. Cross country council now runs masters events with open championships.

Item 19 – submitted by Steve Vaitones, Rules Committee for Carole Langenbach, Cross Country Council

Amend Rule 15.5 as follows:

The Open and Masters distances contested at the Fall National Championships are 10,000 meters (or as close as feasible) for men and 6000 meters (or as close as feasible) for women. The Open

distances contested at the Winter National championships shall be as close as feasible to the distances to be contested at the IAAF World Cross Country Championships. Masters men and women shall run 8,000 meters at the Winter National Championships. The measured distances should be printed in the program and the results.

Reason: To establish consistent masters distances to be contested at the two Nationals.

Item 20 – submitted by Steve Vaitones, Rules Committee for Carole Langenbach, Cross Country Council

Amend Rule 15.6 to add the following at the end of the paragraph

| <u>MASTERS CROSS COUNTRY TEAM DECLARATIONS AND SCORING</u> | | | | | |
|--|----------------|---------------|-----------------|--------------|--|
| | <u>FALL</u> | <u>WINTER</u> | <u>DECLARED</u> | <u>SCORE</u> | |
| <u>M 40+, 50+</u> | <u>10,000m</u> | <u>8000m</u> | <u>8</u> | <u>5</u> | |
| <u>M 60+, 70+</u> | <u>10,000m</u> | <u>8000m</u> | <u>5</u> | <u>3</u> | |
| <u>W40+, 50+</u> | <u>6000m</u> | <u>8000m</u> | <u>5</u> | <u>3</u> | |
| <u>W60+, 70+</u> | <u>6000m</u> | <u>8000m</u> | <u>5</u> | <u>3</u> | |

Item 21 – submitted by Steve Vaitones, Rules Committee

Amend Rule 15.7 as follows:

See Rule 7 for scoring for the Fall National Championship. See Rule 341.1 for Masters declaration and scoring. See Rule 5 for awards.

Item 22 – submitted by Steve Vaitones, Rules Committee

Add New Rule 15.7 as follows and renumber:

If a club enters more than one team, each team should be clearly identified.

Reason: To identify multiple teams with same uniforms

Item 23 – submitted by Steve Vaitones, Rules Committee

Amend Rule 17 as follows:

The Men’s Long Distance Running Committee may annually conduct Open Trail and/or Mountain Running Championships at such distances as it deems appropriate. These Championships shall be conducted using LDR rules.

Reason: To ensure that a set of rules is followed for Mountain and Trail events.

Item 24 – submitted by the Rules Committee

Amend Rule 20 by changing the paragraphs from the current 3-4-5-6-7-8-9 to 4-5-7-6-3-8-9

Reason: Consistency - so Rules 16 (LDR – Men) and 20 (LDR – Women) match the same general order.

Item 25 – submitted by Steve Vaitones, Rules Committee

Amend Rule 21 as follows:

The Women’s Long Distance Running Committee may annually conduct Open Trail and/or Mountain Running Championships at such distances as it deems appropriate. These Championships shall be conducted using LDR rules.

Reason: To ensure that a set of rules is followed for Mountain and Trail events.

Item 26 – submitted by Steve Vaitones, Rules Committee

Amend Rule 25.1(a) as follows:

Open Men – ((2 Hour)) 1 Hour

Reason: Have same distances for both men and women.

Item 27 – submitted by Steve Vaitones, Rules Committee

Amend Rule 25.1(b) as follows:

Men – 3000 meters (held with Track & Field Championship)
5000 meters

Women – 3000 meters (held with Track & Field Championship)
5000 meters

Reason: The men’s distance was increased to 5000 when there was a walk in the World Championship. With no World Indoor walk, the distances should be the same for men and women. The 5000 can remain a stand-alone championship distance, and can be added for women.

Item 28 – submitted by Steve Vaitones, Rules Committee

Amend Rule 25.3 as follows:

((In a race held on a road course, the course)) The courses for all National, Regional, and Association Road Championships must meet ((the)) certification requirements stated in Operating Regulation 6.

Reason: To match wording in Rules 16 and 20 for consistency through the rulebook.

Item 29 – submitted by Bob Podkaminer, Rules Committee

Replace Rule 27 with the following (consider all as underlined):

1. The Men’s and Women’s Track and Field Committees shall, for each Olympiad, conduct the USA Olympic Track and Field Team Selection Competition. The Men’s and Women’s Long Distance Running Committees shall, for each Olympiad, conduct the USA Olympic Marathon Selection Competition. The Race Walking Committee shall, for each Olympiad, conduct the USA Olympic 50k Race Walking Selection Competition and conduct the Race Walking events contested at the Track and Field Team Selection Competition. The USA Olympic Track and Field Team Selection Competition may be used as the USA Outdoor Open Track and Field Championships.
 - (a) The Selection Competitions shall be held in accordance with a time schedule of events determined by the respective Committee conducting such Competitions.
 - (b) The standard events for the USA Olympic Track and Field Team Selection Competition are those listed in Rule 10.2(a), except for those not contested in the Olympic Games, plus the Heptathlon and Decathlon.
2. The provisions of Rules 10.3(a) and 10.3(b), pertaining to qualification standards and automatic qualification, shall be applicable to the Olympic Team Selection Competition unless otherwise provided in this Rule.

All information regarding qualification, entry procedure, declaration procedure, deadlines, appeals, competition schedule, event finalization, heat formation, postings and other material concerning the Competition shall be made available in an entry booklet no later than 5 months prior to the Competition.

3. The Chairs of the Track and Field Committees, the Race Walking Committee and the Long Distance Running Committees and/or their appointed representative(s) shall be Referee(s) of the respective Selection Competitions. The Chairs shall also appoint the Jury of Appeal for their respective disciplines. It is recommended that all Referees and Members of the Jury of Appeal be certified officials at the National or Master level.
4. The Chairs of the Track and Field Committees and the Race Walking Committee shall approve all other Management Officials as defined in Rule 110.4, as they pertain to their respective disciplines. See Rule 110.3 for Competition Officials selection.
5. The Chairs of the Long Distance Running Committees shall select all Officials for the conduct of their respective Marathon Competitions.

Reason: The information relating to the Olympic Selection Competition has not been as informative as that for the other competitions in Section II.

Item 30 – submitted by George Kleeman, Rules Committee for Mark Heckel (Three Rivers)

Amend Rule 110.4 under Competition Officials as follows:

Electronic Measurement Judge 1 indoor 1 outdoor

Reason: See reason stated for addition of New Rule 137.

Item 31 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 129.5 as follows:

Notification of w((W))arnings and disqualifications concerning the start may be made only by or under the direction of ((by)) the Starter.

Reason: It is frequently the case that an Umpire or a Recall Starter is called upon to assist in the performance these duties, especially on the first false start.

Item 32 – submitted by George Kleeman, Rules Committee for Mark Heckel (Three Rivers)

Add New Rule 137 as follows:

Electronic Measurement Judge

1. An Electronic Measurement Judge shall be appointed when electronic distance measurement is to be used.
2. Before the meet, this Judge shall meet with the technical staff involved with operating the equipment and become familiar with it.
3. Before each event where the device is used, the Judge shall supervise the positioning of the measuring instruments, taking account of the technical requirements given by the technical staff and the needs of the event chief.
4. To ensure that the equipment is operating correctly, the Judge shall, before and after each event, supervise or conduct a set of measurements to confirm agreement with results achieved using a certified steel (or fiberglass) tape and shall report and certify the accuracy of the instrument to the Field Event Referee, particularly in the event of a record.
5. During the competition the Judge shall remain in overall charge of the operation so that the Judge can report to the Field Events Referee that the equipment is accurate and operating properly during the competition.

Amend Rule 148.3 as follows:

A scientific measuring apparatus, such as a datum line measurer, the accuracy of which is certified by a governmental Bureau of Weights and Measures, may be used for the measurement of jumps and throws. ((If such a device is used, an Electronics Measurement Judge shall In the event of a record, this judge ... with a steel tape and confirmed the accuracy of the device.))

NOTE: For measurement of tracks, see Rule 160. For measurement and certification of road courses, see USATF Operating Regulation 6

Reason: In the reorganization last year, this item was inadvertently not moved from Rule 148.3 to the IAAF equivalent, Rule 137. The purpose is to ensure that the conduct of such measuring is supervised by a certified official who is both familiar with the conduct of the event and the electronics being used for performance measurement much like the Photo Finish Judge.

Item 33 – submitted by John Blackburn, Rules Committee on behalf of the ADA Task Force

Amend Rule 144:

Placeholder to define physical aids not allowed as part of competition.

Item 34 – submitted by Steve Vaitones, Rules Committee

Amend Rule 144.1 as follows:

NOTE 1: Pacesetting by a person entered in an event for that purpose is permitted. Such pacesetters shall start the event and may not leave and then rejoin the race.

Item 35 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 149 as follows:

No performance accomplished by an athlete shall be valid unless it has been made during a ((n official)) bona fide competition on a facility and (where relevant) using an implement which conforms to specifications set within these Rules.

Reason: Currently, it is only inferred that marks submitted must be made on a legal facility or with a legal implement.

Item 36 – submitted by Bob Podkaminer, Rules Committee

Add a new Rule 159 as follows:

ELECTRONIC DEVICES

Electronic devices not essential to the competition shall not be used in the area of competition.

Reason: Electronic devices are not allowed by competitors, first it was as an assistance issue then as a safety issue. It seems appropriate to require the same for all who are within the competition area. The image of a person raking the long jump pit while on a cell phone is not uncommon.

Item 37 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 160.1 as follows:

In all outdoor races at distances up to and including 400 meters, wherever possible, each competitor shall have a separate lane with a ((minimum)) width of $1.22\text{m} \pm 0.01\text{m}$ (4 ft.) ((and in no event more than a maximum width of 1.25m (4 ft. 1.5 in.))) measured as provided in paragraphs 2 and 4 hereof and properly marked by lines ((of chalk or similar substance)) 5cm in width. On tracks whose width does not permit 8 lanes of ((minimum)) that width ((as above)), the minimum width of the lanes may be ((as little as)) 91.4cm (3 ft.). Only the line on the right hand of each lane

Reason: The lane width is for IAAF conformance. Also, chalk or similar substance really seems out-of- date. Is paint a similar substance?

Item 38 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 161.4 as follows:

Starting block linked to an IAAF approved false start detection apparatus may be used at any competition, but shall be used in Open Men’s and Women’s National Championships and USA Olympic Selection competition to assist the Starters. The apparatus shall emit an acoustic signal, audible to the Starter, or assigned Recall, whenever the reaction time of the athlete detected by the apparatus is less than 100/1000th of a second. In addition to the acoustic signal, a recall signal shall be an automated function of the false start detection apparatus when such function is available.

Reason: See companion item amending Rule 162.17. Reorganization for clarity.

Item 39 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 162.1 as follows:

The start of a race shall be indicated by a white line 5cm wide marked on the track or ground ((not more than 5cm wide)).

Reason: Further IAAF conformance.

Item 40 -- Submitted by Raymond Pierre and approved by George Kleeman, Rules Committee

Amend Rule 162.1 as follows:

The start of a race shall be indicated by a line marked on the track or ground not more than 5cm wide. When starting, all competitors must be behind the starting line and ((they must not)) no part of the body may touch the starting line or the surface in front of them ((with hand or foot)).

Reason: Limiting the body parts to hand and foot ignores the fact that KNEES often touch the starting line in a crouched position.

Item 41 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 162.3 as follows:

Except as otherwise indicated herein, the commands of the Starter shall be “on your marks” and “set”, and when all the competitors are “set”, the pistol/starting device shall be fired. ((The starter shall not fire the pistol/starting device while any competitor is in motion after the command “set”.) In races longer than 400 meters, the command shall be “on your marks” and when all competitors are steady, the pistol/starting device shall be fired. The starter shall not fire the pistol/starting device while any competitor is in motion after the command “set” nor before the Starter has ascertained that each competitor is steady and in the correct starting position. When appropriate, the Starter may assemble

Reason: Rearrangement for clarity, since it applies to all starts, and emphasis of condition stated in IAAF 162.2.

Item 42 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 162.4 as follows:

Prior to each running event, the Starter or designee shall give instructions to competitors concerning the commands to be used. Before any starting commands, ((the start signal is given)), the Starter shall ascertain that the Timers, Judges and, when applicable, the Chief Photo Finish Judge and the Wind Gauge Operator are ready.

Item 43 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 162.12 as follows:

Replace all four instances of the word ‘card’ with the word ‘card/flag’.

Item 44– submitted by Bob Podkaminer, Rules Committee

Amend Rule 162.17 as follows:

((When they are available, starting blocks linked to false start detection apparatus shall be used to assist the Starters. The apparatus shall emit an acoustic signal, audible to the Starter, whenever the reaction time of the athlete detected by the apparatus is less than 100/1000th of a second. When such an)) When a false start detection apparatus is used, the Starter, and/or((,)) an assigned Recall Starter with no other duties, shall wear headphones in order to hear clearly any acoustic signal that is emitted in the case of a false start. As soon as the Starter or Recall Starter hears the acoustic signal, and if the pistol/device has been fired, there shall be a recall. ((This recall shall be an automated function of the false start detection apparatus when such function is available.)) The Starter shall immediately examine all available numerical and graphical information generated by the

Reason: Rule 161 is about the starting blocks, their function and operation. Rule 162 is the method of starting. This is to put the statements within the proper sections.

Item 45 – submitted by George Kleeman, Rules Committee

Amend Rule 165.7(c) by adding the following as a last sentence:

A displayed time of 31:00:00 is rounded to and recorded as 31:00 and a displayed time of 31:00.01 is rounded to and recorded as 31:01.

Reason: To clarify the rounding rule.

Item 46– submitted by Bob Podkaminer, Rules Committee

Amend Rule 166.1(a) as follows:

In individual races up to and including the 800 Meters, and relays up to and including the 4x400 Meters, the number of competitors on the track in a race, at the start, shall not exceed the number of lanes on the track for that event, excluding all lanes which would not qualify for record purposes. As an exception, in the first round of the outdoor 800 Meters, up to 12 runners may start using the procedure in Rule 162.18.

Reason: This indicates how the runners are to be staged at the start for the 800 Meter exception.

Item 47 – submitted by the Rules Committee

Delete Rule 168.3 and renumber

Reason: It is duplicated in Rule 168.12.

Item 48 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 180.5(b) as follows:

Twelve competitors and ties that remain after applying Rules 180.16, 181.9(a), and 181.9(b) shall advance to the competition proper. In the High Jump and Pole Vault, ... by the Games Committee. If, after jumping concludes at any height at or below the qualifying standard, there remain fewer than 12 athletes in competition, then additional qualifiers shall ((may)) be added by applying Rules 181.9(a) and (b). When competition is held

Reason: Clarification of actual procedure used to advance from a qualifying round.

Item 49 – submitted by Bob Podkaminer, Rules Committee for Mike Sands

Amend Rule 180.7(b) as follows:

In the vertical jumping events, rotating flights may be used on a height-by-height basis until there are 12 or fewer competitors ((remaining in competition after the conclusion of)) jumping at ((any)) that height. A continuous flight will then be used until the next height. In rotating flights, ((four or)) five competitors((, as determined by the Games Committee,)) constitute a flight, unless determined otherwise by the Games Committee. As a ((the)) competitor clears the bar, passes a turn or is eliminated, the next competitor in order is moved into the last jump position in the rotating flight ((up)) so that the number of competitors in the active flight and the number of jumps between jumpers remains ((approximately)) constant. This procedure is abandoned for that height when fewer than 13 remain to jump at that height.

Reason: The rotating flight procedure is designed to minimize the length of time between attempts by competitors, but at each height, it frequently degrades to where a competitor must make several attempts consecutively, without additional time allotment. Therefore, a change to abandoning the rotating flight within each height should help solve that problem. Also, add clarification for proper implementation.

Item 50 – submitted by Bob Podkaminer, Rules Committee; George Kleeman, Rules Committee

Amend Rule 180.8(c) as follows:

If a competitor is entered in both a track and a field event, or in more than one field event taking place simultaneously, the appropriate Referee or Chief Field Judge may, for one round at a time, or for each trial in High Jump and Pole Vault, allow the competitor to take a trial out of the regular order. Upon being excused to compete in another event, if an athlete subsequently is not present for ((that)) any trial, it shall be deemed that the athlete is passing once the period allowed for the trial has elapsed.

Note 1: This subsection applies to one attempt at a time within any of the six rounds of competition, or each bar height in the vertical jumps. It does not permit an athlete to take a given attempt after the next round ((or next trial in the vertical jumps))) has begun or the bar has been raised to the next height.

Reason: The clear intent of a previous change for this rule was to not 'foul-out' a competitor when they are excused for competing in another event. But the rule did not specify being excused and its literal reading, mainly one single attempt in the vertical events, has differently interpreted implications. This submission is to: formalize being excused, once done then each missed attempt due to absence is deemed a pass, and allows trial-by-trial attempts in the High Jump or Pole Vault so that a trial can be taken if the competitor returns before the bar is raised. There was never the intent to inflict a penalty for being in more than one event at the same time. Companion item is 181.5.

Further, this submission is to make it clear that in vertical jumps if an athlete does not take an attempt because the athlete has been excused to participate in another event, that that attempt will be recorded as a pass once the time for that trial has elapsed. If the athlete has not passed the height the athlete may take jump any remaining attempts that have not been passed, intentionally or as a result of not having returned when his next attempt was scheduled at that height, e.g. after the first attempt he asks to be excused. He is not present when his name is called for his second attempt at that height so it is recorded as a pass. He then returns and he can jump his third attempt at that height. If he misses he has one more attempt at the next height. If he makes it then he proceeds as normal but the pass does not count against him. Note this is different from either the current IAAF rule, which would say if you pass an attempt you pass the height, or the NCAA rule, which allows anyone to pass any attempt without passing the height. This is similar but much narrower in scope.

Item 51 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 180.8(d)iii as follows:

A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise overhead and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed. If the time expires before the attempt is initiated then the yellow flag shall ((should)) be lowered and a verbal indication given. In addition to the use of flags and/or a clock, a verbal indication of time remaining ((or that time has expired)) is acceptable.

Reason: Clarification of the indication and notification that time expiration has occurred.

Item 52 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 180.18 as follows:

... The runways should have a ((minimum)) width of 1.22m ± 0.01m (4 ft.) ((and a maximum width of 1.25m)).

Reason: IAAF conformance.

Item 53 – submitted by Bob Podkaminer, Rules Committee

Amend Rule 180.20 as follows:

The maximum allowance for inclination of runways for jumping events and the Javelin Throw shall not exceed 1:100 laterally and 1:1000 downward in the running direction. In the High Jump, the maximum

Item 54 – submitted by Steve Vaitones, Rules Committee

Amend Rule 181.1 as follows:

The initial height of the crossbar and the subsequent heights to which the crossbar shall be raised shall be determined by the Games Committee, and shall be announced to the competitors before the commencement of the competition. When qualifying standards are used for meet entry, the opening height of the competition should normally be no fewer than two increments below the qualifying height. In jump-offs to decide ties for first place, the bar will be raised and lowered in accordance with Rule 181.10(c).

Reason: Qualifying heights are established to limit the field; the opening height should be competitive and not a way to pare down the field in the first attempted height. Current rule allows Games Committee to set the opening height at any time before the competition begins, so athletes have no idea what it will be.

Item 55– submitted by Bob Podkaminer, Rules Committee; George Kleeman, Rules Committee

Amend Rule 181.5 as follows:

A competitor shall have the discretion to commence jumping or vaulting at the starting height or at any subsequent height. A competitor who forgoes a trial at a height thereby forfeits the right to jump again at that height. Such competitor may, however, jump at that height if excused to compete in another event, Rule 180.8(c), and returns before the bar is raised or in a jump-off to break a tie for first place. Three consecutive failures . . .

Reason: See full explanation in submission for Rule 180.8(c).

Item 56 – submitted by Bob Podkaminer, Rules Committee

Delete Rule 181.8 and renumber.

Reason: The experimental period has expired.

Item 57 – submitted by George Kleeman, Rules Committee

Amend Rule 181.12 as follows:

... The crossbar shall have no bias and, when in place, shall sag a maximum of 2cm for the high jump and 3cm for the pole vault.

NOTE: SUGGESTED CONTROL: Hang a 3kg weight . . .

Reason: To conform to IAAF standards. Rule 181.7. We are currently more restrictive.

Item 58 - Submitted by Dick Connors and approved by George Kleeman

Amend Rule 185.8 as follows:

... The upper part of the indicator board shall also be covered with a plasticine layer of contrasting color for approximately the first 10 ((3))mm and along its entire length. ...

Add a NOTE:

NOTE: When weather conditions dictate, particularly very hot or wet weather, the plasticine boards should be protected from the elements before they are installed.

Reason: 3mm is not sufficient to get an imprint of a shoe over the line. One centimeter is enough yet not so much as to cause a possible slipping hazard. This recommendation has also been made to the IAAF.

Item 59 – submitted by George Kleeman, Rules Committee; Bob Podkaminer, Rules Committee; Steve Vaitones, Rules Committee

Amend, Reorganize, and/or Consolidate Rules 187.8 through 187.33 as follows:

Reason: The reorganization into IAAF format created several duplicates and overlapping rules. The reorganized Rules would be numbers 187.8 through 187.26.

Rule 187.8 as follows: *This is original Rule 187.13, amended to include original Rule 187.8.*

For a throw to be valid in ((In)) the Shot Put, Hammer Throw, Weight Throw, and the Discus Throw, ((for a valid throw,)) the implement, excluding the handle, ((and)) wire, and connection, as appropriate, must fall completely within the inner edges of the lines of the sector (see Rule 187.24 and Rule 187.26). For the javelin see Rule 193.1.

NOTE: A throw may be valid even if the implement has touched the cage.

Rule 187.9 as follows: *This is original Rule 187.9 with original Rule 187.10 as the first sentence.*

The measurement of each throw shall be made immediately after the throw.

(a) In the Discus ...

(b) In the Javelin ...

NOTE: For Youth Athletics exception, see Rule 302.5(j).

Re-number as follows:

Rule 187.11 renumbered to Rule 187.10.

Rule 187.12 renumbered to Rule 187.11.

Rule 187.14 renumbered to Rule 187.12.

Rule 187.15 renumbered to Rule 187.13.

Rule 187.16 renumbered to Rule 187.14.

Rule 187.17 renumbered to Rule 187.15.

Rule 187.18 renumbered to Rule 187.16.

New Rule 187.17 as follows: *This is original Rules 187.32 and 187.33. It applies to all throws.*

Landing Area – The landing area for outdoor throwing events shall consist of cinder, grass, or a similar suitable material on which the implement makes an imprint. These areas shall be on

natural surfaces, which shall not be laid down on concrete, asphalt, wood or other hard surfaces that would have the tendency to decrease the landing surface's adsorption of the kinetic energy of the implement.

New Rule 187.18 as follows: *This is original Rule 187.25 and Rule 187.31 combined and amended. It applies to all throws.*

Inclination of Sector – The area within the sector on which the implement lands shall be on approximately the same plane as that of the circle or runway with a maximum allowance of 1:1000 downward in the throwing direction.

New Rule 187.19 as follows: *This is original Rule 187.27. It applies to all throws.*

Sector Flags

(a) **Construction** – Sector flags should be entirely made of metal.

(b) **Measurements** – The flags should be rectangular in shape, measuring about 20x40cm with the standard 8mm in diameter and not less than 60cm in ((length)) height above the ground.

New sub-heading before Rule 187.20: **For Throws From A Circle.**

New Rule 187.20 as follows: *This is original Rule 187.19.*

Construction – The circle shall be made of a band of The surface within the circle shall be packed hard, firm, ((and)) approximately level, and 2cm (\pm 6mm) lower than the ...

Renumber as follows:

Rule 187.20 renumbered to Rule 187.21.

Rule 187.21 renumbered to Rule 187.22.

Delete Rule 187.22. *This was totally incorrect. IAAF 187.5 indicates that the circle should be approximately level, as now stated in amended Rule 187.20*

Retain Rule 187.23 without change.

Delete the sub-heading before Rule 187.24: **For Throws From Circle.**

Amend Rule 187.24 as follows:

Sector – The sector within which all throws from a circle must fall shall be clearly marked on the ground with lines 5cm wide, the inner edge of which shall form the sector boundary ((lines)). These sector ((radii)) lines are radii from ((will cross at)) the center of the circle. The outer ends of these radii ((lines)) should be marked with ((sector)) flags. Sectors shall be 34.92 degrees, \pm 0.1 degree.

NOTE 1: Flags or continuous barriers should be erected parallel to and at least 3m outside of((,)) the sector lines for their full length.

NOTE 2: For Youth Athletics sector, see Rule 302.5(e).

Reason: You want it at least 3m out and not just 3m out. For the hammer you would like to cover the full 53 degrees of impact area.

Amend Rule 187.24 further as follows: *Put sector construction items into the same Rule.*

Add the entire contents of Rule 187.26, including the chart, as the second paragraph of Rule 187.24.

New sub-heading before new Rule 187.25: **For The Javelin Throw.**

Renumber as follows:

Rule 187.28 renumbered to Rule 187.25.

Amend Rule 187.26 as follows: *This is original Rule 187.29.*

Sector – The landing sector shall ...

NOTE: Flags or continuous barriers should be erected parallel to and at least 3m outside of the sector lines for their full length.

Reason: You want it at least 3m out and not just 3m out.

Amend new Rule 187.26 further as follows: *Put sector construction items into the same Rule.*

Add the entire contents of Rule 187.30, including the chart, as the second paragraph of Rule 187.26.

Item 60 – submitted by George Kleeman, Rules Committee

Amend Rule 190 as follows:

NOTE: ((Although not required, an)) An effective Hammer cage should have ((the)) movable panels at the front

Reason: To conform more closely to the IAAF rule which does require doors on hammer cages.

Item 61 – submitted by George Mathews, chair Masters Track and Field

Amend the first sentence of rule 190 as follows

It is ((recommended)) required that all Hammer, weight, superweight and Discus Throws be from an enclosure or cage to ensure the safety of spectators, officials and competitors.

Reason: With the increased popularity of the weight and superweight it is imperative that we (USATF) require a cage for these events. The hammer and discus should never be held without a cage.

Item 62 – submitted by George Kleeman, Rules Committee

Amend Rule 191.7 as follows:

Wire – The wire shall be a single unbroken and straight length of spring wire not less than 3mm ((or No. 11 Standard Wire Gauge 2.95mm in diameter,)) and shall be such that it cannot stretch appreciably while being thrown. The wire may be looped at one end as a means of attachment.

Reason: Take out the wire gauge totally, for conformity with IAAF. How can you say ‘not less than’ and then have 2.95?

Item 63 – submitted by George Kleeman, Rules Committee

Replace Rule 191.8 as follows:

Make the Note the actual Rule. Delete the parenthetical sentence at the end of the Note, and replace with: The minimum handle breaking strength rating shall be 20kN (2000kgf).

Reason: To conform to the current IAAF requirements. Note I expect this may get deferred since the IAAF has yet to confirm that this will remain as the spec.

Item 64 – submitted by George Kleeman, Rules Committee for George Adams

Amend Rule 193.1(e) as follows:

(e) Competitors may not ((cross)) touch with any part of their body either of the parallel lines or the area outside these lines.

Reason: The word "cross" is ambiguous and could easily be interpreted as breaking the plane of the line.

Item 65 – submitted by Steve Vaitones, Rules Committee

Delete Rule 193.5 and renumber:

Reason: It duplicates 187.11. If it is to remain there for emphasis, then have 193.5 duplicate 187.11, which will replace "carried back to the start" with "carried back to the runway area".

Item 66 – submitted by Bob Podkaminer, Rules Committee on behalf of Shirley Crowe

Delete Rule 200.4(b) and renumber.

Amend Rule 200.4(c) as follows:

When more than one flight is required in events, the composition of flights and, where feasible, the approximate scheduled time of each flight shall be posted prior to the competition, except that the composition of flights for the last event shall be determined just prior to the start of that event. Where field event flights are conducted sequentially, a minimum of 30 minutes between field event flights shall be allowed between the last attempt or finisher of one and the beginning of competition in the next unless approval for an earlier start is obtained by all competitors in the flight.

Reason: IAAF Conformance.

Item 67 – Submitted by Bob Podkaminer and John Blackburn, Rules Committee

Amend Rule 200.5-200.7 as follows and renumber:

5. (a) If the number of competitors shall warrant it, they may be divided into groups of not less than six as determined by the Combined Events Referee. These groupings shall continue throughout the first seven events of the decathlon and all but the last event of the other combined events.

(b) When permanent groups are not used and individual event best performance data are available for most of the combined event competitors, the games committee, or Combined Events Referee, may make heat and section assignments using these data. If there are 16 or more competitors, it is recommended that more than one facility be used.

(c) When no performance data are available, the competitors for each heat and section shall be drawn by lot with never less than four competitors in each.

(d) In the last event of a Combined Events Competition, the heats should be arranged so that one group contains the leading athletes after the penultimate event. The heat containing the leading athletes should be run last. In the 800 Meters the top placers shall be assigned, one per lane in the last heat, the next best placers in another heat, etc., according to Rule 166.4.

(e) The order of competition within a field event, and the assignment of lanes in a track event, shall be drawn by lot for each event independently.

NOTE: *For Youth Athletics exception, see Rule 302.6*

((6. If heats are necessary in any of the track events, except the 800 Meters for women and the 1500 Meters for men, the competitors for each heat shall be drawn by lot with never less than four competitors in each heat. The composition of heats in the 800 Meters shall be determined by place after the prior events; the top placers, one per lane in the last heat, the next best placers in another heat, etc., according to Rule 166.4. Lane assignment shall be by lot. In the 1500 Meters, heats may be made as competitors become available from the previous event. Where possible, one heat should consist of the leading competitors as of that point. Starting position assignment shall be by lot.))

6. ((7. Groups in the High Jump and Pole Vault, if needed, shall be determined by the Combined Events Referee using marks for those events submitted on entry blanks, if bona fide, as a guide; the best in one group, next best in another, etc. The order of competition of groups and within each group shall be drawn by lot. If there are 16 or more competitors, it is recommended that more than one High Jump or Pole Vault facility be used.)) The incremental increase in the High Jump and Pole Vault in Open Men's and Women's Track and Field Championships shall be uniform throughout the competition at 3cm and 10cm, respectively.

Item 68 – submitted by George Mathews, Chair, Masters Track and Field on behalf of Ray Feick

Add a new Rule 201.4 as follows:

A variant event entitled the American Weight Pentathlon shall use the weights described in the following table.

| Age Group | Weight | Super-Weight | 35# | 56# | 98# | 200# | 300# |
|--------------|--------|--------------|-----|-----|-----|------|------|
| WOMEN | | | | | | | |
| Open-49 | 20 | 35 | | | x | x | x |
| 50-59 | 16 | 25 | | x | x | x | |
| 60+ | 12 | 25 | x | x | x | | |
| MEN | | | | | | | |
| Open-49 | | | x | x | x | x | x |
| 50-59 | | 25 | | x | x | x | x |
| 60-69 | 20 | | | x | x | x | x |
| 70-79 | 16 | | x | x | x | x | |
| 80+ | 12 | | x | x | x | x | |

The specifications of the 98#, 200#, and 300# weights are defined by _____.

Reason: There is interest in this event as demonstrated by participation where it has been offered.

Item 69 – submitted by Steve Vaitones, Rules Committee

Amend Rule 250.3 as follows:

~~((Individuals)) Participation:~~ ~~((Although))~~ Cross country is basically a team sport, but participation is not limited to teams, and individual entries may be accepted.

Reason: More descriptive of the paragraph

Item 70 – submitted by Steve Vaitones, Rules Committee

Amend Rule 251.1 as follows:

The race shall be run over a course confined, to the extent possible, to open country, fields, parks, golf courses, and grasslands. The traversing of paved roads should be kept to a minimum.

Reason: Dirt or gravel roads are regularly found in XC events.

Item 71 – submitted by Steve Vaitones, Rules Committee

Amend Rule 251.5 as follows:

The course must be measured and the distance declared at the time invitations are extended ((together with a brief description of the course)).

Reason: There's something not entirely correct with the measurement.

Item 72 – submitted by George Kleeman, Rules Committee

Amend Rule 252.1 as follows:

... However, where a race will be started using a different procedure, such procedure should be clearly ((spelled out for)) conveyed to all competitors either in writing or by public address announcements. A false start, or a fall which impacts the field within the first 100m, shall result in a recall and restart of the cross country race.

Reason: To conform to current practice and distinguish it from the start section for Road Running where you don't recall a false start.

Item 73 – submitted by George Kleeman, Rules Committee

Amend Rule 252.3 as follows:

Starting positions shall be ((provided)) randomly assigned by the Games Committee or the Meet Director for each team and the members of each team shall be lined up in an order of their own choosing within their assigned position.

Reason: To specify who does the assigning of boxes and to conform to current practice.

Item 74 – submitted by Steve Vaitones, Rules Committee

Amend Rule 253.1 as follows:

... *i.e.*, worn as the outer garment if ((tee shirts)) other apparel items are worn underneath by one or more team members. ...

Reason: Allows for more latitude in race apparel

Item 75 – submitted by George Kleeman, Rules Committee

Amend Rule 264.1 as follows:

No record claimed for the Hammer, Discus, Shot, Javelin, or Weight shall be allowed unless it has been made with an implement that complies with the specifications for the official implements adopted by the IAAF and USATF. The implement must be certified as to weight, measurement, and material on the date of competition. The implement shall be impounded and re-certified as legal as soon as possible following the record throw except for Combined Events records.

And Delete Rule 264.5.

Reason: The two items deal with the same issue so they should be combined.

Item 76 – submitted by Graeme Shirley, Rules Committee

Amend Rule 267 by adding the 3000 Meters as an Outdoor Record

Reason: we do not run this as a championship event, but the records chairman has maintained records in this event for years.

Item 77 – submitted by Al Davis, North Carolina Assoc. President for Maureen Smith

Amend Rule 300.1(a) as follows:

Articles I-V of the Rules of Competition of USATF shall apply to Youth Athletics competition, except to the extent that such rules are in conflict with this Article VI, Section I. If there is a conflict, Article VI Section I shall supersede any other provisions of the USATF Rules. All athletes must be members of USATF to participate in the Association Championship. If the Association starts with preliminary meets, athletes must be USATF members at the preliminary round of competition.

Reason: Many Associations are now requiring athletes to qualify for their association meet by holding preliminary meets, but are not requiring that they have memberships at this level. They are displacing athletes that are USATF members. These athletes have no insurance coverage.

Item 78 – submitted by Al Davis, North Carolina Assoc. President for Maureen Smith

Amend Rule 300.1(b) as follows:

The program is divided into ((five)) six divisions for boys and ((five)) six divisions for girls. The athlete’s year of birth shall determine the division in which the athlete shall compete. With each succeeding year each division shall be adjusted as shown in the table below:

| | (2004) | (2005) | (2006) |
|------------------------|-----------------------|-----------------------|-----------------------|
| <u>Pewee Division</u> | <u>1996+</u> | <u>1997+</u> | <u>1998+</u> |
| <u>Bantam Division</u> | <u>1994((+))-1995</u> | <u>1995((+))-1996</u> | <u>1996((+))-1997</u> |
| <u>Midget Division</u> | <u>1992-1993</u> | <u>1993-1994</u> | <u>1994-1995</u> |

Amend Rule 301 by adding the following definition of events:

PEWEE DIVISION

| | | |
|-----------------------|-----------------------------|----------------------------|
| <u>100 Meter Dash</u> | <u>1500 Meter Race Walk</u> | <u>4x100 Meter Relay</u> |
| <u>200 Meter Dash</u> | <u>Long Jump</u> | <u>4x400 Meter Relay</u> |
| <u>400 Meter Dash</u> | <u>1500 Meter Run</u> | <u>Mini Javelin (300g)</u> |

Reason: Add the Pewee Division for 8 and under. AAU has successfully added a division for 8 and under for the pass 4 years. USATF is beginning to lose the 8 year olds to the AAU program. Once they start with one program, it becomes difficult to get them to switch back. USATF is the foundation for track and field and if younger athletes want to participate, then we should offer programs for them.

Item 79 – submitted by Al Davis, North Carolina Assoc. President for Maureen Smith

Amend Rule 300.1(e) as follows:

In track and field, a competitor in the Pewee, Bantam, or Midget divisions may enter a maximum of three events. Competitors in the Youth, Intermediate, or Young Men's/Young Women's divisions may enter a maximum of four events. These limitations include relays, but not combined events or road races. Entry in a relay, either as a primary or an alternate member, will be considered an entry for the purpose of this rule.

Item 80 – submitted by Madeline Bost, New Jersey Assoc. President

Amend Rule 300.1(e) as follows:

In track and field, a competitor in the Bantam or Midget divisions may enter a maximum of three events. Competitors in the Youth, Intermediate, or Young Men's/Young Women's divisions may enter a maximum of four events. These limitations include relays, ((but not)) combined events ((or)) and road races. Entry in a relay, either as a primary or an alternate member, will be considered an entry for the purpose of this rule.

Reason: If the reason for limiting event participation is the protection of young athletes rather than the maximizing of residual revenues, then philosophical consistency demands the inclusion of combined events and road races held in conjunction with a meet.

Item 81 – submitted by Glenn Fortune / Ken Emerick, Rules Committee

Amend Rule 300.1(g) as follows:

((An athlete participating in Youth Athletics/Junior Olympics activities who is a temporary resident, such as summer vacation, of one Association and a permanent resident of another Association, may apply for the purpose of individual competition to the Association of temporary residence.)) The “Association of ((Permanent)) Residency”, for the purpose of participation in Youth Athletics/Junior Olympic activities, shall be the address of residency on file with the athlete's local school district 30 days prior to the Association Junior Olympic Championship Meet. ((Athletes who have not established permanent residency as described herein may compete as "Temporary Residents.")) An athlete participating in Youth Athletics/Junior Olympic activities may participate outside their “Association of Residency” by transfer of membership to another association. With the approval of both Associations, ((the)) an athlete shall be able to participate in the Youth Athletics/Junior Olympics activities ((in the Association of temporary residence)) outside the “Association of Residency” only as an unattached athlete. ((Temporary status athletes))Athletes participating outside their “Association of Residency” may not participate on club relay teams, wear club uniforms nor be listed as representing a member club. Historical affiliation shall have no bearing on club status. It shall be the sole responsibility of the applying athletes to secure and furnish all necessary documentation to substantiate any request for consideration of a waiver of this rule. (For information about representation, see USATF Operation Regulation 7. For information about clubs, see USATF Operating Regulation 8.)

Item 82 – Submitted by Bob Flint, Youth Athletics Chair

Amend Rule 300.4 as follows

Regions Associations

1. Adirondack, Connecticut, Long Island, Maine, Metropolitan, and New England
2. Mid-Atlantic, New Jersey, Niagara, and Three Rivers
3. Georgia, North Carolina, Potomac Valley, South Carolina, and Virginia
4. Florida
5. Kentucky, Lake Erie, Michigan, Ohio, and West Virginia
6. Alabama, Southern, and Tennessee
7. Illinois and Indiana
8. Dakotas, Iowa, Minnesota, Nebraska, and Wisconsin
9. Arkansas, Missouri Valley, Oklahoma, and Ozark
10. Arizona, Border, Colorado, New Mexico and Utah
11. Montana, Snake River, and Wyoming
12. Gulf, South Texas, Southwestern, and West Texas
13. Alaska, Inland Northwest, Oregon, and Pacific Northwest
14. Central California, Hawaii, and Pacific
15. Nevada, San Diego-Imperial, and Southern California
16. The Department of Defense Dependent Schools (DODDS) European and Pacific

Reason: To enable athletes who attend these overseas schools an opportunity to compete in the Junior Olympics.

Item 83 – submitted by Madeline Bost, New Jersey Assoc. President

Amend Rule 301 as follows:

MIDGET DIVISION

((80)) 100 Meter Hurdles (30'') Pentathlon: ((80)) 100 Meter Hurdles

Amend Rule 302.4(a) as follows:

| | | | | | |
|---------------------|----------|----------------------|----------|----------|------------------------|
| DISTANCE | DIVISION | HURDLES HEIGHT | TO FIRST | INTERVAL | TO FINISH |
| ((80m)) <u>100m</u> | MG & MB | ((8)) <u>10</u> 30'' | 12m | 7.5m | ((15.5m)) <u>20.5m</u> |

Amend Rule 302.6(b) as follows:

Boys hurdle races shorter than 110 meters are scored from the men’s 110 Meter Hurdles tables. Girls hurdle races shorter than 100 meters are scored from the women’s 100 Meter Hurdles tables. ((Times for the Midget Boys’ 80 Meter Hurdles shall be multiplied by 1.13 prior to entering the tables; for the Midget Girls’ 80 Meter Hurdles, multiply by 1.07.))

Reason: In Midget Boys competition 1.5 to 2.5 other events are required to produce scores equal to those produced by the hurdles after the current 13% adjustment. In Midget Girls the current 7% adjustment produces results equal to approximate 1.5 other events. These circumstances indicate that Midget athletes have outgrown the 80m Hurdle Event. Moving to 100m Hurdles without changing distances to the first hurdle or between hurdles seems to address much of this inequality without making a major change in teaching Midget hurdles. The proposed change should reduce the differential in Midget Boys Combined Events to 1.25 to 2 other event scores and approximately 1.2 other events in Midget Girls Combined Events and eliminate the mechanical manipulation of scores.

Item 84 – submitted by Murray Sanford, Georgia Assoc. President for Inez Finch

Amend Rule 302.3(a) as follows:

3. Relays – Junior Olympics

(a) A relay team shall consist of four (4) members. Qualification of a relay team entitles the club represented by that team to enter a team in the same event at the next higher level of competition. (((This shall apply to both the Youth Athletics and Junior Olympic Championship.))) The composition of the team need not be the same throughout the rounds or various levels of competition. ...

Reason: The relay rule was written for the Junior Olympic program that shows a progression from the Association to Region to the National Meet. This rule does not fully apply to the Youth Athletic meet since there is no progression. See companion Rule addition.

Item 85 – submitted by Bob Podkaminer, Rules Committee

Replace Rule 302.3(d) as follows:

Violation of any rules of this section by a team or individual shall be reason for disqualification.

Delete Rule 302.3(a)vi.

Reason: Duplication of rules in the same section.

Item 86 – submitted by Murray Sanford, Georgia Assoc. President for Inez Finch

Add New Rule 302.4 as follows and renumber:

4. Relays – Youth Athletics

The provision of Rule 302.3 shall apply except as follows:

(a) A relay team shall consist of four (4) members of a registered USATF member club.

i. All members of a club are eligible to run on a relay if they are entered in the meet in individual events or other relays, as long as they do not exceed the allotted number of events. Additional athletes can be eligible to run, but must be entered into the meet. If the athlete is not in an individual event or other relay, he/she can be entered into the meet as “no event” for the cost of a single event entry by this method.

ii. Relay rosters are not needed. Changes to the composition of a relay may be made at check-in provided that the athlete is a member of the club, is enter in the meet in the same age group, and has a competition number.

(b) All participants shall wear a top of the same color, as well as shorts of a same color.

(c) Participation of relay teams shall be limited to those clubs that hold current valid club membership in USATF prior to the deadline for entry into this meet. All athletes participating on relays must have a current USATF membership number showing club affiliation. Unattached athletes can not run on a relay.

Reason: The original relay rule was written for the Junior Olympic program that shows a progression from the Association to Region to the National Meet. That rule does not fully apply to the Youth Athletic meet since there is no progression.

Item 87 – submitted by Murray Sanford, Georgia Assoc. President

Amend Rule 302.5(c) as follows:

At meets other than ((Association,)) Regional and National Championships the Games Committee may use a four-attempt rule in lieu of three preliminary and three final attempts for finalists in the horizontal jumps and throws. Use of the four-attempt option must be stated prior to the beginning of the competition.

Reason: This change would give an association the option of using which ever method is best suited for contesting the horizontal jumps and throws in Association Championships.

Item 88 – submitted by Madeline Bost, New Jersey Assoc. President; Steve Vaitones, Rules Committee

Amend Rule 302.5(e) as follows:

In the Shot Put, Hammer, and Discus a ((40)) 34.92 -degree sector shall be used. See Rule 187.24-29.

Delete Rule 302.5(f) and renumber. Delete 187.24 Note 2.

Reason: Youth Athletics Rules are the only Rules in the world that use a 40-degree Sector as a standard sector measurement. Currently, most Youth Athletics Competitions are incorrectly conducted on 60-degree degree sectors. Hopefully, the simplicity of the 34.92-degree sector will encourage Youth Meet Directors to make the necessary sector corrections at High School and Middle School facilities and make sector changes unnecessary at College facilities. Additionally, as new college facilities are built many of the Shot Sectors will be built to only handle the 34.92-degree sector making them unavailable to Youth Competition under the current Rule. There is also a safety component.

Item 89 – submitted by Glenn Fortune / Ken Emerick, Rules Committee

Amend Rule 302.5(m) as follows:

In the Pole Vault, movement of the uprights (Rule 181.3(a)) shall be limited to the area between ((30cm)) 45cm and 80cm from the stopboard in the direction of the landing surface.

Reason: To coincide with the high school federation rules

Item 90 – submitted by Steve Vaitones, Rules Committee

Amend Rule 302.5(n) as follows by adding a last sentence:

The practice of “tapping” (physically assisting) vaulters during their warm-ups is prohibited.

Reason: To duplicate HS and College rules disallowing assistance when warming up.

Item 91 – submitted by Glenn Fortune / Ken Emerick, Rules Committee

Amend Rule 302.5(o) as follows:

In the National Youth Athletics Championships, the starting height in the High Jump and Pole Vault shall be 10cm and 30cm, respectively, below the prescribed standard. In the National Junior Olympic Championships, the starting heights shall be ((15cm and 45cm, respectively, below the lowest seeding mark submitted, unless a higher starting height is agreed upon by all competitors present)) three (3) increments below the national standard as determined by the Youth Athletics committee. Increments shall be 5cm in the High Jump and 15cm in the Pole Value. Rule 181.7 shall apply.

Reason: To expedite the competition and ensure the athletes' safety.

Item 92 – submitted by Glenn Fortune / Ken Emerick, Rules Committee

Replace Rule 302.5(q) as follows:

Any athlete in the pole vault competition, who has not attempted a height in the competition within two hours of the competition's start time, shall be allowed a 20 minute warm up period without a cross bar. After the 20 minute period, any athlete who has passed three consecutive increments will be allowed one run through at the height at which they enter the competition.

Item 93 – submitted by Glenn Fortune / Ken Emerick, Rules Committee

Replace Rule 302.5(q) as follows:

When the field of pole vault competitors is reduced to 50% or fewer of the original number of vaulters, a 20 minute warm up period shall be allowed for all remaining competitors who have not yet entered the competition. No cross bar will be allowed during the warm up period. After the 20 minute period, any athlete who has passed three consecutive increments will be allowed one run through at the height at which they enter the competition.

Reason: To provide a fair and safe competition for all of the athletes involved.

Item 94 - submitted by Kenny Emerick - Rules committee for the Youth Athletics Committee

Amend rule 304.1 as follows:

The Youth Athletics committee shall conduct cross country for all divisions in the USATF Youth Athletics program. Competition shall be conducted in the Age Divisions ((shall be as)) set forth in Rule 300.1(b) and in the Division defined in Rule 304.2. National Championships may be conducted as directed by the ((Cross Country Subcommittee upon approval of the)) Youth Athletics Committee.

Add a New Rule 304.2 and renumber

2. The divisions called High School Boys Age Group and High School Girls Age Group . These divisions are for cross country only. The age definition for this division is all of the Youth, Intermediate, and Young Men/Women age groups. This division is only for teams with no individuals entries or advancement. Athletes that run in this division are not eligible to be

scored in other age divisions even if they meet the age limits of the other division at the same meet. The distances shall be the same as the Young Men's/Women's divisions.

Reason: To allow a team-only competition for high school teams as part of the Junior Olympics Cross Country competition.

Item 95 – submitted by Mo Haneef, Southern California Association President

Amend Rule 305.2(e) as follows:

Track and field shall advance the top three placed individuals and the top three placed relay teams from Regional to National. A Region shall be allowed to advance alternate(s) from the Regional to the National level, subject to the Region's filing deadline for the National meet and not to exceed three athletes per event. The combined events shall advance the top two placed individuals automatically and a third shall advance after meeting a performance standard at the Regional Championship. That performance standard is the average of the ((8th)) 16th place in the last three National Junior Olympic Championships. The host Association shall qualify a like number.

Reason: We are currently leaving a lot of deserving athletes at home because the athletes who finish in front of them do not declare their entry for the National meet for any of a number of reasons. The schedule as it currently exists already accommodates the maximum number of possible entries per event (48) and that number is fixed and should not be exceeded under normal conditions. Therefore the impact on the schedule should be minimal. The area where this increase will be felt the most will be in the clerk of the course. Based upon recent history this could be as few as five or six athletes to as many as seventeen (17) we could have had this year in a few events. So there may be some additional "manpower" required. There should not be any significant change in the overall staffing, just a redeployment of existing personnel as there are ample resources currently available. This is our showcase event for youth athletics and we should be ensuring full fields in all of the events.

*The current standard for the combined events is too restrictive and is keeping quality athletes from entering the competition, lowering the performance standard will give these athletes an opportunity to develop **AND** showcase their abilities.*

Item 96 – submitted by Julius Shine, Alabama Association President; George Harris, Potomac Valley Association President for Henry McCallum

Amend Rule 305.2(e) as follows:

Track and Field shall advance ((the top)) three ((placed)) individuals and ((the top)) three relay ((placed)) teams from each Regional to National. These shall be the top three finishers in each event, or successive event finishers who have achieved a performance standard at the Regional Championship when fewer than three declare in the event from that Region for National.

The combined events shall advance the top two placed individuals ((automatically and a)). A third shall advance only after meeting a performance standard at the Regional Championship.

The ((That)) performance standard for all events is the average of the 8th place in the last three National Junior Olympic Championships. The host association shall qualify a like number.

Reason: This will allow an athlete or team that has met the National Youth Athletic Qualifying Standards, to move up in the event that one or more of the original top three individuals or relay teams do not declare for Nationals. Each Region should be allowed to fill its allotted three positions if the athlete or team met the Standards using this successive move up procedure. This procedure is used from the USATF Olympics trials to the Olympics. When an athlete has met a standard and placed 1st, 2nd or 3rd who cannot attend, then the next qualifying athlete moves up in successive order to fill the allotted position pending the qualifying standard had been met.

Item 97 – Submitted by Bob Flint, Youth Athletics Chair

Amend Rule 305.2(f) as follows:

Athletes who compete in their state high school or collegiate championship series may be advanced into their Regional if their Association meet date is in conflict with their school competition. The final decisions on the granting of this waiver will be made by the Regional coordinator. ((This is not to imply a waiver, nor will any waiver be allowed, to advance an athlete into the National Championships.))

And Add new Rule 305.2(g) and renumber

The Youth Athletics Executive Committee may advance any athlete into the National Junior Olympics meet because of extraordinary circumstances. The request must be made through the Regional Coordinator in writing. Who must submit it to the Youth Athletics National Chairperson.

Item 98 -- Submitted by George Mathews, Chair Masters Track and Field

Amend Rule 330.3 by adding a new sentence at the end, as follows:

In Association and Regional Championships, duplicates for all awards shall be provided for non-residents who place 1-6.

Reason: The Masters committee allows non-Association or non-Regional residents to compete in Association and Regional Championships respectively. Duplicate awards should be given to displaced residents in both cases.

Item 99 – submitted by Maxwell C. Hamlyn, North Carolina Assoc. President for Gordon Edwards

Amend Rule 331.2(a) as follows:

Scoring shall be in each five-year age group and shall be ((five (5) points for each first place scored , three (3) for second , two (2) for third , and one (1) point for fourth .)) awarded for the first eight (8) places as follows: 10-8-6-5-4-3-2-1 . Scoring in the different age groups shall be added together to determine team champions in accordance with sub-paragraphs (b) and (c). Scoring for men and women may be separate or combined or both, at the discretion of the Region or Association. An athlete must be a registered member of a club at least three months before the first day of competition at the National Masters Championships in order to score points for that club.

Reason: Currently, only the top four Masters athletes in an event can score points for their club in team Championships. Why limit the chance to score points only to the Elite Masters athlete. We feel it would increase participation at the National Masters Championships if an athlete thinks he or she could score points for their club by finishing in the top EIGHT in their events. Many times, Championships have been won by ONE POINT. We feel the first EIGHT places should count for scoring as follows: 10-8-6-5-4-3-2-1. That is the way it is scored at High School or College Championships.

To avoid clubs trying to recruit athletes at the last minute to join their club, we feel that the athlete MUST be a member of their club at least three months before the first day of competition at the National Masters Championships in order to score points for that club.

Item 100 -- Submitted by George Mathews, Chair Masters Track and Field, on behalf of Sandy Pashkin, Rex Harvey, Dick Hotchkiss and Becky Sisley

Add new new rule 332.3(b) and renumber

When a vertical jumps group of competitors is sufficiently large and/or diverse in ability, the head judge and the jumps referee may have the option of dividing the group into two separate competitions. The same progression of increments must be used.

Reason: Often when there are large and/or very diverse groups some competitors may not enter the competition until well after 90 minutes. This is especially true when a number of age-groups are combined, the range of starting heights is broad, and records are being broken. Older competitors cannot keep warmed and be safely ready to enter the competition after a long wait. The head judge would divide the competitors into two groups by their projected starting heights. Using the same progression of increments for the bar raising will insure that individuals in the same age-groups who are in separate competition groups would be jumping at the same height, if someone in the lower starting groups goes higher than the starting height in the higher starting group.

Item 101 -- Submitted by George Mathews, Chair Masters Track and Field

Amend Rule 332.1(a) as follows:

There shall be no Regional Championship restrictions to any Masters competitor involving ((awards or)) eligibility to compete.

Item 102 -- Submitted by George Mathews, Chair Masters Track and Field, on behalf of Dave Clingan

Amend Rule 332.2 (e) as follows:

In events of ((2000)) 1500 meters or longer, timed finals shall be run. In events of ((2000)) 1500 meters or longer, the number of participants per section is limited by Rule 166.1(c). The total number in any race walk should not exceed 24. For seeding of timed finals, see Rule 166.4

Reason: To eliminate preliminary heats in the 1500m. In practice, heats are often not required yet athletes must report to the clerk and declare when sufficient number of athletes have pre-entered. This causes unnecessary inconvenience to the athletes who remain uncertain as to whether heats necessary right up until the moment that declarations are closed. When heats do occur, they are often held only to eliminate a small number of relatively slow athletes. Running heats for this reason is considered objectionable to most athletes, who would rather have a rest day to prepare for their best efforts in the finals. Timed finals in the 1500m will alleviate these problems.

Item 103--Submitted by George Mathews, Chair Masters Track and Field on behalf of Ken Weinbel, Pacific Northwest Association

Amend the Superweight chart in Rule 332.3 (f) as follows

| WOMEN | | MEN | |
|------------------------|-----|-------------------------|-----|
| Age: 30-49 - | 35# | Age 30-((69)) <u>49</u> | 56# |
| 50((&up))- <u>79</u> - | 25# | ((70&up)) <u>50-79</u> | 35# |
| <u>80-up</u> | 20# | <u>80-up</u> | 25# |

Reason; Present superweight specifications over age 50 are too heavy to encourage participation by a significant number of our members. Lighter weights should cause much greater participation.

Item 104 -- Submitted by John Blackburn, Chair, Rules Committee

Reorder paragraphs in Rule 332.3

(a), (b), (d), (e), (c), (f)

Reason: To group like subject rules together

Item 105 – submitted by Steve Vaitones, Rules Committee

Amend Rule 332.2(e) as follows:

In events of ((2000)) 1500 meters or longer, timed finals shall be run. In indoor meets, events of 400 meters and longer shall be run as timed finals. In events of ((2000)) 800 meters or longer, the number of participants per section ((is)) should generally be limited by Rule 166.1(c). The total number in any race walk should not exceed 24. For seeding of timed finals, see Rule 166.4

Reason: Masters meets, including championships, have no qualifying standards, and thus the entry list can have significant time differences between the top and bottom entry. With proper seeding, running timed finals will still result in the best runners competing head to head; seldom are the slowest seed times advancing for medal places. It also allows competitors to enter and compete in multiple events at their best, instead of having to run through multiple rounds while increasing risk of injury, and being competitive vs. a survival of rounds.

With the variability of numbers of competitors entered in the many 5 year age groups, athletes can also better prepare for a known final rather than showing up and maybe (or likely) not running a trial round.

Indoors, facility constraints – size and number of lanes available – make rounds of distances from 400 through 1500 impractical. And, the wide range of abilities can often allow more runners per section than noted by 166.1(c) since the field thins out very quickly.

Item 106 – submitted by Maxwell C. Hamlyn, North Carolina Assoc. President for Gordon Edwards

Amend Rule 332.2(e) as follows:

In events of ((2000)) 400 meters or longer and all hurdle events, timed finals ((shall)) may be run at the discretion of the Local Organizing Committee (LOC). In events of 2000 meters or longer, the number of participants per section is limited by Rule 166.1(c). The total number in any race walk should not exceed 24. For seeding of timed finals, see Rule 166.4 .

Reason: Very often, Masters athletes come early to the Nationals in order to run in a trial that will eliminate only 1-2 people, or even warming up at the meet and then finding out that it is not necessary to run a trial. Some Masters athletes limit their entries because they may have to run trials in their events. With time finals, they could enter more events. Some qualifiers decide to drop one of their events because of fatigue or the honest realization that they can only do well in one event. Why should a 3:55 1500m runner have to run a trial to show he can beat someone who runs 5:50? Why does a hurdler who runs 15 seconds for the 110m hurdles need to prove he can outrun a 20 second hurdler?

We would set up the timed finals based on verifiable submitted times from sanctioned meets held in 2006 before the Nationals. This should boost participation in Regional Championships and other meets such as the Southeastern meet in Raleigh, the Haywood Classic in Eugene and the Carolina Masters Invitational in Charlotte. There is almost always a large difference between the best 5-6 times in the 400 meters and longer events and the slower times of additional competitors. Therefore it is not necessary to run trials and then finals. Timed finals set up based on the submitted times would be more efficient.

Item 107 – submitted by Graeme Shirley, Rules Committee

Amend Rule 332(f) by removing the following reference from Club and Association teams.
((or meet the residency exception of Regulation 7))

Reason: Meet management (and affected teams who might be disadvantaged) has no means of determining compliance. Some clubs are using this provision to form what amounts to National Clubs.

Item 108 -- Submitted by George Mathews, Chair Masters Track and Field and the Florida Association

Amend Rule 333.1 as follows

Masters race walking Championships may be held at any distance of ((one mile)) 1500 meters or longer and may be conducted . . .

Reason: This change reduces the minimum distance from one mile, as now listed, to the standard metric distance of 1500 meters. Most tracks are now measured in meters and this would have the United States in conformance with the rest of the world.

Item 109 – submitted by Steve Vaitones, Rules Committee for Bill Quinlisk, Cross Country Council

Amend Rule 341.1 as follows:

Team Championships in cross country shall be conducted in 10-year age divisions for men and women: 40+, 50+, 60+, and 70+. Team Championships in these same divisions may be conducted in other Masters long distance events. ((There will be a maximum of 8 declared entries for each team.)) Team scoring for distances up to and including 25 kilometers shall be as follows: M40+, M50+ and W40+ five (5) individuals shall score with a maximum of eight (8) declared entries for each team; M60+, ((and)) M70+, W50+, W60+ and W70+ ((and all women's teams)) three (3) individuals shall score with a maximum of five (5) declared entries for each team; for distances over 25 kilometers all teams shall have three scoring members.

Reason: The first change will score five runners for the W40+ age division at Team Championships. At this time only the M40+ and M50+ score the traditional five runners. Increases in the numbers of Women Cross Country competitors justify this change.

The second change will limit the number of declared team entrants to five individuals when that age division only scores three runners. Since Masters Cross Country is proposing to score by place instead of by time, the number of runners eligible to displace in the team scoring should be reduced.

Item 110 – submitted by Steve Vaitones, Rules Committee

Amend Rule 332.2(f) as follows:

Unattached: any team not meeting one of the preceding definitions. Unattached relays may compete in National championships, shall be treated as exhibition for team scoring, and shall not be eligible for any awards.

Reason: Maintains the masters philosophy of participation but does not remove recognition and awards duly constituted relays.

Item 111 – submitted by Steve Vaitones, Rules Committee

Amend Rule 341.10 as follows:

Regulation USATF medals shall be awarded to first, second, and third place individuals in each age division and to the ((scoring)) declared members of the first, second, and third place teams in each team division. Championship patches shall be awarded to the winners of each age division and the ((scoring)) declared members of the winning team in each team division.

Reason: Current practice.

Item 112 – submitted by Bob Podkaminer, Rules Committee

Amend all applicable rule sections as follows:

Delete all references to imperial measurement conversions for specifications that do not originate with an imperial measurement such as: 3mm (1/8 in.), 5cm (2 in.), 91.4cm (approximately 3 ft.), 1.37m (about 4 ft. 6 in.), etc.

Reason: Since all of the imperial linear measures are approximate and cannot be used for compliance with the rules, there is little gained and false information is presented by stating them in the body of the rules.

Item 113 – Submitted by Rules Committee

Reorganize the USATF Competitions Rules to follow the IAAF Handbook.

Reason: While the re-ordering accomplished with the publication of the 2004 Rule Book was a good step forward, there is still more to go. This item is expected to be tabled until 2005.

Item 114 – Submitted by John Blackburn, Rules Chair on behalf of James Field

Amend Rule 169.4 as follows:

Each competitor ((shall)) must go over or through the water, ((and anyone who steps)) not stepping to ((one)) either side ((or the other)) of the water or of any hurdle and not trailing ((or of any hurdle or trails the)) a foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance ((shall be disqualified)). Unless this is done on the first or subsequent attempt, the competitor shall be disqualified