

COMPETITION RULES

ATHLETICS RULES

These Rules of Competition shall apply to all events sanctioned by USA Track & Field (“USATF”)

CLASSIFICATIONS

Except as otherwise provided herein or in USATF's Operating Regulations, the following championship classifications shall be open to all member athletes of USATF who have complied with the requirements of these Rules, the Bylaws, and the Operating Regulations:

- (a) Open: The Open classification shall have no maximum age limit. In men's long distance running, the Open classification shall be limited to male athletes sixteen (16) years and older on the day of the competition. In Open men's race walking and all Open women's competition, athletes shall be fourteen (14) years or older on the day of the competition.
- (b) Junior: The Junior classification shall be limited to athletes who are fourteen (14) years or older on the day of competition and will not become twenty (20) years of age during the year of the competition.
- (c) Youth: The Youth classification shall be limited to athletes who have not attained nineteen (19) years of age as of the final day of the National Junior Olympic Track and Field meet of the year of competition.
- (d) Masters: In Track and Field, the Masters classification shall be limited to athletes who are at least thirty-five (35) years old on the first day of the meet. In Long Distance Running, the Masters classification shall be limited to athletes who are at least forty (40) years old on the first day of the meet. (Effective January 1, 2011, the LDR limit shall be changed to 35 years old.)

**ARTICLE I
CHAMPIONSHIPS
AND OLYMPIC TEAM SELECTION**

**SECTION I
GENERAL**

**RULE 1
NATIONAL CHAMPIONSHIPS**

1. Eligibility:
 - (a) In the Open Men's and Women's Indoor and Outdoor Track and Field Championships, the Junior Men's and Women's Track and Field Championships, the Men's and Women's Race Walking Championships, the Men's and Women's Open, Junior, and Masters Cross Country Championships, and the Men's and Women's Long Distance Running 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, Men's Long Distance Running Championships, and Masters Cross Country Championships, others may compete in a separate non-scoring division or race.)
 - (b) The Masters Track and Field Championships are open to all member athletes of USATF or of other IAAF member federations.
 - (c) The Masters Long Distance Running Championships are open to all member athletes of USATF, including permanent resident aliens. However, only U.S. citizens shall be awarded individual championship awards or score for a team.
 - (d) The Youth Athletics Championships are open to all member athletes of USATF, including aliens living in the United States and foreign exchange students.
2. Non-resident alien athletes, unless otherwise provided in these rules, may compete as invited guests only on a reciprocal basis. They may not displace otherwise qualified USATF member athletes for national titles, team scoring, and championship awards. When possible, a US citizen shall be added to the finals if displaced by a non-US citizen.
3. When a National Championship is used as a selection meet for an international competition, a Sport Committee may permit competition in the National Championship by a non-US citizen if the Sport Committee has been provided

with proof that the competitor will acquire eligibility to represent the United States after the Championship but prior to the international competition.

RULE 2

REGIONAL CHAMPIONSHIPS

1. Regional Championships may be annually conducted.
2. For Open and Junior Championships, except Cross Country, the Regions will comprise Associations as follows:

Region	Associations
East	Adirondack, Connecticut, Long Island, Maine, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Virginia, Potomac Valley, and Three Rivers
South	Alabama, Arkansas, Florida, Georgia, Gulf, North Carolina, Oklahoma, Southern, South Texas, Southwestern, South Carolina, Tennessee, and West Texas
North	Dakotas, Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Ohio, Ozark, Minnesota, Missouri Valley, Nebraska, West Virginia, and Wisconsin
West	Alaska, Arizona, Border, Central California, Colorado, Hawaii, Inland Northwest, Montana, Nevada, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Snake River, Southern California, Utah, and Wyoming

3. For Open and Junior Cross Country and all Masters Championships, the Regions will comprise Associations as follows:

Region	Associations
East	Adirondack, Connecticut, Long Island, Maine, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, and Three Rivers
Southeast	Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee, and Virginia
Midwest	Illinois, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia, and Wisconsin

Mid-America	Colorado, Dakotas, Iowa, Minnesota, Missouri Valley, Nebraska, and Ozark
Southwest	Arkansas, Border, Gulf, Oklahoma, Southern, South Texas, Southwestern, and West Texas
Northwest	Alaska, Inland Northwest, Montana, Oregon, Pacific Northwest, Snake River, Utah, and Wyoming
West	Arizona, Central California, Hawaii, Nevada, New Mexico, Pacific, San Diego-Imperial, and Southern California.

4. For the definition of the Youth Athletics Regions, see Rule 300.4.
5. Resident aliens shall be permitted to compete in Regional Championships.

RULE 3 ASSOCIATION CHAMPIONSHIPS

1. All members of an Association shall be permitted to compete in that Association's Championships.
2. An athlete who has competed in the Championships of one Association shall not be eligible to compete in the same Championships of any other Association during the same year except as a non-scoring guest at the discretion of the Association meet director or the appropriate Association sports committee.
3. Athletes who are not members of an Association may compete as invited guests on a non-scoring basis at the discretion of the meet director or the appropriate Association sports committee.

NOTE: *See USATF Operating Regulations 7 and 8 for other provisions affecting eligibility for Association Championships.*

RULE 4 ELIGIBILITY FOR TEAM CHAMPIONSHIPS

1. In all USATF Team Championships, whether National, Regional or Association, only teams consisting of duly accredited representatives of a member club shall be eligible to win such team Championship. 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.
2. In Long Distance Running, an athlete who is a non-resident member of an Association is eligible to compete for a team in that Association only if the athlete:

- (a) resides in an adjoining Association and the Association of residence does not offer the program, or
- (b) neither the Association of residence nor any Association adjoining the Association of residence offers the program.

NOTE: *An athlete with historical membership (at least 3 continuous USATF membership years) in a club is eligible to compete for that club.*

RULE 5 AWARDS

1. Unless otherwise provided in these rules, the following awards shall be made in all Championships:
 - (a) In Team Championships, a trophy shall be awarded to the winning team. Team trophies may be awarded to the second and third teams.
 - (b) Regulation gold and silver Championship medals shall be awarded for first and second places in each individual Championship event. Bronze Championship medals shall be awarded to the third through sixth place finishers, except in the USA Indoor Track and Field Championships, where bronze medals are awarded only to third and fourth place finishers. In Regional and Association Championships gold, silver, and bronze medals may be awarded for first, second, and third places, respectively.
 - (c) In events where there is team scoring, regulation gold, silver, and bronze Championship medals shall be awarded to the scoring members of the teams finishing first, second, and third except in Track and Field Championships. In the Men's and Women's Open, Junior, and Masters Cross Country Championships, such medals shall be awarded to the declared members of the teams finishing first, second, and third.
 - (d) Unless otherwise determined by the national Sport Committee, patches shall be awarded to the individual winners. Patches may be awarded to the scoring members of the team finishing first except in Track and Field Championships.
 - (e) Except in Masters LDR, whenever an event includes concurrent age-group and overall competition, in which a single performance can qualify for awards in the age group and/or in the overall competition, the entry blank shall specify one of the following:
 - i. that an athlete may win awards in both the overall category and in the athlete's age group, if there are such awards in that athlete's age group, or

- ii. that an athlete may win only one award and may, after the race, choose the award for overall competition or for the competition in the athlete's age group, but not both.
- (f) In Masters LDR, including cross country, masters shall be allowed to win awards in all categories (e.g. overall, age group and age-graded).

If (ii) is specified, competitors in the category not selected by the athlete eligible for more than one award shall be advanced in position so that all possible awards in each category are awarded, if there are sufficient numbers of competitors.

- 2. Other individual prizes, which shall be specified on the entry blank, may be presented as determined by the Championship sponsor subject to the approval of the appropriate sport committee of USATF.

RULE 6 GENERAL

- 1. USATF Operating Regulation 4 governs bids, bidding procedures, award procedures, selection of dates, rights for broadcast, and financial relations of USATF National Championships.
- 2. All entries for Championships shall be made on the entry form adopted by USATF. No entry form for any Championship shall be distributed until it has been submitted to and approved by the Chair(s) of the sport committee(s) involved and the Chief Executive Officer of USATF. The entry form shall include all pertinent information regarding filing dates, late entries, fees and declaration procedures.
- 3. The final date for entries to a National Championship shall be designated by the Chair of the sport committee involved. For track and field, this date shall be at least 14 days (outdoors) or 10 days (indoors) prior to the first competition that is part of the Championship. For the National Track & Field Club Championships, this date shall be at least 14 days. A late entry period, if any, shall be designated by the Chair of the sport committee involved.
- 4. Entry fees and late fees for all Championships shall be established by each sport committee, subject to the approval of USATF, and, unless otherwise provided by its Bylaws, shall be the property of USATF. Entry fees for the National Track & Field Club Championships and all long distance running events are the property of the event.
- 5. The officials, and the Games and Seeding Committees who are responsible for

the conduct of a Championship, shall be appointed by or subject to the approval of the appropriate sport committee(s).

6. Qualifying standards and procedures may be established for Championships and for qualifying competition for international competition by the sport committee concerned.
7. The rights of defending USA Open individual event National champions shall be governed by the following:
 - (a) Each individual winner of the previous year's USA Open Championships shall be entitled to receive from the sponsoring organization full expenses to enable the athlete to defend his or her title if, in the opinion of the sport committee concerned, the champion is in condition to defend the title.
 - (b) Where two or more athletes are co-holders of a Championship, an allotment in an amount equal to the expenses of the co-holder who resides the greatest distance from the city in which the meet or event is being held shall be provided and each co-holder shall receive a pro rata percentage of such allotment, calculated on a mileage basis. Where possible, co-holders should be paid full expenses.
 - (c) For reasons appearing good and sufficient, the Executive Committee of the sport committee concerned, unless otherwise provided by USATF, by a majority vote of those voting, may suspend or abrogate all requirements or provisions for the payment of expenses of any and all champions as provided for herein.
 - (d) If funds are available, all individual event winners of the National Track & Field Club Championships shall receive an equal share of such funds.
 - (e) The sponsoring organization of any Championship, with the approval of the sport committee concerned, may allocate additional funds to other place winners of the previous year's Championship or for noteworthy performers.

RULE 7 TEAM SCORING

1. For meets that have team scoring, the procedure for scoring, including events and calculation methods, shall be included in the entry material. Prior to the start of the event, the team coach or other representative shall declare the team entries eligible for scoring.

2. Regional Championships may be scored on the basis of Association teams instead of club teams at the option of the Games Committee.

Track and Field

3. The team score shall be the total of all points earned by eligible competitors for a given team. Scoring shall be five (5) points for each first place scored, three (3) points for second, two (2) points for third, and one (1) point for fourth. Events not included on the entry blanks, and events (other than novice events) not open to all USATF member athletes shall not count in the scoring for team point trophies. Relay races shall be scored as any other event. In combined events, the team score shall be the sum of the scores of the top three members of each team. For Masters exemption see Rule 331.2

Long Distance Running, Cross Country, and Race Walking

4. Two methods exist for scoring team Championships: scoring by place and scoring by time.
5. The team Championships in Long Distance Running and Race Walking shall be scored by time. The team Championships for Open, Masters, Junior and Youth Cross Country shall be scored by place.
6. Scoring by place:
 - (a) The team score shall be the total of the finishing positions of the scoring members. The team with the lowest total points is the team winner.
 - (b) Runners of incomplete teams, team entries not declared eligible for team scoring, and unattached or individual competitors will be eliminated from team scoring. Non-scoring declared members of complete teams shall retain their finishing positions and thereby displace other runners.
 - (c) When separate competitions are conducted simultaneously, each shall be scored independently. Runners on teams not eligible for a given competition will be eliminated from team scoring in that competition.
 - (d) In the event of a tie between two or more individual runners, each shall score the number of points determined by dividing the total of the finish places by the number of runners who have tied.
7. Scoring by time:

The team score shall be the aggregate time of the scoring members. The team with the lowest aggregate time is the team winner.

8. In team Championships scored by time, if the Games Committee determines that scores for the winning teams cannot be determined because of clock failure or other reasons, team Championships shall be determined by scoring by place.
9. Whether scoring by time or place:
 - (a) If a team fails to finish with a complete scoring team, the team members finishing shall be counted as individuals in the race results and shall be eligible to receive individual awards.
 - (b) Ties between two or more teams shall be resolved by determining which team's last scoring member finished nearest to first place. If the tie still exists, the next to last scoring members are compared in the same way, etc.

RULE 8
NON-CHAMPIONSHIP COMPETITIONS

1. So far as possible, the rules for the conduct of Championships shall apply to all other competitions conducted or sanctioned by USATF or any of its Associations.
2. Unless otherwise provided in these rules, age limitations or divisions for Championship competition apply to open events or meets sanctioned or conducted by USATF. In Long Distance Running non-championship events, age divisions may be determined by the Association sport committee or the sponsoring organization.
3. Points for track and field meets shall be scored in accordance with the appropriate provisions of Rule 13, except that events not included on the entry blanks, and events (other than novice events) not open to all USATF member athletes shall not count in the scoring for team point trophies. Relay races shall be scored as any other event.
4. When a prize or trophy is awarded for individual high scoring in any meet, points shall be scored in the same manner as points would be scored for the team Championships or point trophy in that meet, except that points scored for relay races shall not be counted. In case of a tie, the trophy or prize shall be awarded to the competitor winning the most first places.

SECTION II
MEN'S AND WOMEN'S TRACK AND FIELD
CHAMPIONSHIPS

RULE 10
USA OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

1. The Men's and Women's Track and Field Committees shall annually conduct the USA Outdoor Open and Junior Track and Field Championships. The Men's and Women's Championships may be conducted jointly, or each Championship may be conducted separately. The Chairs of the Track and Field Committees and/or their appointed representative(s) shall be Referee(s) of the Championships. It is recommended that such Referee(s) be certified officials at the National or Master level.
 - (a) The Open Championships, at the discretion of the National Track and Field Committees, shall be held as a two-, three- or four-day meet in accordance with a time schedule of events determined by the National Track and Field Committees.
 - (b) The Junior Championships may be held separately from the Open Championships.
- NOTE:** *See Rule 12 for The National Track & Field Club Championships. See Rule 13 for Regional and Association Championships.*
2. (a) Following are the standard events for the USA Open and Junior Outdoor Track and Field Championships:

Men's Events

100 Meters	High Jump
200 Meters	Pole Vault
400 Meters	Long Jump
800 Meters	Triple Jump
1500 Meters	Shot Put (7.26kg)(Jr. - 6kg)
5000 Meters	Discus Throw (2kg)(Jr. - 1.75kg)
10,000 Meters	Hammer Throw (7.26kg)(Jr. - 6kg)
20,000 Meter Walk	Javelin Throw (800g)
110 Meter Hurdles	
400 Meter Hurdles	
3000 Meter Steeplechase	

Women's Events

100 Meters	High Jump
200 Meters	Pole Vault
400 Meters	Long Jump
800 Meters	Triple Jump
1500 Meters	Shot Put (4kg)
5000 Meters	Discus Throw (1kg)
10,000 Meters	Hammer Throw (4kg)
20,000 Meter Walk	Javelin Throw (600g)
100 Meter Hurdles	
400 Meter Hurdles	
3000 Meter Steeplechase	

- (b) In the Junior Men's and Women's Championship, the distance of the race walk shall be 10,000 meters.
 - (c) Open USA Race Walking Championships shall, where practical, start and/or finish on the track.
 - (d) In the Junior Women's Championship, the distance of the Steeplechase shall be 2000 meters.
3. (a) In the USA Track and Field Championships, all entered contestants shall have met the qualifying standards adopted by the respective sport committee or by the properly authorized subcommittee thereof and listed on the entry blank, or must be approved by a special subcommittee appointed by the Chair of the respective sport committee. Petitions to said special subcommittee must be presented in writing.
- (b) Automatic Qualification
 - i. Track and Field. Any athlete who has, in the current year or during the four previous calendar years, earned an individual medal in track and field in an Olympic Games or in an IAAF World Indoor or Outdoor Championship, or in the previous year won an individual USA Open Outdoor Championship event shall be afforded automatic qualification into all USA Open Indoor and Outdoor Track and Field Championships and Olympic trials in the same event in which the athlete has won the medal or championship. For this purpose, the indoor 60m, mile, and 3,000m distances are interchangeable with the outdoor 100m/ 110m, 1500m and 5,000m, respectively.
 - ii. Race Walking. Any athlete who has, in the current year, or during the previous four calendar years in a race walking event (1) earned an indi-

vidual medal in an Olympic Games or in an IAAF World Indoor or Outdoor Championships, (2) won an individual Championship at the USA Open Indoor or Outdoor Track Championships, (3) won a USA Championship in the 50-Kilometer Walk, or (4) won a USA Olympic Trial, shall be afforded automatic qualification into all USA Open Indoor and Outdoor Championships and Olympic Trials in a race walking event of his or her choice.

iii. Marathon. Any athlete who has, in the current year, or during the previous four calendar years in the Marathon, (1) earned an individual medal in an Olympic Games or in an IAAF World Championships, (2) won an individual USA Championship, or (3) won a USA Olympic Trial, shall be afforded automatic qualification into all USA Marathon Championships and the Olympic Marathon trial.

4. (a) The Meet Director, Games Committee, and/or sponsoring organization of the USA Track and Field Championships must:

i. Provide and make available entry blanks and information for members of the Track and Field Committees, and each Association president, secretary, and office as well as to clubs and individuals who request them. The materials shall be mailed to Association presidents, secretaries, and offices, and made available to others, at least 60 days prior to the competition.

ii. Provide to committee members, coaches, and individuals desiring to enter, the meet's procedures and regulations.

iii. Provide to the Track and Field Committee, its Chair, coaches, and other appropriate persons, by 9 p.m. two days prior to competition, a list of entrants in each event, arranged in order of their best performances. If there are any corrections necessary to the posted entries or performances, these shall be submitted in writing to the appropriate Track and Field Committee Chair, or the Chair's appointed representative, by 1 p.m. on the day prior to the start of the Championships.

iv. Notify the entrant or his/her coach of any irregularity in an application at least three days before the meet.

v. Together with the National Track and Field Committee Chair or the Chair's appointed representative(s), finalize all events, form the heats for competition, present them to the Track and Field Committee, coaches, officials, or other concerned persons by at least 24 hours prior to the time of competition for each event.

- (b) The coaches or athletic directors of the teams or individual athletes in the USA Track and Field Championships must:
- i. Properly submit entries on forms used for that purpose. All entries must be submitted in accordance with the guidelines stated on the entry blank or accompanying event material.
 - ii. Submit final declarations for or by each athlete for each entered event as stated on the entry blank.
 - a. Declarations by officially designated website, telephone, including facsimile, or in person must be received at the designated declaration location no later than 8 p.m. where the Championship is held, two days prior to the start of the Indoor Championships and no later than 12 noon where the Championship is held two days prior to the start of the Outdoor Championships.
 - b. The declarations must list the final corrected performance of each athlete for each event entered.
 - c. Upon approval of the Chair of the appropriate Sport Committee, an athlete may declare with exhibition status.
 - iii. Submit to the Games Committee no later than the day prior to the first day of the Championship competition, evidence of membership in USATF. Such evidence may consist of the athlete's membership card (or copies thereof), or, when the foregoing is unobtainable, of a written statement signed by the Chair of the Member Services Committee or the Secretary of an Association, on the letterhead or appropriate form of the Association, indicating that the named athletes were athlete members of a registered club.

NOTE: *Competitors who have not complied with these provisions will not be entered in the Championships unless they appeal in person to the National Track and Field Committee Chair or the Chair's appointed representative. Petitions for late declarations must be based on corroborated evidence that a declaration was made during the proper declaration period. The National Track and Field Committees shall establish a procedure to process appeals.*

- (c) The National Track and Field Committees shall establish late declaration procedures and fees.

POINT SCORE - Trophies

5. (a) A trophy (which may be in the form of a certificate) may be awarded to the Association whose member athletes score the greatest number of points in

the Open or Junior Championships. Scoring in such Championships shall be ten (10) points for each first place scored, eight (8) points for second, six (6) points for third, four (4) points for fourth, two (2) points for fifth, and one (1) point for sixth.

- (b) Should ties remain after applying Rule 167, Rule 180.14, or Rule 181.8, the points to be awarded for the tied places shall be totaled and points equal to this total divided by the number of tied competitors shall be scored for the each individual so tied.
- (c) When two or more Associations have the same number of points, any trophies shall be awarded in multiple copies.

6. See Rule 5 for awards.

RULE 11

USA INDOOR TRACK AND FIELD CHAMPIONSHIPS

- 1. The Men's and Women's Track and Field Committees shall annually conduct the USA Open Indoor Track and Field Championships. The Men's and Women's Championships may be conducted jointly, or each Championship may be conducted separately. The Chairs of the Track and Field Committees and/or their appointed representative(s) shall be Referee(s) of the Championships. It is recommended that such Referee(s) be certified officials at the National or Master level.
- 2. (a) Following are the standard Championship events for the USA Indoor Track and Field Championships (Open or Junior).

Men's Events

60 Meter Dash	High Jump
200 Meter Dash	Pole Vault
400 Meter Dash	Long Jump
800 Meter Run	Triple Jump
1500 Meter or 1 Mile Run*	Shot Put (7.26 kg)(Jr. - 6 kg)
3000 Meter Run	Weight Throw (35 lb.)
5000 Meter Walk	
60 Meter Hurdles	
4x400 Meters Relay	
4x800 Meters Relay	
Distance Medley Relay (1200-400-800-1600)	

Women's Events

60 Meter Dash	High Jump
200 Meter Dash	Pole Vault
400 Meter Dash	Long Jump
800 Meter Run	Triple Jump
1500 Meter or 1 Mile Run*	Shot Put (4 kg)
3000 Meter Run	Weight Throw (20 lb.)
3000 Meter Walk	
60 Meter Hurdles	
4x400 Meters Relay	
Distance Medley Relay (1200-400-800-1600)	

*In years of IAAF World Indoor Championships, if the qualifying standards for the IAAF meet do not include a standard for the mile, the 1500 Meters shall be run.

- (b) The order of events shall be determined by the National Track and Field Committees or their representatives.
 - (c) The 200m event may be conducted at the discretion of the appropriate Track and Field Committee, either as a Championship or non-Championship event.
 - (d) No more than two teams may be entered by any club in any relay race.
 - (e) The relays listed may be conducted at the discretion of the appropriate Track and Field Committee, either as Championship or non-Championship events.
3. (a) Each competitor in all track events, including each relay team, must, in person or through an authorized representative, report to the Clerk of Course one hour before the start of the first listed round of the event and confirm their declaration as to whether he/she/they will or will not compete in the event. Directly thereafter, the Clerk of Course shall turn over the actual list of starters to the Chair of the Track and Field Committee who, with the Referee and such other persons as he or she may appoint, will determine whether the number of rounds in the event, or the number of heats in each round or the seeding of athletes in particular heats should remain as previously announced or should instead be changed.
- (b) Where there are insufficient entrants who have met the qualifying standards and who have declared that they will compete, to make a final of an event competitive, the Games Committee or its representatives, prior to the day of the Championships, may approve for that final a limited number of

additional entries from those who have entered the event prior to the closing date for entries, but who have not met the qualifying standards for that event, provided that such additional entries be approved in the order of best qualifying performance. The Games Committee shall exercise reasonable efforts to notify those entrants of the opportunity to compete.

- (c) The provisions of Rules 10.3 and 10.4 pertaining to the conduct of the Outdoor Championships shall be applicable to the Indoor Championships unless otherwise provided in this Rule.

4. See Rule 5 for awards.

RULE 12

NATIONAL TRACK & FIELD CLUB CHAMPIONSHIPS

1. The Associations Committee, with assistance and representation from the Men's and Women's Track & Field Committees, shall annually conduct the National Track & Field Club Championships. This will be a combined men's and women's championship. A joint subcommittee with representatives of all three committees named by the chair of the Associations Committee shall appoint the Games Committee, Referee(s), and chief officials, who shall be certified officials at the National or Master level. Regional club championships may be held in each region and used for qualification into the national meet. All participants shall be a member of a USATF member club.
2. Rule 10 shall apply to the National Track & Field Club Championships except that:
 - (a) The following relays are included as standard events:
 - 4x100 Meters Relay
 - 4x400 Meters Relay
 - 4x800 Meters Relay
 - Sprint Medley Relay (200-200-400-800)
 - Distance Medley Relay (1200-400-800-1600);
 - (b) The 10,000 Meters shall be optional; and
 - (c) Contestants may be a regional winner or runner-up, or be declared by a right-of-membership club to be their entry into an event, instead of meeting a qualifying standard.
 - (d) A trophy shall be given to the team scoring the most points. Scoring shall be ten (10) points for each first place scored, eight (8) points for second, six (6) points for third, four (4) points for fourth, two (2) points for fifth, and

one (1) point for sixth. Should ties remain after applying Rule 167, Rule 180.14 or Rule 181.8, the points to be awarded for the tied places shall be totaled and points equal to this total divided by the number of tied competitors shall be scored for the team of each individual so tied. When two or more teams have the same number of points, the teams shall be co-champions and any trophies shall be awarded in multiple copies.

RULE 13 OTHER CHAMPIONSHIPS

1. In addition to the USA Open and Junior Outdoor, the USA Indoor Championships, and the National Track & Field Club Championships, as above, the following Championships may be conducted at the discretion of the National Track and Field Committees:

Men

- (a) USA Junior Indoor Track and Field Championships.
- (b) Club Relay Championships
 - 400 Meters Relay (4x100)
 - 800 Meters Relay (4x200)
 - 1600 Meters Relay (4x400)
 - 3200 Meters Relay (4x800)
 - 6000 Meters Relay (4x1500)
 - 440 Meters Shuttle High Hurdles Relay (4x110)
 - 1600 Meters Sprint Medley Relay (400-200-200-800)
 - 4000 Meters Distance Medley Relay (1200-400-800-1600)
 - (All relays may be run in the equivalent yard distances.)
- (c) Decathlon (see Rule 200)
- (d) Pentathlon (see Rule 200)
- (e) Indoor Pentathlon (see Rule 200)
- (f) Indoor Heptathlon (see Rule 200)
- (g) 56 lb. Weight Throw (see Rule 195). This event shall be held independently of the USA Track and Field Championships.

Women

- (a) Heptathlon (see Rule 200)
 - (b) Indoor Pentathlon (see Rule 200)
 - (c) Club Relay Championships (all events listed under Men (b) above).
2. Regional and Association, Open and Junior Outdoor Track and Field Championships may be held. Rule 10 shall apply to such Championships except:

- (a) The Mile may be conducted instead of the 1500 Meters, at the discretion of the appropriate sports committee.
 - (b) A 5000 or 10,000 Meter Race Walk may be conducted instead of the 20,000 Meter Race Walk.
 - (c) See Rule 13.5 for scoring.
3. Regional and Association, Open and Junior Indoor Track and Field Championships may be held. Rule 11 shall apply to all such Championships except:
- (a) In Association Championships, the Men's Race Walk may be either 3000 Meters or 5000 Meters.
 - (b) See Rule 13.5 for scoring.
4. The declaration procedures for Championships in this Rule shall be established by the Games Committee of each Championship and made known through the inclusion of such procedures in the entry material for the Championship. At the time of the declaration of entries, the declarer must indicate whether or not relay teams entered are to compete, but designation of the make-up of a relay from the athletes listed for the relay team entered need not be made until the designated time before the start of the first round of the event as determined by the Games Committee or by these rules. The entry form for the Combined Events at any National Championship shall include provision to enter best individual performances for each event of the Combined Event during the defined qualification period.

POINT SCORE - Trophies

5. (a) There may be a team Championship, scoring or point trophies in all events listed in this Rule and for other meets sanctioned by any Association. Regional Championships may be scored on the basis of Association teams instead of club teams at the option of the Games Committee. Scoring in all Championships in this Rule shall be five (5) points for each first place scored, three (3) points for second, two (2) points for third, and one (1) point for fourth.
- (b) The provisions of Rule 10.5(b) and (c) pertaining to ties and trophies shall be applicable to all events listed in this Rule.
- (c) In combined events, the team score shall be the sum of the scores of the top three members of each team.
6. See Rule 5 for awards.

RULE 14
TRANSFERRING MEMBERSHIP PRIOR TO CHAMPIONSHIPS

In Men's and Women's Track and Field, an athlete who is an athlete member of one club, other than an educational institution, at the date of closing of entries for Championships under the jurisdiction of the track and field sport committees, may not change membership to another club prior to the Championships or be eligible to represent or score points for the club to which he/she seeks to change membership. If the athlete does not desire to compete for the original organization, he or she may compete unattached, representing no club. Notwithstanding the above, an athlete may transfer from an educational institution to a club in accordance with USATF Operating Regulation 8.

SECTION III
CROSS COUNTRY & LONG DISTANCE RUNNING
CHAMPIONSHIPS

RULE 15
MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIPS

1. There shall be two National Cross Country Championships, the Fall National Championships and the Winter National Championships, both conducted by the Cross Country Council. Runners may compete in both the Fall and Winter events as individuals. The Cross Country Council may add additional Masters Cross Country Championships to the national schedule.
2. Eligibility for the National Championships shall be as stated in Rule 1.1(a). Association Championships are open to all athlete members of USATF. Age limitations are as stated in the Classifications provisions preceding Rule 1.
3. There shall be Open and Masters competition at the Fall National Championships. There shall be Open, Masters, and Junior competition at the Winter National Championships.
4. The 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 distances contested at the Winter National Championships shall be as close as feasible to the distances to be contested that year at the IAAF World Cross Country Championships. The measured distances should be printed in the program and the results.
5. The number of entries for a team shall be unlimited. In the Fall National Championships and in Association and Regional Championships, a maximum of eight entries shall be declared and the first five declared members of each team shall count in that team's score. In the Winter National Championships a maximum of six entries shall be declared and the first four declared members of each team shall count in that team's score. The following chart shows the race distances (as close as is feasible) and team scoring members. The distances shown for the Winter Championships are those currently used by the IAAF.

Championship	Men's Dist.	Women's Dist.	Declared	Scorers
Fall	10,000m	6000m	8	5
Winter				
Open	12,000m	8000m	6	4
Junior	8000m	6000m	6	4

6. See Rule 7 for scoring for the Fall National Championships. See Rule 341.1 for Masters' distance, declaration, and scoring. See Rule 5 for awards.
7. If a club enters more than one team, each team should be clearly identified.

RULE 16
LONG DISTANCE RUNNING CHAMPIONSHIPS - MEN

1. The Men's Long Distance Running (LDR) Committee may conduct USA Open and Junior Championships in the events shown in the table on the following page. In addition to these championships, the Men's LDR Committee may, on an annual basis, award National Championships at other distances under their jurisdiction including the Road Mile.
2. Regional Championships may be conducted at the distances listed in the same table. (See Rule 2 for regions). Regional Championships shall be awarded by a vote of Men's LDR committee representatives from the Associations in that region. Eligibility and awards are the same as for National Championships. Associations are encouraged to conduct Championships at the distances listed in the table.
3. Eligibility for the Championships shall be as stated in Rule 1.1(a). Age limitations are as stated in the Classifications preceding Rule 1.
4. The maximum number of entries per team shall be unlimited. The number of entries to be declared, and the scoring for a team for National, Regional, and Association Championships, unless otherwise provided in these rules, is set forth in the table below.
5. The Men's LDR Committee may contest additional team championships, with a separate set of awards.
6. National and Regional Marathon Championships may be conducted using time limits which must be stated in the bid application to the Men's LDR Committee and on all entry/information forms.
7. In the marathon road relay, teams shall consist of six runners with legs in the following order: 10km, 5km, 10km, 5km, 5km, and 7.2km, or five runners with legs in the following order: 10km, 5km, 10km, 5km, and 12.2km.
8. The courses of all National, Regional, and Association Road Championships must meet certification requirements stated in Operating Regulation 6.
9. See Rule 7 for scoring. See Rule 5 for awards.

TABLE OF EVENTS

Event	Open	Junior	Declared	Scorers
Road				
5000 Meters	X	X	8	5
8000 Meters	X	X	8	5
10,000 Meters	X	X	8	5
12,000 Meters	X	X	8	5
15,000 Meters	X	X	8	5
20,000 Meters	X	X	8	5
Half Marathon	X	X	8	5
25,000 Meters	X		8	5
30,000 Meters	X		5	3
Marathon	X		5	3
Marathon Relay	X	X	Unl.	Team
Road or Track				
50,000 Meters	X		5	3
50 Miles	X		5	3
100 Miles	X		5	3
12 hours	X		5	3
24 hours	X		5	3
Track				
1 hour*	X	X	5	3

* May be postal event

RULE 17

TRAIL/MOUNTAIN RUNNING CHAMPIONSHIPS - MEN

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.

RULE 20

LONG DISTANCE RUNNING CHAMPIONSHIPS - WOMEN

1. The events listed on the following page may be conducted by the Women's Long Distance Running (LDR) Committee as USA Championships for women. In addition to these Championships, the Women's LDR Committee may, on an annual basis, award National Championships at other distances under their jurisdiction.

CHAMPIONSHIP DISTANCES

Track or Road	Track	Road
15,000 Meters	Mile	
20,000 Meters	*1 hour	5000 Meters
25,000 Meters	*2 hour	8000 Meters
30,000 Meters		10,000 Meters
50,000 Meters	*Postal event	12,000 Meters
50 miles		Half-Marathon
100,000 Meters		Marathon
100 miles		Marathon Relay
12 hours	Track, Road or Indoor Track	
	24 hours	

- Regional Championships in the foregoing events may be conducted after being awarded by the Regional Chair of the Women's LDR Committee. Association Championships should be conducted by each Association in the foregoing events.
- The maximum number of entries for a team shall be five women and only the first three members of each team to finish shall count in the team scoring. In Association championships, the maximum number of entries for a team, and the number of members of each team for scoring may be determined by the Games Committee and shall be stated in the entry material.
- In the marathon road relay, teams shall consist of six runners with legs in the following order: 10km, 5km, 10km, 5km, 5km, and 7.2km, or five runners with legs in the following order: 10km, 5km, 10km, 5km, and 12.2km.
- In addition to the USA, Regional and Association Championships set forth above, the Age Group Championships for ages 30-34 and 35-39 may be conducted as part of the Women's LDR Championships.
- There may be a qualifying standard for entry into a National LDR Championship.
- Eligibility for the Championships shall be as stated in Rule 1.1(a). Age limitations are as stated in the Classifications provisions preceding Rule 1.
- The courses of all National, Regional and Association Road Championships must meet the certification requirements stated in Operating Regulation 6.
- See Rule 7 for scoring. See Rule 5 for awards.

RULE 21

TRAIL/MOUNTAIN RUNNING CHAMPIONSHIPS - WOMEN

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.

**SECTION IV
RACE WALKING CHAMPIONSHIPS**

**RULE 25
CHAMPIONSHIP EVENTS - MEN AND WOMEN**

1. Upon receipt of acceptable bids, the following USA Open and Junior Championships may be conducted by the Race Walking Committee (the events may be conducted as Association or Regional Championships following the rules for the USA Championships):

- (a) Outdoor Championships:

		Men		
		Open		Junior
5000 Meters	50,000 Meters			5000 Meters
10,000 Meters	100,000 Meters			10,000 Meters
15,000 Meters	100 Miles			15,000 Meters
20,000 Meters	1 hour			20,000 Meters
30,000 Meters				1 hour
40,000 Meters				

		Women		
		Open		Junior
5000 Meters	50,000 Meters			5000 Meters
10,000 Meters	100,000 Meters			10,000 Meters
15,000 Meters	100 Miles			15,000 Meters
20,000 Meters	1 hour			20,000 Meters
30,000 Meters				1 hour
40,000 Meters				

- (b) Indoor Championships:

Men – One Mile
3000 Meters
5000 Meters (held with Track and Field Championships)

Women – 3000 Meters (held with Track and Field Championships)

2. Teams and Reserves:

- (a) For other than National Championships, each team may enter an unlimited number of athletes. A maximum of five and minimum of three athletes form a team for National Championships. Team members must be declared prior to the competition. The first three finishers of each team shall score. A club may enter more than one team, but all members of each scoring team must be appropriately declared prior to the competition.

- (b) Members ineligible at the declaration of the team for team competition

may race as individual entries; individual entries will be accepted. Members of depleted teams that are unable to field the necessary scoring number may race as individual entries.

3. The courses for all National, Regional, and Association Road Championships must meet certification requirements stated in Operating Regulation 6.
4. See Rule 5 for awards. See Rule 7 for scoring.

SECTION V OLYMPIC TEAM SELECTION

RULE 27 U.S. OLYMPIC SELECTION COMPETITION

1. All competitors in U.S. Olympic selection competition shall comply with entry procedures and shall have met qualifying standards approved by the applicable sport committee(s).
2. The personnel conducting the U.S. Olympic selection competition shall be selected in the following manner:
 - (a) Members of the Jury of Appeal shall be nominated by the applicable sport committee(s).
 - (b) Referees shall be nominated by the joint subcommittee of the applicable sport committee(s) and, for events held entirely within the stadium, the National Officials Committee.
 - (c) Track and Field competition officials (except Referees and members of the Jury of Appeal) shall be selected as described in Regulation 4-H-1.
 - (d) All Marathon officials shall be selected by the appropriate Long Distance Running Committee.