

**ARTICLE VI  
SPECIAL PROGRAMS**

**SECTION I  
YOUTH ATHLETICS**

**RULE 300  
GENERAL RULES**

1. (a) Articles I (Section 1) and Articles II-V of the Rules of Competition of USATF and Classifications 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.

(b) The program is divided into five divisions for boys and five 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:

	(2007)	(2008)	(2009)
Bantam Division	1997+	1998+	1999+
Midget Division	1995-1996	1996-1997	1997-1998
Youth Division	1993-1994	1994-1995	1995-1996
Intermediate Div.	1991-1992	1992-1993	1993-1994
Young Men's/Young Women's Division	1989-1990	1990-1991	1991-1992

(c) Athletes who are still eighteen (18) years of age through the final day of the National Junior Olympic Track and Field Championships shall be eligible to compete in the Young Men's and Young Women's division through that meet. This extended eligibility does not apply to cross country events.

(d) Competitors must compete in their own divisions only. No athlete may compete in younger or older divisions in individual, relay, or team events.

(e) 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 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.

- (f) Participation in Youth Athletics Championships and Junior Olympic programs shall be restricted to United States citizens, aliens living in the United States, and foreign exchange students.
- (g) 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. With the approval of both Associations, the athlete shall be able to participate in the Youth Athletics/Junior Olympics activities in the Association of temporary residence only as an unattached athlete. The "Association of Permanent Residency," for the purpose of permanent residency, is the residency of the athlete's custodial parents/ legal guardian at the time of entry deadline. Proof of residency can be provided by Tax Statements, or utility bills at the place of residency . Athletes that live with one custodial parent/legal guardian in the summer and another custodial parent/legal guardian during the school year, may be considered dual permanent residents of both Associations. These athletes may only have one membership number under one Association and have all rights and privileges of that Association. Proof of legal guardianship may be requested for proof of residency. It shall be the sole responsibility of the applying athlete to secure and furnish all necessary documentation to substantiate any request for consideration of a waiver of this rule. Athletes who have not established permanent residency as described herein may compete as "Temporary Residents." Temporary status athletes 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. (For information about representation, see USATF Operating Regulation 7. For information about clubs, see USATF Operating Regulation 8.)
- (h) Proof of date of birth may be required at Association level competition, but shall be required at all Youth Athletics competition above the Association level. The form of proof shall be a copy of a birth certificate, passport, certified baptismal record, driver's license, or United States government identification. Where the issuing Association has validated the athlete's competition entry form or membership card with "Proof of Age Verified," or other wording to that effect, the validated entry form or membership card becomes acceptable proof of age. Letters from school or recreation offices shall not be considered as proof.

**NOTE:** *Entries to Regional and National competitions shall be accompanied by proof of age.*

- (i) Penalties may be considered by Associations and by the National Athletics Board of Review for participation by an athlete in an improper age division. These penalties may be applied to athletes, coaches, and clubs involved.
- (j) In order to promote participation in Youth Athletics Competition, entry fees should be kept as low as possible. The National Youth Athletics

Committee may set maximum fees for Youth Athletics competitions at Association, Regional, and National levels.

## 2. **National Championships**

- (a) The National meets shall be under the guidance of the Youth Athletics Committee through its Chair.
- (b) The Committee's Chair or designee shall serve as the Referee at all National meets. The Referee shall be a National or Master certified official.
- (c) The USATF National Junior Olympic Cross Country meet shall serve as the Youth Athletics National Championships.
- (d) In track and field, National Championships shall be contested on a 400 meter track with no fewer than eight lanes and having a raised inner curb in conformance with Rule 160.3(a).
- (e) A finish recording system, as described in Rule 165, producing a photograph or image depicting place and time shall be used for all events contested on the track.
- (f) Approved measuring equipment shall be used to verify the legality of throwing implements to be used in the competition.
- (g) Throwing implements, starting blocks, and relay batons shall be furnished by the meet host

## 3. **Association and Regional Championships**

- (a) The meets shall be under the guidance of the Youth Athletics Committee through their respective Youth Chairs (Association Championships) and Regional Coordinators (Regional Championships).
- (b) The Championships shall be contested in accordance with Rules 300.2, (e), (f) and (g). Where possible, the meet should be contested on tracks that comply with rule 300.2(d). However, tracks without a curb may have cones laid out as described in Rule 160.3 provided the track has been measured 20cm from the white line in accordance with Rule 160.2.
- (c) The Association Youth Chair or Regional Coordinator or their designee shall serve as the Referee of their respective meets. The Referee shall be a certified official for Association Championships and a National or Master Certified official for Regional Championships.
- (d) Regional Championships and, whenever possible, Association Championships, shall be fully automatically timed. If the fully automatic timer fails or is not used, all affected meet results shall clearly indicate any times that are not fully automatic.

- 4. 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.          National Junior Olympics Championship Host Association, the Department of Defense Dependent Schools (DODDS) Europe and Pacific

**RULE 301  
TRACK AND FIELD EVENTS**

The events listed below are included in the National Championships. (Combined events, where different from those described in Rule 200, are held in the event order indicated. Weights of implements are identical to those applicable to individual events in the respective age groups.)

**BANTAM DIVISION**

100 Meter Dash	High Jump	Triathlon: Shot Put (6 lb.)
200 Meter Dash	Long Jump	High Jump
400 Meter Dash	Shot Put (6 lb.)	200 Meter (G)
800 Meter Run	Mini Javelin (300g)	400 Meter (B)
1500 Meter Run	4x100 Meter Relay	
1500 Meter Race Walk	4x400 Meter Relay	

**MIDGET DIVISION**

100 Meter Dash	80 Meter Hurdles (30")	4 x 800 Meter Relay
200 Meter Dash	Long Jump	Pentathlon: 80 Meter Hurdles
400 Meter Dash	High Jump	Shot Put (6 lb.)
800 Meter Run	Shot Put (6 lb.)	High Jump
1500 Meter Run	Discus (1kg)	Long Jump
3000 Meter Run	Mini Javelin (300g)	800 Meter Run (G)
1500 Meter Race Walk	4 x 100 Meter Relay	1500 Meter Run (B)
	4 x 400 Meter Relay	

## YOUTH DIVISION

100 Meter Dash	4 x 800 Meter Relay	Discus (1kg)
200 Meter Dash	100 Meter Hurdles (B-33")	Pole Vault
400 Meter Dash	100 Meter Hurdles (G-30")	Javelin (600g)
800 Meter Run	200 Meter Hurdles (30")	Pentathlon: 100m H
1500 Meter Run	High Jump	Shot Put (B 4kg/G 6 lb)
3000 Meter Run	Long Jump	High Jump
3000 Meter Race Walk	Triple Jump	Long Jump
4 x 100 Meter Relay	Shot Put (B-4kg)	800 Meter Run (G)
4 x 400 Meter Relay	Shot Put (G-6 lb.)	1500 Meter Run (B)

## INTERMEDIATE DIVISION

100 Meter Dash	110/100 Meter Hurdles	(Boys 39" - Girls 33")
200 Meter Dash	400 Meter Hurdles	(B - 36" , G - 30")
400 Meter Dash	High Jump	Javelin (B 800 g - G 600g)
800 Meter Run	Pole Vault	Hammer (B 12lb - G 4kg)
1500 Meter Run	Long Jump	Decathlon (B)
3000 Meter Run	Triple Jump	Heptathlon (G)
2000 Meter Steeplechase	Shot Put (B 12 lb - G 4kg)	
3000 Meter Race Walk	Discus (B 1.6 kg - G 1kg)	
4 x 100 Meter Relay	4 x 400 Meter Relay	4 x 800 Meter Relay

## YOUNG MEN'S/WOMEN'S DIVISION

100 Meter Dash	110/100 Meter Hurdles	(Boys 39" - Girls 33")
200 Meter Dash	400 Meter Hurdles	(B - 36" , G - 30")
400 Meter Dash	High Jump	Javelin (B 800 g - G 600g)
800 Meter Run	Pole Vault	Hammer (B 12lb - G 4kg)
1500 Meter Run	Long Jump	Decathlon (B)
3000 Meter Run (G)	Triple Jump	Heptathlon (G)
5000 Meter Run (B)	Shot Put (B 12 lb - G 4kg)	
2000 Meter Steeplechase	Discus (B 1.6 kg - G 1kg)	3000 Meter Race Walk
4 x 100 Meter Relay	4 x 400 Meter Relay	4 x 800 Meter Relay

## RULE 302 REGULATIONS AND SPECIFICATIONS

### 1. General

No athlete may be advanced in the competition without having successfully qualified through required qualification rounds.

### 2. Track Events

- In one-day meets at the Association level, all events equal to or longer in distance than 200 meters may be run as timed finals.
- The Games Committee may elect, in events of 800 meters and longer, and

all relays, to use a qualification method based upon place and time in order to eliminate qualification rounds beyond one.

- (c) In Association and regional meets where all rounds are held on one day, and the competitors in the 100, 200, or hurdles advance directly to a final, the final may be run at the time of the scheduled preliminary.
- (d) No penalty shall be imposed for the first false start, but the Starter shall disqualify the offender or offenders on the second false start. False starts are called on individuals, not on the field.

**NOTE:** *In practice, when one or more competitors makes a false start, others are inclined to follow and, strictly speaking, any competitor who does so has also made a false start. The Starter should charge only the competitor or competitors who, in the Starter's opinion, were responsible for the false start. This may result in more than one competitor being charged with a false start. If the unfair start is not due to any competitor, no competitor shall be charged.*

- (e) Starting blocks: Athletes in the Intermediate and Young Men/ Women divisions shall, in accordance with Rules 161.1 and .2, be required to use starting blocks and a crouch position for all events up to and including the 400 Meter Runs and the first leg of all relays where that leg does not exceed 400 meters. For athletes in the Bantam, Midget, and Youth divisions, the general rules regarding the use of starting blocks and stance are waived; the use of starting blocks and stance is within the discretion of the competitor.
- (f) In sprint relays, the outgoing runners may place a suitable material as determined by meet management on the track. If other than adhesive tape, then it must be made clear in the meet information (passport) and meet management must supply the suitable material to be used to all teams.
- (g) The "honest effort" rule provided in Rule 142.3 and .4 shall not be applicable to Youth Athletics.

- (h) Whenever possible, and especially at Regional and National meets, lane staggers with one competitor per lane shall be used as follows:

800m Run, 4x800m Relay	One-turn stagger
4x400m Relay	Three-turn stagger

### 3. Relays

- (a) The procedure for entering a relay is given in the Youth Guide. Failure to comply with the procedure may result in disqualification.
- (b) A Relay team shall consist of four (4) members.

- (c) Participation of relays teams shall be limited to those clubs that hold a valid club membership in USATF.
- (d) All participants shall wear a top of the same color. At Regional and National Championships, all participants shall wear a top of a same color as well as shorts of a same color. The Games Committee shall assign an individual to review colors of team uniforms in the clerking area.
- (e) An athlete may drop an individual event to compete on a relay as long as the athlete has not competed in any round of that event. A 'no show' does not constitute a drop in that event. A change form must be submitted at registration 1½ hours prior to the scheduled start of the event being dropped.

### **Youth Athletics Nationals**

- (f) Any athlete listed in the USATF membership database with the club in the same division/sex is eligible for that relay team.

### **Junior Olympics**

- (g) To enter a relay in the Junior Olympics a relay roster is required.
- (h) The procedure for submitting a relay roster is given in the Youth Guide. The relay roster must be submitted by the entry deadline of the meet, whether the Association championship or preliminary meet, as specified in the entry material but not later than the first (1st) round of competition.
- (i) Any athlete listed on the club's relay roster in the same age division/sex is eligible for that relay team.
- (j) All competitors listed on the official roster are eligible to compete if they are entered in the meet in individual events or other relays. If an individual is not entered in the meet by either of the above methods stated above, that individual must complete and submit an entry form placing the word "roster" in the event section. An additional cost equal to the cost of a single event entry may be charged for each member entering by this method.

## **4. Hurdle and Steeplechase Specifications**

- (a) Hurdle specifications are as follows:

DISTANCE	DIVISION	HURDLES	HEIGHT	TO FIRST	INTERVAL	TO FINISH
80m	MG & MB	8	30"	12m	7.5m	15.5m
100m	Youth Girls	10	30"	13m	8.0m	15.0m
100m	Youth Boys	10	33"	13m	8.5m	10.5m
100m	Int/Young W	10	33"	13m	8.5m	10.5m
110m	Int/Young M	10	39"	13.72m	9.14m	14.02m
200m	Youth B&G	5	30"	20m	35m	40m
400m	Int/Young W	10	30"	45m	35m	40m
400m	Int/Young M	10	36"	45m	35m	40m

- (b) The Steeplechase distance for Intermediate and Young Men's/Women's Divisions is 2000 meters.

**NOTE:** For steeplechase course and hurdle specifications, see Rule 169.2 and Rule 169.3.

## 5. Field Events

- (a) Measurements shall be in accordance with the general rules of competition of USATF.
- (b) The horizontal jumps and throws may be contested using flights. Flights will be composed on the basis of the submitted qualifying marks and shall be arranged with the highest qualifying flight competing last.
- (c) 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.
- (d) In the Long Jump, more than one take-off board may be used between 1m and 4.5m behind the landing area. In the triple jump, more than one take-off board may be used between 7 and 13m from the landing area. (Suggestions: Intermediate Boys/Young Men at 10m; Intermediate Girls/Young Women at 8m; Youth Boys/ Youth Girls at 7m). The take-off board may consist of material other than wood. More than one take-off board may be used with an indicator (such as orange cones) placed at both sides of the take-off board. Each jumper must declare prior to each jump which board he/she will use.
- (e) In the Shot Put, Discus, and Hammer a 34.92 degree sector shall be used. See Rule 187.22.
- (f) In throwing events, the use of tape on finger(s) and/or hand, unless used to cover an open wound, is strictly prohibited. No device may be used for the purpose of joining fingers together. As a support, tape may be used on the wrist only.

- (g) The number of spikes and/or cleats on shoes for the javelin shall not be limited where the runway has a natural or AstroTurf-type surface.
- (h) Privately owned javelins shall be exempt from the loss-of-identity rule (Rule 187.10).
- (i) In the Javelin Throw, the measurement of the throw shall be made from the nearest edge of the first point of contact made by the javelin in the sector to the inside circumference of the arc or foul line, measured along a line from the contact point of the tip, tail, or grip to the center of the circle of which the arc is a part.
- (j) In order to stage a Youth Athletics hammer or discus competition a protective cage is required (see Rule 190). If there is no cage or the cage is in such condition that it is not considered safe by the appropriate referee or his designee, then the events shall not be held.
- (k) In the High Jump and Pole Vault an athlete may be assisted in establishing the location of marks prior to the start of competition. Rule 181.3 will apply, except that no more than three marks may be used, and such marks cannot exceed 3 inches in length.
- (l) In the Pole Vault, movement of the uprights (Rule 183.1(a)) shall be limited to the area between 40cm and 80cm from the stopboard in the direction of the landing surface.
- (m) The practice of “tapping” (physically assisting) vaulters during their warm-ups is prohibited.
- (n) A competitor shall not use a training pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition. Prior to warm-up, the Inspector of Implements shall inspect each pole to be used in competition to verify that the poles are legal equipment. The competitor’s weight shall be at or below the manufacturer’s pole rating. It is the responsibility of the coach or parent to verify the competitor will use a legal pole rated at or above his/her weight.

**NOTE:** *The manufacturers shall include on each pole a pole rating that shall be a minimum of  $\frac{3}{4}$  inch in a contrasting color located within or above the top handhold position with the position being determined by the manufacturer.*
- (o) 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 two (2) increments below the national standard as determined by the Youth Athletics Committee. Incremental increases shall be 5cm in the High Jump and 15cm in the Pole Vault.

- (p) When a High Jump or Pole Vault competitor is excused to participate in a running event, a reasonable time limit shall be established by the Games Committee or delegated to the affected Field Event Judge. No time limit shall be imposed on competitors excused from throwing or horizontal jumping events, except that the competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries, or before the conclusion of all other final attempts if excused during the finals. Failure to return within the allocated period shall result in forfeiture of missed attempts. In both the preliminaries and the finals, the head event judge may allow attempts to be taken in succession before a competitor is excused, and make-up attempts may be taken in succession and out of order upon legally returning to the event. In the High Jump and Pole Vault, if the competitor has failed to return in the allotted time, and all other remaining competitors have passed, failed or cleared the existing height, the crossbar shall be raised to the next height and the judge will automatically pass the excused competitor to the new height.
- (q) In the High Jump and Pole Vault, a competitor who has passed three consecutive heights after the competition has begun may be permitted a warm-up jump without the crossbar in place. One such jump may be taken for each three passed heights and shall be taken as earned, not cumulatively.
- (r) At the National Junior Olympic Championship, when the field of pole vault competitors is reduced to 50% of the original number of vaulters, a 20 minute warm up period may 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, without the bar, at the height at which they enter the competition.

## 6. Combined Events

- (a) Rule 200 shall be followed unless otherwise provided herein.
- (b) 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.
- (c) It is suggested that even-numbered lanes be used for hurdle events.
- (d) The increments for the Pole Vault will be 15cm and the High Jump 5cm.

- (e) The heptathlon must be contested over two days.
- (f) If groups are drawn in accordance with Rule 200.5, these groupings shall continue throughout the competition unless the Referee shall believe it desirable to rearrange any group or groups.
- (g) In the 800 meter run, the maximum number per heat shall be 12. When the number of competitors exceeds the number of lanes, the excess competitors shall share the even-numbers lanes starting from lane 8 working into lane 2. In the 1500 meters, the maximum number per heat shall be 18.

**RULE 303**  
**REGULATIONS FOR LANES AND HEATS**

1. The method of advancement in all meets shall be published prior to the start of the meet. Any changes to the printed method shall be announced prior to the competition. Heats shall be formed according to the following regulations:
  - (a) The declared contestants will be assigned to preliminary heats in the order in which their names are listed on the performance list, working from left to right and then right to left. The only exception is when this procedure would cause unequal distribution of members from the same club. In this event, the slower athlete should be moved to another heat, interchanged with a competitor with the nearest comparable time as listed in that heat.
  - (b) In events run entirely or partially in lanes, only one participant shall occupy a lane, except as provided in (c), below.
  - (c) The 800 Meters and the 4x800 Meter relay shall be run with a one-turn stagger. The maximum number per heat shall be 12. When the number of competitors exceeds the number of lanes, the excess competitors shall share the even-numbered lanes starting from lane 8 and working into lane 2. Eight (8) competitors (9 on a 9-lane track) shall advance to the final of the 800 Meters. At Association and Regional meets, timed finals may be run with no more than 12 per section.
  - (d) The maximum number per heat in the 1500 Meters shall be 18. If heats are run, no more than 12 shall run in the final.
  - (e) In the Bantam and Midget divisions, events of 1500m and longer shall be contested as timed finals.
  - (f) In events of 2000m or longer, timed finals shall be run with no more than 24 participants per section.

- (g) In forming heats for events run partially or entirely in lanes where hand timing is used, the guidelines in Rule 166.1 through Rule 166.5 shall be followed.
- (h) When fully automatic timing (FAT) is used, the following table may be used:

**EIGHT LANES FAT ONLY**

<b>No. of Entries</b>	<b>No. Trial Heats</b>	<b>No. Qualifying</b>	<b>No. Semi-Finals</b>	<b>No. Qualifying</b>	<b>No. in Final</b>
1 to 8	0	-	0	-	1 to 8
9 - 16	0	-	2	3 + next 2 best times	8
17 - 24	0	-	3	2 + next 2 best times	8
25 - 32	0	-	4	1 + next 4 best times	8
33 - 40	0	-	5	1 + next 3 best times	8
41 - 48	0	-	6	1 + next 2 best times	8
49 - 56	7	3 + next 3 best times	3	2 + next 2 best times	8
57 - 64	8	2 + next 8 best times	3	2 + next 2 best times	8
65 - 72	9	2 + next 6 best times	3	2 + next 2 best times	8
73 - 80	10	2 + next 4 best times	3	2 + next 2 best times	8
81 - 88	11	2 + next 2 best times	3	2 + next 2 best times	8

**NINE LANES FAT ONLY**

1 to 9	0	-	0	-	1 to 9
10 - 18	0	-	2	3 + next 3 best times	9
19 - 27	0	-	3	2 + next 3 best times	9
28 - 36	0	-	4	1 + next 5 best times	9
37 - 45	0	-	5	1 + next 4 best times	9
46 - 54	0	-	6	1 + next 3 best times	9
55 - 63	0	-	7	1 + next 2 best times	9
64 - 72	8	3 + next 3 best times	3	2 + next 3 best times	9

73 - 81	9	3	3	2 + next 3 best times	9
82 - 90	10	2 + next 7 best times	3	2 + next 3 best times	9
91 - 99	11	2 + next 5 best times	3	2 + next 3 best times	9

(i) The following procedure shall be used in forming heats:

- i. Weigh place first.
- ii. Weigh time second.
- iii. Seed each group of place winners as a unit by their times. Seed winners, then seed second places, etc. Work left to right, then right to left.
- iv. If members from same club cause unequal distribution, adjust per Rule 303.1(a).
- v. If all heats do not have an even number of competitors, draw by lot to an assigned heat.
- vi. Heat order is drawn by lot.

(j) The following procedure shall be used in assigning lanes:

- i. In the first round, lanes will be drawn by lot.
- ii. For all other rounds, two draws will be made:
  - a. Draw for lanes 3, 4, 5, 6 for qualifiers with the four best times.
  - b. Draw remaining lanes for remainder of qualifiers.

(k) Where other than eight or nine lanes exist, modify procedures as appropriate.

2. Unless otherwise provided by the Games Committee, whenever the number of entries or scratches reduces the number of actual participants in any heat or round of heats so as to eliminate the element of competition or creates a situation whereby the number of heats can be reduced, the Referee or designee shall redraw in the best interest of the competition.
3. In the event that under paragraph 1(h), for those qualifying for succeeding rounds by method of best times, a tie causes more qualifiers than available lanes,

the Referee shall determine if a run-off among those affected shall be conducted. If no run-off is conducted, those affected are eliminated.

4. In the National Youth Athletics Championships, events of 100 meters to 800 meters inclusive, and relays up to and including the 4 X 400 meters, the fastest eight times from the preliminary round shall advance to the finals.

## **RULE 304**

### **NATIONAL CROSS COUNTRY PROGRAM**

#### **1. General**

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

#### **2. Distances**

The Bantam and Midget divisions shall run approximately 3km. The Youth division shall run approximately 4km. The Intermediate and Young Men's/Women's divisions shall run approximately 5km.

#### **3. Course**

- (a) The course must be clearly marked, preferably with red flags to indicate a left turn, yellow flags to indicate a right turn and blue flags to indicate continuing straight ahead. All flags must be visible from a distance of 125m.
- (b) There shall be no turn within 400m of the start. The running path shall be wide enough to allow several runners abreast during most, if not all, of the distance.

#### **4. Scoring**

A team shall be composed of from five to a maximum of eight members. Team scoring shall be by place, in accordance with Rule 7.

#### **5. Uniform**

See Rule 253.

#### **6. Competition Numbers**

Competition numbers shall be worn chest-high in front.

**RULE 305**  
**JUNIOR OLYMPICS PROGRAM**

**1. General**

- (a) The Youth Athletics Committee shall conduct the Junior Olympics athletics program of USATF. Junior Olympic meets shall be solely sanctioned and conducted under the aegis of USATF and its procedures. There shall be no dual sanctioning of Junior Olympic meets of USATF.
- (b) All of the competitions shall be conducted exclusively under the auspices of USATF. ("Exclusive USATF auspices" means that direction, publicity, promotion, rules, and awards must be entirely USATF.)
- (c) There will be competition for boys and girls in preliminary meets and in Association, Regional and National Championships in age divisions by year of birth. Events and age divisions are the same as for the regular USATF Youth Athletics National Championships program. The hammer throw is an optional event in the Association Junior Olympics until January 1, 2010, when it becomes an official event.
- (d) An Association is allocated, by agreement with other Associations in its Region, a certain number of athletes and relay teams from the Association level to the Regional level through the Association Championships.
- (e) 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 Chairperson.
- (f) With the approval of the Association, athletes who miss their Association Championships because of extraordinary circumstances may be advanced to the Regional meet so long as such advancement does not displace an athlete who competed in the Association meet and does not exceed the Association's allocation to the Regional meet.

**2. Track and field qualifying procedures**

- (a) An athlete can miss the Association Championship but not the Regional Championship, because of participation in a USATF cultural exchange trip. These exceptions must be worked out with the athlete's Regional coordinator before the meet takes place.
- (b) Athletes who compete in the Junior National Championships or World Youth Championships may be entered in the National Junior Olympic

meet without having to compete in the Association or Regional meet provided that they meet the Youth Athletics age limits. Acquisition of the waiver and completion of the entry to the National meet must be made prior to the Regional meet via the Regional coordinator.

- (c) Athletes from the Department of Defense Dependent Schools (DODDS) may be entered in the National Junior Olympic Championship without having to compete in a Regional meet, provided that they meet the Youth Athletics age requirements. They must enter through the Association hosting the National Junior Olympic Championship.
- (d) Track and field shall advance three placed individuals and three placed relay 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. A third shall advance only after meeting a performance standard at the Regional Championship. The 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.
- (e) An Association shall be allowed to advance alternate(s) from the Association to the Regional level, subject to the Association's filing deadline for the Regional meet.
- (f) Athletes who tie for third place at the Regional Track and Field meet shall be advanced to the national Junior Olympic Championships.

### **3. Cross country qualifying procedures**

Where an Association holds preliminary meets, these will serve as qualifiers for its Championships; Association Championships are qualifiers for Regional Championships, and the Regionals are qualifiers for the Nationals.

- (a) It is suggested that 25 individuals and 3 teams advance from preliminary meets to Association meets and a like number of individuals and teams advance from Association meets to Regional meets. These numbers may be adjusted by the Association chair and Regional coordinator respectively for the purpose of accommodating their local situations.
- (b) Teams must represent current USATF member clubs; and athletes representing clubs must be registered members of said clubs prior to participation in their Association Championships.

- (c) All members of the same club listed on the team declaration roster at the Association finals are eligible to compete on the club's team (minimum of 5, maximum of 8) in the next round of Qualifications up to and including the National Championships as long as the team qualifies. In order to declare a team, a club must enter a minimum of 5 and a maximum of 8 athletes by the entry deadline. The composition of the team at each round can change if you submit a change form at the registration at packet pick-up at least 2 hours prior to the race and any athlete changed must be listed on the declaration roster.
  - (d) A region, through a unanimous vote of Associations in the region, shall determine the procedure for qualifying from the Regional to the National Junior Olympics cross country championships. The regions may vote for one, but not both, of the following means of qualifying: (i) qualify the top three (3) teams and the top 20 individuals from the regional meet, or (ii) qualify the top team and the top ten (10) individuals directly from the Association Championship.
  - (e) The number of qualifiers from Regional meets is fixed and no alternates may advance. Individuals finishing in the top twenty (20) places and who are also members of the qualifying teams are not displaced so that additional finishers beyond twentieth may not advance. Any team may advance if it has five (5) or more individuals placing in the top twenty (20) in the Regional meet. No team finishing beyond third place may advance based solely upon either or both of the first two teams' choosing not to advance.
  - (f) 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. Conflict means both meets are held within 48 hours of the other. A Team may also be advanced provided that all alternates listed on the declaration Roster were also in conflict with the school competition; therefore, not having a minimum of 5 athletes to participate. This Roster must have been submitted by the Registration Deadline of the Association meet and no additional names can be added. The final decisions on the granting of this waiver will be made by the Regional coordinator.
4. The entry information procedure and awards information can found in the Youth Guide.

**RULE 306**  
**SPECIAL EVENTS AND PROGRAMS**

**1. General**

- (a) The National Youth Athletics Committee may supplement existing programs with any approved event it deems in its best interest.
- (b) The Youth Athletics Committee shall determine the method and/or the number of qualifiers in special events and programs and list that information in a guide designed to serve such event or program.

**2. Pilot Programs or Competitions**

- (a) Regional Youth Athletics indoor meets may be held and shall be awarded by those Association delegates represented in each Youth Athletics Region.
- (b) The National Youth Athletics Committee may adopt other pilot programs in Track and Field, Race Walking, Cross Country, or Long Distance Running.

**SECTION II  
MASTERS ATHLETICS**

**RULE 320  
GENERAL RULES**

- Articles I through VII of the Rules of Competition of USATF shall be followed unless otherwise provided in this Article VI, Section II (including Sections II-A and II-B).
- There shall be the following age divisions for individual competition (five-year age groups):

<b>AGES</b>	<b>MEN</b>	<b>WOMEN</b>
30-34	M30	W30
35-39	M35	W35
40-44	M40	W40
45-49	M45	W45
50-54	M50	W50
55-59	M55	W55
60-64	M60	W60
65-69	M65	W65
70-74	M70	W70
75-79	M75	W75
80-84	M80	W80
85-89	M85	W85
90-94	M90	W90
95-99	M95	W95
100+	M100	W100

- There shall be the following age divisions for team and relay competition (ten-year age groups):

<b>AGES</b>	<b>MEN</b>	<b>WOMEN</b>
30+	M30	W30
40+	M40	W40
50+	M50	W50
60+	M60	W60
70+	M70	W70
80+	M80	W80
90+	M90	W90

- The age of a competitor on the first day of the meet determines the competitor's division for individual events.
- The age on the first day of a meet of the youngest member shall determine the age division of a team in a team event or relay.

6. The age division of an individual is not affected by the age division of a team or relay for which the individual competes.
7. The Meet or Race Director shall have the authority to request proof of age and/or a medical certificate attesting to the competitor's physical ability to compete. In addition, each competitor shall sign a "hold harmless" release.
8. Masters records may be made in mixed age and/or mixed sex competitions.

**SECTION II-A**  
**MASTERS TRACK AND FIELD AND RACEWALKING**

**RULE 330**  
**GENERAL RULES**

1. Rules 330 through 333 apply to National, Regional, and Association Masters Championships. Meet Directors of non-championship events are also encouraged to follow these rules.
2. The Masters Track and Field Committee shall conduct and supervise a program for track and field and race walking for all athletes over the age of 35. The committee may conduct Championships for athletes aged 30 through 34.
3. In all National, Regional and Association Masters Championships, there must be a full complement of individual events, by five-year age divisions, for both men and women. There shall be a minimum of three prizes per division for US citizens in each event. In the National and Regional Outdoor Championships, ribbons or equivalent are recommended for US citizens in places 4-6. In all National Championships, duplicates for all awards shall be provided for non-US citizens who place 1-6. In Regional Championships, equivalent awards shall be provided for non-residents who place 1-6.

**RULE 331**  
**MASTERS TRACK AND FIELD CHAMPIONSHIPS**

1. The standard Championship events are:

(a) National Indoor Track and Field

60 Meters, 200 Meters, 400 Meters, 800 Meters, 1500 Meters, 3000 Meters, 60 Meter Hurdles, 1600 Meter Relay, 3200 Meter Relay, 3000 Meter Walk, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw, Superweight Throw, Pentathlon

(b) National Outdoor Track and Field

100 Meters, 200 Meters, 400 Meters, 800 Meters, 1500 Meters, 5000 Meters, 10,000 Meters, 80/100/110 Meter Hurdles, 300/400 Meter Hurdles, 2000/3000 Meter Steeplechase, 5000 Meter Walk, 10,000 Meter Walk, 400 Meter Relay, 1600 Meter Relay, 3200 Meter Relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, Pentathlon

**NOTE:** *For events in the Pentathlon, see rule 200*

(c) Regional and Association Indoor Track and Field

The same events as those conducted in the National Indoor Track and Field Championships. The Superweight Throw and Pentathlon are optional. For the racewalk, the 1500 Meters may be substituted for the 3000 Meters in Association Championships.

(d) Regional and Association Outdoor Track and Field

The following events shall be held:

100 Meters, 200 Meters, 400 Meters, 800 Meters, 1500 Meters, 5000 Meters, 80/100/110 Meter Hurdles, 300/400 Meter Hurdles, 5000 Meter Walk, 400 Meter Relay, 1600 Meter Relay, 3200 Meter Relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw, Hammer Throw

The following events may be held:

10,000 Meters, 2000/3000 Meter Steeplechase, 10,000 Meter Walk, Weight Throw, Superweight Throw, Pentathlon, Heptathlon, and Decathlon

**NOTE:** *For combined events, see Rule 200*

(e) National Decathlon/Heptathlon

See Rule 200.

(f) National Weight Pentathlon

See Rule 201.

(g) National Indoor Heptathlon

The competition consists of seven events in the following order:

First day 60 Meters, Long Jump, Shot Put, High Jump

Second day: 60 Meter Hurdles, Pole Vault, 1000M(M)/ 800M(W)

(h) National Outdoor Weight Throws

Weight Throw

Superweight Throw

2. There shall be club Championships at National Indoor and Outdoor Track and Field Championships. There may be club Championships at Regional and Association Championships. Scoring shall be in the following manner:

- (a) National Championship: Scoring shall be in each five-year age group and shall be eight (8) points for each first place scored, six (6) points for each second, four (4) points for third, three (3) points for fourth, two (2) points for fifth, and one (1) point for sixth. Scoring in the different age groups, for both men and women, shall be added together to determine club championships. Awards shall be given to the top three clubs.
  - (b) Regional and Association Championships: Scoring for men and women may be separate or together and may be in the following age categories: 30-39, 40-49, 50-59, 60 & over. The scoring method shall be described in the entry material.
3. When it is not feasible to hold an event as a standard championship event, the Sport Committee may authorize the elimination of that event or the substitution of a comparable event. In addition, the Sport Committee may authorize the substitution of One Mile for 1500 Meters, either indoors or outdoors. In either case, the elimination or substitution must be reflected in the entry form and apply to all age groups.

**RULE 332**  
**COMPETITIVE RULES AND STANDARDS FOR**  
**MASTERS TRACK AND FIELD**

**1. General**

- (a) There shall be no Regional Championship restrictions to any Masters competitor involving eligibility to compete.
- (b) Where the number of entrants warrants it, finals may be conducted for multiple ages and/or mixed sexes simultaneously, subject to the following restrictions:
  - i. In events starting in lanes, all competitors in a given age division must start in contiguous lanes.
  - ii. In longer events, the total number of competitors on the track must not exceed the limits of Rule 166.1(c). The total number in any race walk should not exceed 24.
  - iii. In the throwing events, the groups that are consolidated groups should all use the same implement weight. For example, M60 and M65 may compete simultaneously in the shot put, since both groups use a 5kg shot, but M65 and M70 should not compete simultaneously since M70 uses a 4kg shot.

- iv. In field events, each consolidated flight should contain no more than 12 competitors.
- (c) Every Championship event, including combined event championships, will use the implement weights, hurdle heights and spacings, and race lengths approved as of January 1 of the current year. A specification will be considered to have been approved by WMA when it has been published in the most recent IAAF/WMA Handbook approved by the IAAF and WMA Councils. In the case of a new implement, this must include complete specifications. For those events included in combined events, this must also include revised scoring tables. If WMA approves a specification change prior to January 1 with an effective date after January 1, the Masters Committee may adopt the new specification with an effective date of either (1) January 1 prior to the WMA effective date, (2) the same date as the WMA effective date, or (3) the January 1 after to the WMA effective date, and publish such date in these Rules.

## 2. Track

- (a) In order to complete the National Track and Field Championships within the schedule, the Masters Track and Field Committee may adopt and publish a table for advancement to replace that of Rule 166.1(h), as long as the principles for advancement are maintained: advancement is primarily by place; and at least two, and preferably three or more, competitors will advance on place from any heat to the subsequent round.

**NOTE:** *For indoor meets, the minimum number of athletes advanced by place may be reduced.*

- (b) When an individual or relay team, having qualified for a subsequent round, withdraws for any reason, the fastest non-qualifier may be advanced to fill the vacated position. When an individual or team is disqualified, Rule 166.7 applies.
- (c) No penalty shall be imposed for the first false start, but the Starter shall disqualify the offender or offenders on the second false start. False starts are called on individuals, not on the field.

**NOTE:** *In practice, when one or more competitors makes a false start, others are inclined to follow and, strictly speaking, any competitor who does so has also made a false start. The Starter should charge only the competitor or competitors who, in the Starter's opinion, were responsible for the false start. This may result in more than one competitor being charged with a false start. If the unfair start is not due to any competitor, no competitor shall be charged.*

- (d) The general rule regarding the use of starting blocks and stance is waived. The use of blocks and stance is within the discretion of the competitor.

- (e) In events of 1500 meters or longer, timed finals shall be run. In events of 2000 meters or longer, the number of participants per section is limited by Rule 166.1(c). The total number in the 1500 meters and any race walk should not exceed 24. For seeding of timed finals, see Rule 166.4
- (f) In all hurdle races, competitors shall hurdle with a continuous motion such that both feet shall be off the ground at least for an instant.
- (g) Relay teams are defined as follows:

**Club:** In accordance with Regulation 7, all members must be resident in the Association in which the club is registered (or meet the residency exception of Regulation 7).

**Non-Club:** Any team not meeting the club definition. Non-club relay teams are defined as:

- i. Association: All members must hold current USATF membership in the same Association, or
- ii. Region: All members must hold current USATF membership in the same USATF Masters region, or
- iii. Unrestricted: Any relay team that does not meet one of the three definitions above.

Club and Non-Club relay teams shall be separate divisions. At Association, Regional, and National Track and Field Championships, and all other meets, each relay team must meet one of the definitions above, or be a foreign national team as guest competitors in the Non-Club Division. A team meeting any of the above definitions may set a Masters record. Separate records shall be maintained in the relays for (1) Club teams and (2) Non-Club teams.

- (h) At National Track and Field Championships, the athletes advanced to the final in every event shall consist of at least 2/3rds who are USA affiliated as determined by WMA. If adjustments are needed to meet this requirement, then the reduction in guest finalists shall be determined by performance with no consideration to place. Those USA affiliated athletes that were advanced to the finals by place shall retain their position and the additional USA affiliated athletes that will be added to the final shall be selected by performance with no consideration to place. The number of finalists shall not be increased to include additional non-USA affiliated athlete finalists.

- (i) Combined event scoring will use current WMA scoring procedures, WMA Age Factors and IAAF scoring tables.

**NOTE:** *Age factors for ages 30 to 39 are published in Masters Age-Graded Tables.*

- (j) In all hurdle races, competitors shall hurdle with a continuous motion such that both feet shall be off the ground at least for an instant.

- (k) The Masters Track & Field Committee may approve exceptions to the use of listed specifications if items are unavailable. The tables on the following pages show WMA specifications:

#### **HURDLE HEIGHTS AND SPACINGS**

Ages	Distance	Height	#	To 1st	Between	to Finish
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##### **WOMEN'S INDOOR**

30-39	60m	0.840m (33")	5	13.00m	8.50m	13.00m
40-49	60m	0.762m (30")	5	12.00m	8.00m	16.00m
50-59	60m	0.762m(30")	5	12.00m	7.00m	20.00m
60&up	60m	0.686m (27")	5	12.00m	7.00m	20.00m

##### **MEN'S INDOOR**

30-49	60m	0.991m (39")	5	13.72m	9.14m	9.72m
50-59	60m	0.914m (36")	5	13.00m	8.50m	13.00m
60-69	60m	0.840m (33")	5	16.00m	8.00m	12.00m
70-79	60m	0.762m (30")	5	12.00m	7.00m	20.00m
80&up	60m	0.686m (27")	5	12.00m	7.00m	20.00m

##### **WOMEN'S OUTDOOR SHORT**

30-39	100m	0.840m((33")	10	13.00m	8.50m	10.50.m
40-49	80m	0.762m(30")	8	12.00m	8.00m	12.00m
50-59	80m	0.762m(30")	8	12.00m	7.00m	19.00m
60&up	80m	0.686m(27")	8	12.00m	7.00m	19.00m

##### **MEN'S OUTDOOR SHORT**

30-49	110m	0.991m (39")	10	13.72m	9.14m	14.02m
50-59	100m	0.914m (36")	10	13.00m	8.50m	10.50m
60-69	100m	0.840m (33")	10	16.00m	8.00m	12.00m
70-79	80m	0.762m (30")	8	12.00m	7.00m	19.00m
80&up	80m	0.686m (27")	8	12.00m	7.00m	19.00m

### HURDLE HEIGHTS AND SPACINGS

Ages	Distance	Height	#	To 1st	Between	to Finish
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#### WOMEN'S OUTDOOR LONG

30-49	400m	0.762m (30")	10	45m	35m	40m
50-59	300m*	0.762m (30")	7	50m	35m	40m
60&up	300m*	0.686m (27")	7	50m	35m	400m

#### MEN'S OUTDOOR LONG

30-39	400m	0.914m(36")	10	45m	35m	40m
50-59	400m	0.840m (33")	10	45m	35m	40m
60-69	300m*	0.762m (30")	7	50m	35m	40m
70&up	300m*	0.686m (27")	7	50m	35m	40m

*\*The locations for the hurdles in the 300m event are the same as those of the last seven hurdles of the 400m event. They are not same as the high school 300m hurdle race, which uses eight hurdles.*

#### WOMEN'S STEEPLECHASE

All	2000m	0.762m (30")	See Rule 169
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#### MEN'S STEEPLECHASE

30-59	3000m	0.914m (36")	See Rule 169
60&up	2000m	0.762m (30")	

### 3. Field

- (a) The procedures set forth in Rule 180.7 shall be applied when there are more than 12 competitors in field events.
- (b) 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 simultaneous competitions. The same progression of increments shall be used.
- (c) In the High Jump and Pole Vault, a competitor who has passed three consecutive heights after the competition has begun may be permitted a warm up jump without the crossbar in place. One such jump shall be allowed for each three passed heights and may be taken only as earned, not cumulatively.
- (d) In the High Jump and Pole Vault, Masters competitors are allowed to touch the landing area before clearing the bar, but may not use the landing area to any advantage as determined by the Field Judge.
- (e) Rule 181.7 applies to any competitor who has won an age division, subject to the following. For any heights not announced by the Chief Judge at the

beginning of the competition, only a competitor who has won an age division may jump or vault. Any such additional heights will be in the normal sequence of raising the bar.

**NOTE:** For example, assume the Chief Judge announces ..., 1.80m, 1.85m, 1.90m,... at the beginning of the competition. If competitor A wins at 1.80m, with B and C in another age group, and requests 1.88m, the bar will first be raised to 1.85m for B and C, then 1.88m for A only, then 1.90m, etc.

- (f) Privately owned implements shall be exempt from the loss of identity rule (Rule 187.10).
- (g) The WMA specifications for throwing implements, including the Superweight, are shown in the following table:

<b>WMA IMPLEMENTS</b>					
<b>Ages</b>	<b>Shot</b>	<b>Discus</b>	<b>Hammer</b>	<b>Javelin</b>	<b>Weight</b>
<b>WOMEN</b>					
30-49	4 kg	1 kg	4 kg	600 g	9.08 kg (20 lb)
50-59	3 kg	1 kg	3 kg	500 g	7.26 kg (16 lb)
60-79	3 kg	1 kg	3 kg	400 g	5.45 kg (12 lb)
80+	3 kg	0.75 kg	3 kg	400 g	5.45 kg (12 lb)
<b>MEN</b>					
<b>Ages</b>	<b>Shot</b>	<b>Discus</b>	<b>Hammer</b>	<b>Javelin</b>	<b>Weight</b>
30-49	7.26 kg (16 lb)	2 kg	7.26 kg (16 lb)	800 g	15.88 kg (35 lb)
50-59	6 kg	1.5 kg	6 kg	700 g	11.34 kg (25 lb)
60-69	5 kg	1 kg	5 kg	600 g	9.08 kg (20 lb)
70-79	4 kg	1 kg	4 kg	500 g	7.26 kg (16 lb)
80&up	3 kg	1 kg	3 kg	400 g	5.45 kg (12 lb)

<b>SUPERWEIGHT</b>	
<b>Ages</b>	<b>Weight</b>
<b>WOMEN</b>	
30-49	15.88kg (35 lb)
50-79	11.34kg (25 lb)
80 & up	9.08kg (20 lb)
<b>MEN</b>	
30-59	25.40kg (56 lb)
60-69	20.00kg(44 lb)
70 & up	11.34kg (25 lb)

**RULE 333**  
**MASTERS RACE WALKING CHAMPIONSHIPS**

1. **Outdoors**

Masters race walking Championships may be held at any distance of 1500 meters or longer and may be conducted with the Open Championships. A 5000 Meter Walk is a Championship event in the National Outdoor Track and Field Championships, held in addition to the 5000 Meter Walk Championship conducted in accordance with the list in Rule 25.1(a).

2. **Indoors**

The 3000 Meter Walk is an event in the National Indoor Track and Field Championships.

For record requirements, See Rule 266.

For Championship meet requirements, See Rules 25.2 through 25.4.

**SECTION II-B  
MASTERS LONG DISTANCE RUNNING**

**RULE 340  
GENERAL RULES**

1. The Masters Long Distance Running Committee shall conduct and supervise a program for long distance running for all athletes over the age of 40. Effective 1/1/2011, the Masters Long Distance Running Committee shall conduct and supervise a program for long distance running for all athletes over the age of 35.
2. All long distance running races with masters athletes are encouraged to follow the rules for Masters Long Distance Running Championships whenever possible.
3. 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 certified copy of a birth certificate or a passport. Once an athlete has declared a birth date for U.S. competition, 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 in the US of the competitor's country of citizenship or birth 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.

**RULE 341  
MASTERS LONG DISTANCE CHAMPIONSHIPS**

1. 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. Team scoring for distances up to and including 25 kilometers shall be as follows: M40+ and M50+ five (5) individuals shall score; M60+, Men 70+, and all women's teams three (3) individuals shall score; for distances over 25 kilometers all teams shall have three scoring members. In Association championships, the maximum number of entries for a team, and the number of members of each team to finish for scoring may be determined by the Games Committee.

## MASTERS CROSS COUNTRY TEAM DECLARATIONS AND SCORING

<b>Age Group</b>	<b>FALL</b>	<b>WINTER</b>	<b>DECLARED</b>	<b>SCORERS</b>
M 40+, 50+	10,000m	8000m	8	5
M 60+, 70+	10,000m	8000m	5	3
W40+, 50+	6000m	8000m	5	3
W60+, 70+	6000m	8000m	5	3

2. Masters Championships may be held at any distance of one mile or longer off the track (i.e., road, trail, mountain or cross country), and at any distance longer than 10,000 meters on the track.
3. Championships must be sanctioned by USATF, and road courses should be certified prior to bid submittal and must be USATF-certified prior to the running of the event.
4. The age of the competitor on the day of the start of the race determines the age division. A runner may compete in a younger division as a team member. If he/she runs on a younger team, the runner may still compete as an individual in his/her true age division if both divisions are run simultaneously. Only a birth certificate or a U.S. passport will be acceptable as proof of age.
5. Competitors in a Championship must be current members of USATF. Only U.S. citizens shall be allowed to win USATF medals and other Championship awards or to score on a team.
6. In Masters LDR championships, to be eligible for individual or team scoring or awards, a bib, supplied by the games committee which identifies gender and age group, shall be worn on the back.
7. If a Masters Championship is part of a larger event, Championship competitors shall be eligible for awards in their divisions or age groups in the non-championship event.
8. Teams shall represent current member clubs of USATF, verified through the national office. USATF Association, Regional, or National "all-star" teams are not eligible to compete in Masters Long Distance Running Team competition. Team members shall be affiliated with the club they are representing on their USATF membership record prior to entering the competition.
9. For team scoring, see Rule 7.
10. An event chosen to be a Masters Long Distance Running Championship must use "select timing" to validate times and records (Rule 265.1). For timing practices, see Rule 165.

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