

**USATF RULES COMMITTEE SCORECARD**  
Committee Recommendations as of \_\_October 25, 2011\_\_

	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action
1	5		21	5		40	4		60	4		79	5	
2	5		22	5		41	5		61	5		80	5	
3	5		23	4		42	5		62	4		81	4	
4	5		24	4		43	4		63	4		82	4	
5	5		25	5		44	4		64	4		83	5	
6	5		26a	5		45	4		65	4		84a	5	
7	5		26b	5		46	6		66	4		84b	5	
8	5		27	5		47	4		67	4		85		W
9	5		28	4		48	5		68	4				
10	5		29	4		49	4		69	4				
11	5		30	5		50	4		70	5				
12	5		31	4		51	6		71		W			
13		W	32	4		52	4		72	5				
14	5		33	4		53	2		73	5				
15	4		34	5		54	5		74	5				
16	4		35	5		55	4		75	5				
17		W	36	5		56	2		76A	4				
18	5		37	5		57	4		76B	5				
19	5		38	5		58	4		77	5				
20	5		39	5		59	4		78	4				

**Conference Call Recommendations:**

1=Grammar / Punctuation      2=Housekeeping      3=Current Practice      4=Recommend Approval  
5=Discuss / Refer      6=Recommend Reject      7=Recommend Table      W=Withdrawn  
a=amended

**Final Actions: A=Accepted    AA= Accepted As Amended    R=Rejected    T=Tabled    W=Withdrawn**

((Double parenthesis)) indicates removal. Underline indicates addition.

## TABLED ITEMS FROM 2010

**Item 1** – Tabled 2010 Item 4 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Classifications as follows:

- (a) Open: The Open classification shall have no maximum age limit. In men's Long Distance Running, club track & field and all cross country, 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.

*Reason: To clarify the age requirements at the National Club Championship and to conform to existing practice.*

**Item 2** – Tabled 2010 Amended Item 6 – Submitted by Jean Knaack, Exec. Dir., Road Runner Club of America on behalf of John Elliott

Add a new Rule 1(b) as follows and renumber:

- (b) In addition, US citizens who have not previously represented another country or territory in International Competition are eligible to compete in the Championship.

*Reason: Without an affirmative change in USATF rules, the eligibility requirements for participation in USATF Championships has been significantly changed effective April 1, 2010 due to an IAAF rule amendment. This requires that the USATF rule be reexamined and changed. Prior to April 1, a small number of individuals were excluded from USATF Championships: those who had previously represented another IAAF Member in International Competition. The proposed rule change maintains this status quo, while preventing the unintended situation of excluding an additional large class of athletes from participating in USATF Championships*

**Item 3** – Tabled 2010 Item 7 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 2 as follows:

2. For Open and Junior Track & Field Championships, except ~~((Cross Country,))~~ Club Track & Field, the Regions ~~((will comprise))~~ include the following Associations ((as follows)):
3. For ~~((Open and Junior))~~ all Cross Country, open club and ((all)) Masters Championships, the Regions ~~((will comprise))~~ include the following Associations ((as follows)):
5. Resident aliens shall be permitted to compete in Regional Championships as long as they meet applicable standards and are members of USATF.

*Reason: To update the rules to include the new 7 regional zones for club competitions.*

**Item 4** – Tabled 2010 Item 11 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 5 as follows:

- 1.(b) Regulation gold, ~~((and))~~ silver, and bronze Championship medals shall be awarded for first, ~~((and))~~ second, and third 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.))~~ Additional bronze medals may be awarded in a championship meet up to eighth place in stadia events and up to tenth place in non-stadia events, at the discretion of the applicable sports committee(s) and/or council(s), and so long as all events within that championship are treated equally. In Regional and Association Championships gold, silver, and bronze medals may be awarded for first, second, and third places, respectively.
2. Other individual and team 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(s) and/or council(s) of USATF.

*Reason: To conform to existing practice.*

**Item 5** – Tabled 2010 Item 12 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 6 as follows:

2. All entries for Championships shall be made using the entry format adopted by USATF. No entry format for any Championship shall be distributed until it has been submitted to and approved by the Chair(s) of the sport committee(s) and/or council(s) involved and the Chief Executive Officer of USATF. The entry format shall include all pertinent information regarding filing dates, late entries, fees, entry appeal and protest procedures, and declaration procedures.
3. The final date for entries to a National Championship shall be designated by the Chair of the sport committee(s) and/or council(s) involved. ~~((For track and field))~~ Unless otherwise specified by the sport committee(s) and/or council(s) involved, 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(s) and/or council(s) involved.
4. Entry fees and late fees for all Championships shall be established by each sport committee and council, 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) and/or council(s).
6. Qualifying standards and procedures may be established for Championships and for qualifying competition for international competition by the sport committee(s) and/or council(s) concerned.
7. (c) For reasons appearing good and sufficient, the Executive Committee of the sport committee(s) and/or council(s) 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(s) and/or council(s) concerned, may allocate additional funds to other place winners of the previous year's Championship or for noteworthy performers.

**Reason:** *To conform to existing practice.*

**Item 6** – Tabled 2010 Amended Item 13 – Submitted by Bob Podkaminer, Rules Committee on behalf of Greg Harger and Bill Roe

Modify Rules 10-16 to include the posting (notification) specifications and posting deadlines for entry materials, standards where applicable and competition procedure for each championship.

**Reason:** *Those who are preparing to qualify need the information as timely as possible in order to plan in a rational manner.*

**Item 7** – Tabled 2010 Item 14 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 7 as follows:

2. Regional Championships may be scored on the basis of Association teams ~~((instead of))~~ in addition to scoring by club teams at the option of the Games Committee.
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))~~ according to the following:

<u>Event</u>	<u>Scored Places</u>	<u>Scoring</u>
<u>National Championship and meets of 8 or more teams</u>	<u>8</u>	<u>10-8-6-5-4-3-2-1</u>
<u>Regional Championship and meets of 4 to 7 teams</u>	<u>6</u>	<u>7-5-4-3-2-1</u>
<u>Association Championship and meets of 2 or 3 teams</u>	<u>4</u>	<u>5-3-2-1</u>

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. 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. For Masters exemption see Rule 331.2.

7. Scoring by time:

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

~~((8.))~~(b) 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.))~~8. 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. determining which))~~ team wins the most one-on-one match-ups among their five scoring members, comparing first to first, second to second, and so on through fifth place.

**Reason:** *To conform to existing practice.*

**Item 8** – Tabled 2010 Item 15 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 9 as follows:

3. Points for track and field meets shall be scored in accordance ~~((with the appropriate provisions of Rule 7 ((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 whether points are scored for relay races (one-quarter of the points earned by the team attributed to each individual from the relay final only) shall ((not be counted)) be at the discretion of the sport committee(s) and/or council(s) involved and the Games Committee, so long as such determination is made prior to the start of the meet. In case of a tie, the trophy or prize shall be awarded to the competitor winning the most first places.

**Reason:** *To conform to existing practice.*

**Item 9** – Tabled 2010 Item 66 – Submitted by George Kleeman, Rules Committee

Amend Rule 195.4 as follows:

**Head** - The head shall be a sphere. The sphere shall be (a) made of solid metal not softer than brass or (b) manufactured from a shell of such material, or a suitable polymer, entirely filled with lead or other material inserted in such a manner so that ((the material is immovable)) no internal movement is detected by feel, sight or sound. For both the solid type and the filled or shell type implements, the center of gravity shall be not more than 9mm ((6mm)) from the center of the sphere. For the shell or filled type implement which is connected to the handle by a harness, the conformance of the implement to this center of gravity specification will be ((as)) certified by the manufacturer. A filled implement may deform upon impact, but must return immediately, without human action, to the shape of a sphere after such impact. See table in Rule 195.8 for specifications.

**Reason:** *To change the specification to that used by WMA and insure conformance and to clarify the intent of the existing rule about specification by the manufacture as well as to clearly state that malleable sphere that can be flatten and not return to a spherical shape without help and egg shaped shells are illegal.*

**Item 10** – Tabled 2010 Item 92 – Submitted by Ed Gorman, Rules Committee and Kenny Emerick, Rules Committee  
Amend Rule 301 as follows:

**YOUTH DIVISION** Hammer (B-4kg, G-3kg)

*Reason: Coaching in the Youth Division is provided in the other three throwing events, and there is evidence to support introducing the Hammer for 13-14 year olds. It will afford greater opportunity to obtain college scholarships and greatly assist in becoming Olympic quality. It is becoming increasingly popular with younger athletes. Boy and girl hammer throwers sufficiently advanced for inclusion on the national high school boys and girls top 50 ranking lists (120'+ girls and 150'+ boys) are training and competing in 24 states. Many other boys and girls 13 to 14 years of age of lesser throwing ability than those on the ranking lists are training and competing in additional states. The inclusion of the 4 kg hammer for boys and the 3 kg hammer for girls is to conform to IAAF recommendations for this age group. Additionally, 2010 saw the institution of the initial Youth Olympic Games which were just concluded. This competition was for both Boy's and Girl's 14 to 18 years old. One of the championship events in the Youth Olympics is the Hammer Throw; and we had one girl and no boy's compete. In the World Junior Championships we had 2 Women and 2 Men compete, with both Men qualifying for the final and one capturing the Gold Medal while setting a IAAF Championship and USA record. We have medaled in the World Junior Hammer throw in the last two championships two Gold and one Silver. If we want to build on this success we need to have our younger hammer throw athletes competing in Championship competitions. Additionally, this will encourage and promote development of the hammer throw. And to make sure it is covered as an event for the purpose of insurance*

**NEW ITEMS (IAAF CONFORMANCE)**

**Item 11** – Move Classifications preceding Rule 1 to New Rule 141 (Item 26)

**Item 12** – Amend Article II Title as follows: **DOPING and MEDICAL**

Add New Rule 49 as follows: (IAAF – May, 2011)

1. Athletes are responsible for their own physical health and for their own medical supervision.
2. By entering into a USATF sanctioned competition, an athlete specifically releases USATF ( and its perspective members, directors, officers, employees, volunteers, contractors or agents) from any liability to the extent permitted by law for any loss, injury or damage that may be suffered in relation to or as a result of participation in such competition.

**Item 14** – Add New Rule 51 as follows:

**Medical/Safety Services at Championships**

1. Organizing Committees shall be responsible for providing adequate medical services and for taking appropriate safety/security measures during Championships. The required medical and safety/security services may vary according to following factors: the size and nature of the competition, the category and number of athletes participating, the number of support staff and spectators, the health standards of the country and the prevailing environmental conditions (climate, altitude...).
2. USATF shall issue and keep updated practical guidelines to assist Organizing Committees in providing adequate medical services and taking appropriate safety measures at Competitions.
3. Specific medical and safety requirements may be required under these Rules for certain categories of event (Road races, Race walking...).
4. The medical services and safety measures to be provided at a Championship shall include at a minimum:
  - (a) General health care for athletes and accredited persons at the main site of the competition;
  - (b) First aid and emergency care for athletes, staff, volunteers, media and spectators at the main site of the competition;
  - (c) Safety surveillance;
  - (d) Coordination of emergency and evacuation plans; and
  - (e) Coordination of any special medical services as appropriate.
5. A Medical Manager shall be appointed by the Organizing Committee for each Championship authorized within Rule 1 to prepare and coordinate the medical services and safety requirements during the competition. The Medical Manager shall be the liaison between USATF and the Organizing Committee for all medical and safety-related matters. See Rule 113.

**Item 15** – Amend Rule 110.3 as follows:

~~((The Games Committee shall appoint all Competition Officials, except those appointed in accordance with USATF Regulation 4-H.))~~ Except for Competition Officials appointed in accordance with USATF Regulation 18-J, the Games Committee shall determine the number and appointment of Competition Officials including when and how the appointments are made.

**Item 16** – Amend Rule 110.4 as follows:

...

*Timers	12	12
Photo Finish Judges	2	2
Transponder Timing Judges	2	2
Starter	1	1

...

**Item 18** – Amend Rule 122.4 as follows:

The Jury of Appeal shall determine if the decision of the Referee or the Chief Race Walking Judge is based upon adequate evidence and within the scope of the authority given to such person. If such determination is in doubt, the Jury of Appeal shall consult with all relevant persons and may consider other available evidence, including any available video evidence. The decision of the Referee or the Chief Race Walking Judge shall be upheld unless shown to be clearly erroneous. The decision of the Jury of Appeal shall be final. There shall be no further right to appeal. The Jury of Appeal may, however, reconsider decisions if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may only be undertaken prior to the presentation of awards for the relevant event unless the relevant Sports Committee/Council determines that circumstances justify otherwise. In Youth Athletics, only video designated as official by the Games Committee before the competition may be used.

**Item 19** – Amend Rule 123 as follows:

~~((The Technical Manager shall be responsible for ensuring that the track, runways, circles, arcs, sectors, and landing areas for field events and all equipment are in accordance with the Rules, and shall certify such to the appropriate Referee prior to the commencement of the competition. This will include the verification of the calibration of electronic measuring equipment.))~~

The Technical Manager shall be responsible for:

1. Ensuring that the track, runways, circles, arcs, sectors, landing areas for field events and all equipment are in accordance with the Rules and shall verify the calibration of electronic measuring equipment. Certification of such shall be made to the appropriate Referee prior to the commencement of the competition.
2. The placement and removal of equipment according to the technical organizational plan for the competition as approved by the Games Committee.
3. Ensuring the technical presentation of the competition areas is in accordance with such plan.
4. Ensuring the proper checking, marking, placement and removal of any implements permitted for the competition, according to Rule 187.10, by the Inspector of Implements.
5. Ensuring that the necessary certification under Rule 135 has been received before the competition.

**Item 20** – Amend Rule 125.2 as follows:

The Referee shall ensure that the rules and applicable USATF competition regulations are observed and shall decide upon any matters which arise during the meet, including any matter arising at competitor check-in, within the warm-up area and after the actual competition, including awards, and for which provision has not been made in these rules or any applicable competition regulation. The Referee for track events and for events outside the stadium shall have jurisdiction to decide placing((s)) in a race only when the Chief Finish Judge is unable to arrive at a decision. The Referee shall not act in a dual capacity but may take any action or decision according to the Rules based on personal observation.

**Item 21** – Amend Rule 125.4 as follows:

The decision of the Referee in all matters shall be final and without further right to appeal except in those meets or events for which a Jury of Appeal has been established for that special purpose. The Referee may reconsider a decision, whether made in the first instance or in considering a protest, on the basis of any available evidence, provided the new decision is still applicable. Normally, such re-consideration may only be undertaken prior to the presentation of awards for the relevant event or any applicable decision by the Jury of Appeal.

**Item 22** – Amend Rule 126.8 as follows:

The appropriate Field Judge(s) shall, at the completion of a trial, Rule 180.9, indicate a valid performance by raising a white flag and shall indicate a foul or non-valid performance by raising a red flag. No additional white or red flags shall be used in an event. ((See Rule 180.9.))

**Item 23** – Amend Rule 128.1 as follows:

**TIMERS, PHOTO FINISH JUDGES, TRANSPONDER TIMING JUDGES**

When an approved imaging device is properly functioning at the finish of an event, the image must be referred to the Photo Finish Judges for the primary determination of the finish times for each competitor. In the absence, or

failure, of such a device, the primary determination of the finish times shall be made by the Timers at the finish. Timers at the finish shall also be the back-up for races authorized to use a transponder timing system. Timers, Photo Finish Judges and Transponder Timing Judges shall act in accordance with Rule 165.

**Item 24** – Add New Rule 128.8 as follows and renumber:

The Chief Transponder Timing Judge shall be responsible for the functioning of the System. Before the start of the competition, this judge will meet the technical staff involved, become familiar with the equipment, shall supervise the testing of the equipment and ensure that the passing of the transponder over the finish line will record the athlete's finish time. In conjunction with the Referee, the Chief Transponder Timing judge shall ensure that provision is made for the application of Rule 165.16(g).

**Item 25** – Add New Rule 138.4 as follows and renumber:

The Clerk of Course shall place each athlete in the correct lane or position. The Clerk shall place the athletes “under the command of the Starter” by assembling them in each lane or on the common start line, at the direction of the Starter between 1m and 3m behind the start line, Rule 162.4, with each athlete in a standing position and facing in the direction of the race. When this has been completed, the assigned Clerk shall signal to the Starter that all is ready. When a new start is ordered, the assembly shall occur again.

**Item 26a** – Add New Rule 141.1 and .2 as follows:

**AGE / SEX CLASSIFICATIONS**

1. 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 and Race Walking, †))~~ 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.))~~
2. An athlete shall be eligible to compete in an age group competition under these Rules if within the age range specified in the relevant age group classification. An athlete must be able to provide proof of age as provided within the Rules of that age group classification. An athlete who fails or refuses to provide such proof shall not be eligible to compete.

**Item 26b** – Add New Rule 141.3-6 as follows:

3. Competition under these Rules is divided into men's and women's classifications, unless a Mixed Competition is organized in one of the limited cases set out in Rule 147.
4. An athlete shall be eligible to compete in men's competition if he is recognized as a male in law and is eligible to compete under the Rules and Regulations.
5. An athlete shall be eligible to compete in women's competition if she is recognized as a female in law and is eligible to compete under the Rules and Regulations.
6. The Board of Directors shall approve Regulations to determine the eligibility for women's competition of:
  - (a) athletes who have undergone male to female sex reassignment; and
  - (b) athletes with hyperandrogenism.An athlete who fails or refuses to comply with the applicable Regulations shall not be eligible to compete.

**Item 27** – Amend Rule 143.1 as follows:

In all events competitors must wear clothing that is clean, designed, and worn so as not to be objectionable. The clothing must be made of a material that is not transparent even if wet. The competitors must not wear clothing that could impede the view of the judges. Athletes' vests should have the same color on the front and back. This rule shall be enforced by the Clerk of Course for track and road events and the Chief Judge of each field event. The Games Committee may specify that it is mandatory for the color on athletes' vest to be the same on the front and back in addition to any other requirements including, but not limited to advertising and logo restrictions.

**Item 28** – Amend Rule 144.3a; Amend 144.3i as follows:

- (a) Pacing in running or walking events by persons not participating in the event, by competitors lapped or about to be lapped, or by any kind of technical device other than those permitted under Rule 144.3i.
- (i) Carrying or wearing articles of personal equipment such as wrist chronometers, heart rate monitors, speed distance monitors or stride sensors provided that such device cannot be used to communicate with any other person.

**Item 29** – Amend Rule 146.3 as follows:

Protests, at the discretion of the Games Committee or the Referee, may be made orally or in writing. For National Championships, they must be made in writing. Any protest (~~may~~) should, in the first instance, be made orally to the Referee or to the Chief Official of the event by an athlete, or by an official representative of an athlete (~~(, who has a bona fide interest in the event)~~). Such person may only protest if they are or have an athlete competing in the same round of the event to which the protest relates or are competing in a competition on which a team points score is being conducted.

**Item 30** – Amend Rule 146.5 as follows:

~~((Where a false start control apparatus is used, a))~~ A protest may be based on the failure of the Starter to recall a false start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start, and who was subject to disqualification according to Rule 162.12, shall be disqualified. ~~((Where there is no disqualification of any athlete according to Rule 162.12,))~~ Whether or not there is any disqualification, the Referee shall have the authority to declare the event void and that it shall be held again if in his or her opinion justice demands it.

**Item 31** – Amend Rule 146.8 as follows:

Where a Jury of Appeal has been established to consider appeals of decisions of the Referee as to matters which developed during the conduct of the event, appeals must be made in writing by an athlete, or by an official representative of an athlete, ~~(( ))~~ within 30 minutes of the official announcement of the amended result of an event arising from the decision made by a Referee, or of the advice being given to those making the protest, where there is no amendment of any result. In the case of long distance races, the time period shall be 24 hours. For cross country and the Professional Section of road races the time shall be 30 minutes. Such person may only appeal if they are or have an athlete competing in the same round of the event to which the appeal relates or are competing in a competition on which a team points score is being conducted.

**Item 32** – Amend Rule 147 as follows:

For all competitions held completely in the stadium, mixed events between male and female participants shall not normally be permitted. However, authorization for such mixed competition in field events and in races of 5000 meters or longer may be made for a competition by the Chair or designee of the appropriate sport committee or council. Where mixed competitions are conducted in Field Events, separate result cards should be used and results declared for each gender.

**Item 33** – Amend Rule 149 as follows:

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

2. Performances made outside traditional athletics facilities (such as those held in town squares, other sporting facilities, beaches, etc.) shall only be valid and recognized for all purposes, if they are made subject to all of the following conditions:

- (a) the appropriate governing body has issued a sanction for the event;
- (b) a qualified panel of Officials are appointed to and officiate at the event;
- (c) where applicable, equipment and implements in conformity with the Rules are used; and
- (d) the event is conducted on an event site or facility in conformity with the Rules and in respect of which a certificate under Rule 135 is issued by an Official Surveyor based on measurements taken on the day of the event.

**Item 34** – Amend Rule 160.4 as follows:

The direction of the running or walking on the oval track shall be left hand inside, except for track events longer than 100 miles or 12 hours. In such events, competitors may, at the discretion of the Race Director, be permitted to reverse direction around the track at regular intervals.

**Item 35** – Amend Rule 160.6 as follows:

The start of a race shall be indicated by a white line 5cm wide marked on the track or ground. In the case of events starting outside the stadium the start line may be up to 30cm in width and maybe of any color contrasting distinctively with the surface or the finish area. In all events, the starting line and the finish line shall be so painted or laid down (~~upon the track~~) so that the distance of the race shall be measured from the edge of the start line farther from the finish line to the edge of the finish line nearer to the start line.

**Item 36** – Amend Rule 161.4 as follows:

Starting blocks linked to an IAAF-approved false start control (~~detection~~) apparatus may be used at any competition, and shall be used in Open Men's and Women's National Championships and USA Olympic Selection competition to assist the Starters. The apparatus shall emit an acoustic signal, audible to the Starter, or assigned Recall Starter, whenever the reaction time of the athlete detected by the apparatus is less than 100/1000<sup>th</sup> of a second. The Starter and/or an assigned Recall Starter with no other duties shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus detects a false start. As soon as the Starter and/or assigned Recall Starter hears the acoustic signal, and if the gun is fired, there shall be a recall. The Starter shall immediately examine the all available numerical and graphical information generated by the false start control apparatus in order to confirm which athlete(s), if any, is/are responsible for the false start. Unless the apparatus was obviously not working properly, a false start shall be charged to the athlete(s) with a reaction time faster than 0.1 of a second. In addition to the acoustic signal, a recall signal shall be an automated function of the false start detection apparatus when such function is available.

**Item 37** – Amend and Reorganize Rule 162 as follows:

### **THE START**

1. When starting, all competitors must be behind the starting line and they must not touch the starting line or the surface in front of it with any part of the body. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.
2. All questions concerning the start shall be decided by the Starter.
3. Prior to each running event, the Starter or designee shall give instructions to competitors concerning the commands to be used. Before any starting commands, the Starter shall ascertain that the applicable Timers, Finish Line Judges, Photo Finish Judges and the Wind Gauge Operator, are ready.
4. In races where the competitors are not placed behind the same starting line (i.e., races of 200m to 800m on oval tracks), the Starter should use a microphone transmitting to speakers positioned at or near the starting line in each lane. Where such a device is not used, the Starter shall so be placed that the distance between the Starter and each of the competitors is approximately the same.
5. Except for time handicap races, all running and walking events shall be started by the report of a pistol or approved device fired upward. The starting device should be held to provide a background against which the flash/smoke is clearly discernible.

- (a) Where a pistol is used, it should be of not less than .32 caliber, with black powder shells giving a distinct flash/smoke, except in indoor competition, where a .22 caliber pistol may be used.
- (b) When an electronic tone is used, it shall be of suitable loudness and shall simultaneously activate a flash/strobe.
- (c) In time handicap races, the start command "Go" may be used.
6. The commands of the Starter shall be:
- In races not exceeding 400 meters, "on your marks" and "set".
  - In races longer than 400 meters, "on your marks".
- The Starter may assemble the competitors at an actual or imaginary line behind the starting line before the command "on your marks." The assembly line is normally between 1m and 3m behind the starting line. No later than the command "on your marks," the Starter shall raise the hand with the pistol or flash/starting device. That hand shall remain extended above the head until the start signal has been generated. During that time, the hand without the pistol/starting device shall remain at the Starter's side.
- NOTE 1:** *The above may be modified to accommodate the hearing impaired.*
- NOTE 2:** *To facilitate hand timing, the Starter may signal the Timers just prior to the "set" command.*
7. In races up to and including the 400 Meters and lead-off relay legs not exceeding 400 meters, a crouch start and starting block must be used, unless prohibited by a permanent physical disability. Each competitor must, after the "on your marks" command, assume a position completely within the assigned lane and behind the start line. Both hands and at least one knee must be in contact with the ground and both feet in contact with the foot plates of the starting block. At the "set" command, the competitor should immediately rise to a final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the block. After the Starter has ascertained that all competitors are "set", the pistol/starting device shall be fired.
8. In races longer than 400 Meters, all starts shall be made from a standing position. Each competitor must, after the "on your marks" command, assume a position behind the start line and if applicable, completely within the assigned lane, without a starting block and shall not touch the ground with his/her hand or hands during the start. After the Starter has ascertained that all competitors are steady and in the correct starting position, the pistol/starting device shall be fired.
9. On the command "on your marks," or "set" as the case may be, all competitors shall at once and without delay assume their full and final starting position.
10. The starter shall not fire the pistol/starting device, or give the start command, while any competitor is in motion after the command "set", when appropriate, nor before the Starter has ascertained that each competitor is steady and in the correct starting position.
11. Should the Starter or any Recall Starter (~~have occasion to warn the competitors on any point, or is~~) not be satisfied that all is ready to proceed after the competitors are on their marks, he/she shall cancel the start and order the competitors to "stand up." Upon reassembly, a green card shall be shown to all the athletes to indicate that a violation was not committed by any athlete.
12. A competitor, after assuming a full and final set position, shall not commence his/ her start until after receiving the report of the pistol/starting device. If, in the judgment of the Starter, the athlete does so any earlier, it will be deemed a false start.
- NOTE:** When an IAAF approved false start control apparatus is in operation, the evidence of this equipment shall normally be accepted as conclusive by the Starter See Rule 161.4.
13. Except in Combined Events, any competitor(s) responsible for the false start shall be disqualified and a red card/flag shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s). For Combined Events, see Rule 200.3c.
- NOTE:** In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.
14. In handicap races, the Starter shall disqualify from that event any competitor who attempts to advance from his/her mark, as prescribed in the official program, after the Starter has given the final oral command.

15. The Starter or any Recall Starter, after the start signal, who is of the opinion that the start was not fair, or who hears the false start acoustic signal generated by a false start detection apparatus, see Rule 161.4, shall recall the competitors by firing a pistol or sounding a distinctive recall tone.

**NOTE:** *Except for Rule 252.1, a recall, for a fall by a competitor, shall occur only when the opinion of a member of the start team is such that the fall is wholly part of an "unfair start". Any incident recalled for an "unfair start" must have taken place within close proximity to the start line and be clearly associated with the start.*

16. The Starter or any Recall Starter shall abort the start, and report to the Referee for improper conduct or for acting in an unsporting manner, an athlete who:

- (a) after the command "on your marks" or "set" as appropriate, and before the report of the pistol/starting device, signals to abort the start by an action such as raising a hand or standing from a crouched position and does not provide a valid reason for such action; or
- (b) in their judgment, fails to comply with the provisions of the command "on your marks" or "set" as appropriate, does not attain a full and final starting position after a reasonable time, or requires a warning on any provision of Rule 162; or
- (c) in their judgment, after the command "on your marks", disturbs other competitors in the race through sound or otherwise; or
- (d) in their judgment, any other misconduct by a competitor at the start.

In these cases, the Referee shall act in accordance with Rule 125.8 and/or Rule 145.2, warning or disqualifying (in case of a second infringement of the Rule during the same competition) upon validation of the report. When an extraneous reason was determined the cause for aborting the start or the Referee does not agree with the Starter's decision, a green card shall be shown to all the athletes to indicate that no violation was committed by any athlete.

17. In races with more than 12 competitors that do not start in lanes, competitors may be divided into two groups with one group of approximately 65 percent of the competitors on the regular arced starting line and the other group on a separate arced starting line marked across the outer half of the track. The outer group shall run as far as the end of the first turn on the outer half of the track.

**Item 38** – Amend Rule 162.12; Amend 200.3c as follows:

162.12 Except in Combined Events, any competitor(s) responsible for the false start shall be disqualified and a red and black, diagonally halved, card/flag shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s). For Combined Events, see Rule 200.3(c).

200.3c No penalty shall be imposed for the first false start, but the Starter shall disqualify the offender or offenders on the second false start. In case of a first false start, the competitor(s) responsible for the false start shall be warned and a yellow and black, diagonally halved, card/flag raised in front of the respective athlete(s) and a corresponding indication shown on the respective lane marker(s). False starts are called on individuals, not on the field.

**Item 39** – Amend Rule 162.16 as follows:

In races where the competitors are not placed behind the same starting line (i.e., races of 200m to 800m on oval tracks), the Starter should use a microphone transmitting to speakers positioned at or near the starting line in each lane relaying the commands and any start and recall signals to all competitors at the same time. Where such a device is not used, the Starter shall so be placed that the distance between the Starter and each of the competitors is approximately the same.

**Item 40** – Amend Rule 163.5 as follows:

Each competitor must keep in the lanes outside the line or curb marking the inside of the track, including the diversion from the track for the steeplechase water jump. In races run entirely in lanes, each competitor must keep in the allotted lane from start to finish. In races run partially in lanes, each competitor must keep in the allotted lane from the start to the marked cut-in points. Unless a material advantage has been gained or the athlete is in violation of Rule 163.4, a competitor shall not be disqualified if he or she:

- (a) is pushed or forced by another competitor to (~~run~~) step out of the lane, or

- (b) ~~((runs))~~ steps out of the lane on the straightaway, or  
(c) ~~((runs))~~ steps outside of the outer lane line on the curve.

Excluding the above exceptions, the Referee shall disqualify a competitor if an Umpire reports that the competitor has ~~((run))~~ stepped out of the lane.

**NOTE:** Material advantage includes improving position by any means, including exiting from a “boxed” position in the race by having stepped or run inside the inside edge of the track.

**Item 41** – Amend Rule 164.4 as follows:

The finish line on the ~~((track))~~ surface, while theoretically of no appreciable width must actually have some width so that it may be more readily observed. This line should have a width of 5cm ~~((on the track and no less than 5cm on the road or course))~~. In the case of events finishing outside the stadium the finish line may be up to 30cm in width and may be of any color contrasting distinctively with the surface of the finish area.

**Item 42** – Amend Rule 165.7 as follows:

- (a) For all hand-timed races on the track, unless the time is an exact 0.1 second, the time shall be converted and recorded to the next longer 0.1 ~~((the times shall be recorded to 1/10<sup>th</sup>))~~ second, e.g., 10.11 shall be recorded as 10.2. ~~((The times for))~~ For races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole ~~((full))~~ second, e.g., ~~((for the Marathon 2h.))~~ 2:09:44.3 shall be recorded as 2:09:45.
- (b) If the hand of the watch stops between two lines indicating the time, the longer time shall be accepted.
- (c) When the time displayed on electronic, manually operated digital timers includes decimal place values greater than zero, the recorded time shall be the displayed time rounded up to comply with the provisions of 7(a), above. E.g., ~~((for the Marathon, displayed times of 2:09:44.001 or 2:09:44.01 shall be recorded as 2:09:45.))~~ For the track, a displayed time of 1:45.209 shall be recorded as 1:45.3 and a displayed time of 47.31 shall be recorded as 47.4. For outside the stadium, a displayed time of 2:09:44.001 or 2:09:44.01 shall be recorded as 2:09:45, a displayed time of 31:00.00 is rounded to and recorded as 31:00 and a displayed time of 31:00.01 is rounded to and recorded as 31:01.

**Item 43** – Amend Rule 165.10 as follows:

... The overall delay between the report from the pistol or the initial sound of the electronic tone and the start of the timing system must be constant and equal to or less than 0.001 second ~~((1 millisecond))~~.

**Item 44** – Amend Rule 165.11 as follows:

Reformat all examples of time reading and reporting to conform to the editorial changes made in Rule 165.7, Item 42.

**Item 45** – Amend Rule 166.1a as follows:

In individual races up to and including the 800 Meters, and relays up to and including the 4x400 Meters, the number of competitors on the track in a race, at the start, shall not exceed the number of lanes on the track for that event, excluding all lanes which would not qualify for record purposes. As an exception, in the first round ~~((of the outdoor))~~ for competitions listed in Rule 10 and Rule 27, or in any round for other competitions, ~~((800 Meters,))~~ up to 12 runners may start the 800 Meters using the procedure in Rule 162.18. This exception and procedure shall also apply where there are more athletes competing than lanes available due to advancement by a Referee.

**Item 46** – Amend Rule 166.1(d) as follows:

First round seeding, including sections, is derived from the ranked list of declared athletes, arranged in order of qualifying times. For qualifying periods that span more than 12 months, marks prior to the current year (or current season in the case of indoor meets) shall be ranked following the ranking of all other marks. Entrants who have no mark shall be listed randomly following all those who have a qualifying mark. At the discretion of the appropriate Sport Committee, a preliminary qualification round, limited to athletes who have not met the entry standard for an event, may be contested for competitions listed in Rule 10, Rule 11 and Rule 27.

**Item 47** – Amend Rule 168.3 as follows:

All races shall be run in lanes. Each athlete shall jump each hurdle and shall keep to his or her own lane throughout. In addition to the applicable provisions of Rule 163, a competitor shall be disqualified if ~~((he/she))~~:

- (a) ~~((trails the))~~ his/her leg or foot is, at the instant of clearance, beside the hurdle (on either side) below the horizontal plane of the top of any hurdle ((at the instant of clearance)); or
- (b) in the opinion of the Referee, he/she deliberately knocks down any hurdle.

**Item 48** – Amend and Reorganize Rule 170; Amend Rule 217 as follows:

**RULE 170 – RELAY RACES**

1. The standard distances for outdoor shall be: 4x100m, 4x200m, 4x400m, 4x800m, 4x1500m, ‘Swedish’ Medley Relay (100, 200, 300, 400) and Sprint Medley Relay (200, 200, 400, 800). The standard distances for indoor shall be: 4x400m, 4x800m, Sprint Medley Relay (400, 200, 200, 800) and Distance Medley Relay (1200, 400, 800, 1600).

NOTE: For indoor relay event procedure, see Rule 217

2. ~~((1-))~~ Lines 5cm wide shall be drawn across the track to mark the distances of the ~~((stages))~~ legs and to denote the scratch line.
3. ~~((2-))~~ Each take-over zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.  
~~((3. The zone center lines of the first take over zones for the 4x400 (or the second zones for the 4x200) are the same as the start lines for the 800 Meters.~~
4. ~~The take over zones for the second and last take overs (4x400) will be the 10m lines either side of the start/finish line.)~~
4. ~~((25-))~~ The relay baton shall be a smooth hollow circular tube made of wood, metal or other rigid material in one piece. Its length shall be between 28 and 30cm. Its ~~((circumference shall be 12-13cm))~~ outside diameter shall be 4cm ±2mm and it shall weigh not less than 50g. It should be a color so as to be clearly visible during the race. No material or substance may be applied to the baton. In road relay races, in lieu of a baton, runners shall exchange a sash or wristband provided by race officials.
5. ~~((44-))~~ Check Marks. When all or the first portion of a relay race is being run in lanes, a runner may place one check mark on the track within his/her own lane, by using self-adhesive tape, maximum 5cm x 40cm, of a distinctive color which cannot be confused with other permanent markings. For a cinder or grass track, the runner may make a check mark within his/her own lane by scratching the track. In either case no other check mark may be used.

NOTE: For Youth Athletics exceptions, see Rule 302.2(f).

5. ~~The breakline are across the track at the entry to the back straight showing the positions at which the second stage runners (4x400) and third stage runners (4x200) are permitted to leave their respective lanes, shall be marked and identical to the breakline are for the 800 Meters event, described in Rule 160.8(c).~~

NOTE: For rule applicable to relays for Indoor competitions, see Rule 217.

6. ~~The 4x100 and, where possible, 4x200 Meters Relay, shall be run entirely in lanes. In the 4x200 (if this event is not run entirely in lanes) and 4x400 Meters Relay, the first lap, as well as that part of the second lap up to the line after the first bend (breakline), will be run entirely in lanes.~~

NOTE: In the 4x200 and 4x400 Meters Relay, where not more than 4 teams are competing, it is recommended that only the first bend of the first lap should be run in lanes)

6. The 4x100m race shall be run entirely in lanes.

7. The 4x200m race may be run in any of the following ways:

- (a) where possible, entirely in lanes,
- (b) in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 160.8(c), where runners may leave their respective lanes,
- (c) in lanes for the first leg up to the nearer edge of the breakline marked and described in Rule 160.8(c), where runners may leave their respective lanes.

NOTE: Where not more than four teams are competing, option (c) is recommended.

8. The 4x400m race may be run in either of the following ways:

- (a) in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 160.8(c), where runners may leave their respective lanes,

- (b) in lanes for the first leg up to the nearer edge of the breakline marked and described in Rule 160.8(c), where runners may leave their respective lanes.
- NOTE: Where not more than four teams are competing, option (b) is recommended.
9. The 4x800m race may be run in either of the following ways:
- (a) in lanes for the first leg up to the nearer edge of the breakline marked and described in Rule 160.8(c), where runners may leave their respective lanes,
- (b) without the use of lanes.
10. The ‘Swedish’ Medley Relay and the outdoor Sprint Medley Relay races shall be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline marked and described in Rule 160.8(c), where runners may leave their respective lanes.
11. The 4x1500m race shall be run without the use of lanes.
12. ~~((7. In races of))~~ In the 4x100m, 4x200m and ((all)) other relay races where the ((incoming runner is running a leg of)) distance of an incoming leg is 200m or less, ((members of a team other than the first runner)) the outgoing member of the team may commence running not more than 10m outside the take-over zone ((see paragraph 2 above)). A distinctive mark shall be made in each lane to denote this extended limit. If a runner does not follow this Rule, his/her team shall be disqualified.
- ~~((8. In the 4x400 Meters Relay, at the first take over, which is carried out with the athletes remaining in their lanes, the second runner is not permitted to begin running outside the take over zone, and shall start within this zone. Similarly, the third and fourth runners shall begin running from within their take over zones. The second runners in each team shall run in lanes as far as the nearer edge of the breakline after the first turn where the runner may leave their respective lanes.~~
- NOTE: To assist competitors in identifying the breakline, small cones or prisms (5cm x 5cm no more than 15cm high), preferably of a different color from the breakline and the lane lines, may be placed on the lane lines immediately before the intersection of each lane line and the breakline.)
13. In the 4x400m, 4x800m, 4x1500m races, the last two legs of the outdoor Sprint Medley Relay and the final takeover in the ‘Swedish’ Medley Relay runners are not permitted to begin running outside their take-over zones, and shall start within the takeover zone. If a runner does not follow this Rule, his/her team shall be disqualified.
14. ~~((9. The runners in the third and fourth legs of the 4x400 Meters Relay))~~ In the 4x400m race, the third and fourth leg runners, and in the ‘Swedish’ Medley Relay and outdoor Sprint Medley Relay, the final leg runner, shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they ((complete)) pass the point 200m from the finish of their leg ((200m of their legs)). Once the incoming runners have passed this point, the waiting runners shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. ((Should any runner not comply with this paragraph, his/her team shall be disqualified.)) If a runner does not follow this Rule, his/her team shall be disqualified.
- NOTE: In the 4x200m relay race, not run entirely in lanes, the runner in the fourth leg shall line up in the order of the start list (inside to out).
15. ~~((10.))~~ In any ((relay)) race, when lanes are not used, for a given exchange, waiting runners may take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another runner so as to impede that runner’s progress. In the 4x200m, 4x400m, ‘Swedish’ Medley Relay and outdoor Sprint Medley Relay, waiting ((athletes)) runners shall maintain the order in accordance with ((paragraph 9)) Rule 170.14. If a runner does not follow this Rule, his/her team shall be disqualified.
- ~~((12. The baton shall be carried by hand throughout the race. If dropped, it shall be recovered by the athlete who dropped it. He/she may leave the assigned lane to retrieve the baton, provided no other runner is impeded and provided that by doing so, the distance to be covered is not lessened.~~
13. Competitors are not permitted to wear gloves or place substances on their hands in order to obtain a better grip of the baton.))
16. The baton shall be carried by hand throughout the race. Competitors are not permitted to wear gloves or to place material (other than those permitted by Rule 144.2(g)) or substances on their hands in order to obtain a better grip of the baton. If dropped, it shall be recovered by the runner who dropped it. He/she may leave any assigned lane to retrieve the baton provided that, by doing so, the distance to be covered is not lessened. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running

(including beyond the finish line), the runner who dropped it, after retrieving it, must return at least to the point where it was last in hand, before continuing in the race. Provided these procedures are adopted where applicable and no other runner is impeded, dropping the baton shall not result in disqualification. Otherwise, if a runner does not follow this Rule, his/her team shall be disqualified.

17. ~~((14. In all relay races, the))~~ The baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of only the receiving runner. In relation to the take-over zone, it is only the position of the baton that is decisive ((; and not the position of the bodies or limbs of the runners)). Passing the baton outside the take-over zone shall result in disqualification.

~~((15. In road relay races, in lieu of a baton, runners shall exchange a sash or wristband provided by race officials.))~~

18. ~~((16.))~~ Runners, before receiving and/or after handing over the baton, should remain in their respective lanes or maintain position ((zones, in this latter case,)) until the course is clear to avoid obstruction to other competitors. Rule 163.5 shall not apply to these athletes ((in this situation)). Should any runner willfully impede a member of another team by running out of position or lane at the finish of the leg, the team of the impeding runner shall be disqualified.

19. ~~((17.))~~ Assistance by pushing ((eff)) or by any other method shall result in disqualification.

20. ~~((18.))~~ In all relay races, not more than six (6) athletes may be entered for each team. Any four athletes from among those entered for the competition, whether for the relay or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team ~~((for subsequent rounds)).~~ The composition of the relay team and the order of running shall be officially declared no later than one ~~((half))~~ hour before the published ~~((starting))~~ first call time for the first heat of each round of the competition. Further alterations may be made only on medical grounds (verified by a medical officer appointed by the Games Committee) and only until the final call for the particular heat in which the team is competing. Each member of a relay team may run one leg only. ~~((Should a team not comply with this rule, it shall be disqualified.))~~ If a team does not follow this Rule, it shall be disqualified.

**NOTE:** For Youth Athletics exceptions, see Rule 302.3.

~~((19. In all relay races, not more than six (6) athletes may be entered for each team, and the team of four (4) to start must be selected from the six (6) entered.))~~

21. ~~((20.))~~ In the case of a handicap relay race, the runner on the first leg is allowed the total handicap allowed each team. While the order of running may be changed as between the second, third, and fourth members of the team, there may be no change in the first runner who has been allowed the team's handicap. In all handicap medley races, the longest distance must be run first.

~~((21. In the sprint medley known as the "Swedish" relay, the order of running in outdoor competition shall be: 100, 200, 300, and 400 meters, and for indoor competitions: 400, 200, 200, and 300 meters.))~~

22. Unless otherwise herein permitted for international competition, or as stated upon the entry blank issued for an athletic meet other than for a National, Regional or Association Championship of USATF, all members of each relay team must be duly accredited representatives of a single club, school, college, or athletic organization.

**NOTE:** For Masters exception, see Rule 332.2(g).

23. For Championships held on more than a single day, heats shall be held for relay races, if necessary. For Championships held on a single day, relays may be conducted in sections.

24. All members of the relay team must be identifiable as team members. Team identification shall be clearly visible and shall distinguish one team from another. Where this is not accomplished by the meet's issuing items such as letters or distinguishing numbers, team members shall wear an identifying article, such as an identical singlet or shirt.

**NOTE:** For Youth Athletics exception, see Rule 302.3(d).

## **RULE 217 – RELAY RACES**

1. ~~((In the 4x200 Meter Relay all of the first stage and the first turn of the second stage shall be run in lanes. At the end of this turn, there shall be a 5cm wide line (breakline) marked as specified in Rule 160.8 to indicate where each athlete can break from his/her lane. Rule 170.7 shall not apply.))~~ The 4x200 Meter Relay shall be run in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline used for the

individual 800m at the end of the first turn, as described in Rule 160.8(c), where runners may leave their respective lanes. Rule 170.12 shall not apply.

2. In the 4x400 Meter Relay and the indoor Sprint Medley Relay, the first two turns shall be run in lanes. Thus the same breakline will be used as for the individual 400 meter race.
3. In the 4x800 Meter Relay, the first turn shall be run in lanes. Thus the same breakline will be used as for the individual 800 meter race.

**NOTE:** *Due to the narrow lanes, indoor relay races have a greater liability for collisions and unintended obstruction than outdoor relay races. It is therefore recommended that when possible an empty lane be left between each team.*

4. The Distance Medley Relay shall be run without the use of lanes.
5. ~~((4-))~~ The runners in the third and fourth legs of the 4x200 Meters Relay and in ~~((the second, third and fourth legs of the))~~ each leg other than the first of the indoor Sprint Medley Relay, Distance Medley Relay, 4x400 Meters Relay and 4x800 Meters Relay shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last turn before the exchange. Once the incoming runners have passed this point, the waiting runners shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. Should any runner not comply with this paragraph, his/her team shall be disqualified.

**Item 49** – Amend Rule 180.1 as follows:

The Referee shall have the power to change the time or location of the competition in any field event after it has started only if extreme conditions warrant it. Whenever it is feasible, such a change shall be made only after a round in progress has been completed.

**NOTE:** *The fact that the wind direction has changed is never a justification for changing the time, or reversing the direction of the runway, or changing the direction of throwing, after the event has started.*

**Item 50** – Amend Rule 180.4f as follows:

~~((In the USA Indoor, Outdoor, Olympic Team Selection, and Junior Outdoor Track and Field Championships, the order of competition for the fourth and fifth round shall be in reverse order of the best performance in the first three trials, and the order of competition for the final round shall be in reverse order of the best performance in the first five rounds.))~~ In all ~~((other))~~ competitions, the order of competition for the final three trials shall be in reverse order of the best performance in the first three trials ~~((, or in the order used for the above mentioned Championships, as determined by the Games Committee prior to the competition))~~. When the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw. If a competitor is permitted by the Referee to continue in a competition under protest in accordance with Rule 146.6(b), such competitor shall compete in subsequent rounds before all others continuing in the competition and if more than one, then in the same relative order according to the original draw.

**Item 51** – Amend Rule 180.4h as follows:

All fair attempts in horizontal jumps and throws competitions should be measured immediately after each attempt. The result of every legal performance shall be recorded. If a competitor forgoes a trial, it shall be recorded with a dash (-). A failure shall be recorded with an 'X'.

**Item 52** – Amend Rule 180.5e as follows:

Where there are enough competitors to warrant it, it is recommended that the qualifying competition be divided into two or more groups at random. Unless there are facilities for the groups to compete at the same time under similar conditions, each group shall commence its warm-up immediately after the previous group has finished.

**Item 53** – Amend Rule 180.8c as follows:

If a competitor is entered in both a track and a field event, or in more than one field event taking place simultaneously, the appropriate Referee or Chief Field Judge may, for one round at a time, or for each trial in High Jump and Pole Vault, allow the competitor to take a trial out of the regular order. If the athlete subsequently is not present for any trial, it shall be deemed that the athlete is passing once the period allowed for the trial has elapsed. ~~((In the case of the High Jump and Pole Vault, if a competitor is not present when all other competitors who are~~

~~present have completed the competition, the Referee shall deem that such competitor has abandoned the competition once the period for one further trial has elapsed.)~~

**Item 54** – Amend Rule 180.13c as follows:

Once a competition has begun, competitors are not permitted to use implements, including poles, for practice purposes or to use the throwing circles, runways, or area within the sectors for practice trials, with or without implements. See Rule 180.6, which authorizes practice or warm-up when an event is conducted in flights.

**Item 55** – Amend Rule 180.16 as follows:

(a) In the jumping events, the length of the run is unlimited.

(b) ~~For the Long Jump, Triple Jump and Pole Vault, the minimum length of ((runways is 40m))~~ the runway measured from the relevant take-off point shall be 40m ((for the Long Jump, Triple Jump and Pole Vault)). Where conditions permit, this minimum shall be 45m. The runway ((should)) shall have a width of 1.22m ±0.01m. The runway ((should)) shall be bordered by white lines 5cm in width. In addition, meet management may mark the entire runway outside its edge to indicate the distance from the take-off point.

(c) ~~For the High Jump, the minimum apron ((is)) shall be a 15m semicircle surrounding the standards. ((On athletic fields used for Championship competitions, the minimum length suggested for runways is 20m for the High Jump apron and 45m for the Long Jump, Triple Jump, and Pole Vault runways))~~ Where conditions permit, this minimum shall be 20m. ((The runway should have a width of 1.22m ±0.01m (4 ft.). The runway should be bordered by white lines 5cm in width (except in the High Jump). In addition, meet management may mark the entire runway outside its edge to indicate the distance from the take-off board or the top of the back of the stop board.))

**Item 56** – Amend Rule 181.6 as follows:

A competitor shall have the discretion to commence jumping or vaulting at the starting height or at any subsequent height. A competitor who forgoes a trial at a height thereby forfeits the right to jump again at that height. Such competitor may, however, jump at that height in a jump-off to break a tie for first place. Three consecutive failures, regardless of the height at which such failures occur, disqualifies the competitor from further competition except in the case of a jump-off to break a tie for first place. If a competitor is not present when all other competitors who are present have completed the competition, the Referee shall deem that such absent competitor has forfeited the right to continue in the competition once the period for one further trial has elapsed.

**Item 57** – Amend Rule 181.7 as follows:

Unless there is only one competitor remaining who has won the competition:

(a) the bar ~~((should))~~ shall never be raised by less than 2cm in the High Jump and 5cm in the Pole Vault after each round; and

(b) the increment of the raising of the bar ~~((should))~~ shall never increase. ...

**Item 58** – Amend Rule 181.9d as follows:

If it concerns first place, the competitors tying shall jump-off, described as follows, unless otherwise decided either in advance according to the Technical Regulations applying to the competition, or before the start of the event by the appropriate Referee. If no jump-off is held, including where the relevant competitors at any stage decide not to jump further, the tie for first place shall stand. This rule shall not apply to the Combined Events.

**Item 59** – Amend Rule 181.9(d)v as follows:

A competitor who does not jump at any height automatically forfeits any claim to ~~((first))~~ the higher place. If only one other competitor remains, ~~((and has made an attempt,))~~ that competitor is declared the winner regardless of whether that height is ~~((cleared or not))~~ attempted.

**Item 60** – Amend Rule 183.8 as follows:

Pole Construction - The pole may be of any material or combination of materials and of any length or diameter, but the basic surface must be smooth. The pole may have ~~((protective))~~ layers of tape at the grip end, to protect the hand, and of tape and/or any other suitable material, such as a sleeve, at the bottom end, to protect the pole. ~~((such~~

as a protective sleeve to protect the pole when placing it in the vaulting box.)) Any tape at the grip end must be uniform except for incidental overlapping and must not result in any sudden change in diameter, such as the creation of any 'ring' on the pole.

NOTE: The pole may be taped in either direction.

**Item 61** – Add, Amend and Reorganize Rule 184, Rule 185 and Rule 186 as follows:

**RULE 184 HORIZONTAL JUMPS – GENERAL RULES**

**Take-off Board -**

1. The jump or take-off should be from a board.

NOTE: For Youth Athletics specifications, see Rule 302.5(d).

2. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.

3. **Construction** - The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure 1.22m ± 0.01m long, 20cm (±2mm) wide and not more than 10cm deep. It shall be white.

4. **Plasticine Indicator Board** - This shall consist of a rigid board, 10cm (±2mm) wide and 1.22m ± 0.01m long made of wood or any other suitable material and shall be painted in a contrasting color to the take-off board. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of 7mm (±1mm). The edges shall either slant at an angle of 45 degrees with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45 degrees. Where possible, the plasticine should be of a third contrasting color. The upper part of the indicator board shall also be covered by a plasticine layer for approximately the first 10mm along its entire length. See Figures 6a and 6b. When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot. The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid. The layer of plasticine shall be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprints of the competitors.

NOTE 1: When weather conditions dictate, particularly in very hot or wet weather, the plasticine boards should be protected from the elements before they are installed.

NOTE 2: It is helpful to have spare plasticine boards available so that competition is not delayed.

**Landing Area -**

6. The landing area shall have a minimum width of 2.75m and a maximum width of 3m. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

NOTE: When the axis of the runway is not in line with the centre line of the landing area, a tape, or if necessary, two tapes, should be placed along the landing area so that the above is achieved.

7. The landing area, to a minimum depth of 30cm, should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

**Distance Measurements -**

8. The measurement of each jump shall be made immediately after the trial. The measurement of the jumps shall be made at right angles from the take-off line, or the take-off line extended, to the nearest break in the landing area made by any part of the body of the competitor (including shoes and uniform). The measurement mark in the landing area, for all attempts, shall be preserved until removal is authorized by the Chief Judge for the event.

NOTE: In order to insure correct measurement of any jump, it is essential that the surface of the sand in the landing area should be accurately controlled so as to be level with the top of the take-off board. For measurements, see Rule 148.2(b)i.

9. **Wind Measurement** - See Rules 163.10 through 163.14 for wind gauge placement, operation and reading requirements.

**RULE 185 LONG JUMP**

**Take-off Board -**

1. It is recommended that the distance between the take-off board and the end of the landing area shall be at least 10m.

2. The take-off board should be not less than 1m nor more than 3m from the landing area.

**Competition -**

3. The length of the run is unlimited. Each competitor shall be credited with the best of all his/her jumps.

4. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand.

~~((2. The jump or take-off should be from a board.~~

**NOTE:** *For Youth Athletics specifications, see Rule 302.5(d).*

3. The measurement of the jumps shall be made at right angles from the take off line, or the take off line extended, to the nearest break in the landing area made by any part of the body of the competitor (including shoes and uniform). The measurement mark in the landing area, for all attempts, shall be preserved until removal is authorized by the Chief Judge for the event.

**NOTE:** *In order to insure correct measurement of any jump, it is essential that the surface of the sand in the landing area should be accurately controlled so as to be level with the top of the take off board. For measurements, see Rule 148.2(b).i.)*

5. It shall be counted as a failure or foul if any competitor:

(a) while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or

(b) takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or

(c) employs any form of somersaulting whilst running up or in the act of jumping; or

(d) after taking off, but before first contact with the landing area, touches the runway or the ground outside the runway or outside the landing area; or

(e) in the course of landing, touches the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or

(f) when leaving the landing area, makes first contact by foot with the ground outside the landing area that is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing.

**NOTE 1:** It is not a failure if a competitor runs outside the white lines marking the runway at any point.

**NOTE 2:** It is not a failure under Rule 185.5(b) if a part of a competitor's shoe/foot is touching the ground outside either end of the take-off board, before the take-off line.

**NOTE 3:** It is not a failure if in the course of landing, a competitor touches, with any part of his body, the ground outside the landing area, unless such contact contravenes Rule 185.5(d) or (e).

**NOTE 4:** It is not a failure if a competitor walks back through the landing area after having left the landing area in a correct way.

**NOTE 5:** Except as described in Rule 185.5(b), if a competitor takes off before reaching the board it shall not, for that reason, be counted as a failure.

~~((a) with any part of the body, whether running up without jumping or in the act of jumping:~~

~~i. touches the ground on the runway immediately beyond the take-off line, as evidenced by a mark in the plasticine or other marker material, or~~

~~ii. touches the ground between the marker material or the take-off line extended and the landing area; or~~

~~(b) If no plasticine or other marker material is being used, breaks the plane of the take-off line with the foot; or~~

~~(c) takes off to either side of the take-off board, whether beyond or behind the take-off line extended; or~~

~~(d) in the course of landing, touches the ground outside the landing area nearer to the take-off line extended than the nearest break in the landing area made by the jumper; or~~

~~(e) when leaving the landing area, makes first contact by foot, which is considered leaving, with its border or the ground outside the pit closer to the take-off line than the nearest break made in the sand.~~

~~(f) employs any form of somersaulting prior to contact in the landing area.~~

**NOTE 1:** *Except as described in Rule 185.4(c), if the competitor takes off before reaching the take-off line, it shall not for that reason be counted a failure or foul.*

**NOTE 2:** *It is not a foul if the competitor runs outside the white lines marking the runway at any point.*

**NOTE 3:** *It is not a foul if, in the course of landing, the competitor touches the ground outside the landing area, with any part of their body, unless such contact is the first contact or contravenes Rule 185.4(d).*

5. It is recommended that the distance between the take-off board and the end of the landing area shall be at least 10m. The landing area shall have a minimum width of 2.75m, a maximum width of 3m, and a minimum depth of 30cm and should be filled with soft damp sand to the same level as the take-off board. When possible, the landing area shall be so placed so that the middle of the runway, extended, coincides with the middle of the landing area.
6. ~~Take-off Board~~—The take-off board shall be rectangular, made of wood or other suitable rigid material, and sunk level with the runway and the surface of the landing area, the edge of which near the landing area shall be called the take-off line. The take-off board shall measure 1.22m ( $\pm 0.01$ m) long, 20cm ( $\pm 2$ mm) wide and maximum 10cm deep, and should be not less than 1.0m nor more than 3.0m from the landing area. It shall be painted white. Immediately beyond the take-off board on the side nearer to the landing area there shall be placed a board of plasticine or other suitable material for recording the athlete's footprints.
7. ~~Plasticine Indicator Board~~—The indicator should consist of a rigid board, 10cm ( $\pm 2$ mm) wide and 1.22m ( $\pm 0.01$ m) long, made of wood or other suitable rigid material and painted in a contrasting color to the take-off board. The board shall be mounted in a recess or shelf in the runway on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of 7mm ( $\pm 1$ mm). The edges shall either slant at an angle of 45 degrees with the edge nearer to the runway covered with a plasticine layer, with a third contrasting color when possible, along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine, shall slant at an angle of 45 degrees. The upper part of the indicator board shall also be covered by a plasticine layer for approximately the first 10mm and along its entire length. See Figures 6a and 6b. When mounted in the recess, the board must be sufficiently rigid to accept the full force of the athlete's foot. The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid. The layer of plasticine shall be smoothed off by means of a roller or suitably shaped scraper for the purpose of removing the footprints of the competitors.  
**NOTE:** *When weather conditions dictate, particularly in very hot or wet weather, the plasticine boards should be protected from the elements before they are installed.*
8. ~~Wind Measurement~~—See Rules 163.10 through 163.14 for wind gauge placement, operation and reading requirements.))

## **RULE 186 TRIPLE JUMP**

1. Rule 184 and Rule 185 shall apply to the Triple Jump with the following variation.

### **Take-off Board -**

3. The distance between the take-off line for men and the far end of the landing area shall be at least 21m.
4. For major competitions, the take-off line shall not be less than 13m for men and 10m for women from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.
5. Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of 1.22m  $\pm$  0.01m wide providing firm and uniform footing.

### **Competition -**

6. The Triple Jump shall consist of a hop, a step and a jump in that order.
7. The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping" leg.

**NOTE:** *Rule 185.5(d) does not apply to the normal landings from the hop and step phases.*

- ((1. The competitor shall first land upon the same foot as that from which he/she has taken off. The other foot shall be used for the second landing, and either or both feet shall be used for the third landing. It shall not be considered a failure or foul if the competitor, while jumping, touches the ground with the "sleeping" leg.
2. The placement of the take-off board should depend upon the caliber of the competition. In major competition for men, the take-off board for the Triple Jump should be placed at least 13m from the landing area. In major competition for women, it is recommended that the take-off board for the Triple Jump be placed at least 10m from the landing area.
3. It is recommended that the distance between the take-off board and the end of the landing area be at least 21m.
4. In all other respects, the rules for the Long Jump shall govern.

**NOTE:** *For specifications of apparatus, see Rule 185.6-7. For measurements see Rule 148.2(b).i.)*

**Item 62** – Amend Rule 187.1 as follows:

In all throwing events from a circle, the throw must commence from a stationary position within the circle. A competitor is allowed to touch the inside of the iron band or stopboard, excluding the top inside edge. However, it shall be a foul throw if, after commencing the throw and prior to its completion, the competitor:

- (a) does not start from a stationary position within the circle,
- (b) touches the top of the iron band or stopboard or painted circle, including the top inside edge of each,
- (c) touches with any part of the body the surface outside the circle,
- (d) (~~(improperly releases the implement)~~) releases the shot or the javelin other than as permitted under Rule 188.2 or Rule 193.1, or
- (e) leaves the circle improperly or before the implement has landed.

**Item 63** – Amend Rule 187.3c as follows:

In order to obtain a better grip, competitors may use a suitable substance on their hands only or in the case of hammer or weight throwers, on their gloves. Shot putters may use such substances on their neck. Additionally, in the Shot Put and the Discus Throw, competitors may place chalk or a similar substance that is easily removed and does not leave any contamination on the implement.

**Item 64** – Amend Rule 187.6 as follows:

For a throw to be valid in the Shot Put, Hammer Throw, Weight Throw, and Discus Throw, the implement, excluding the handle and wire, and connection, as appropriate, must, in contacting the ground when it first lands, be completely within the inner edges of the lines of the sector (see Rule 187.22) touching no other object except as provided in the note below. For the javelin see Rule 187.24 and 193.1(c).

**NOTE:** *A throw may be valid even if any part of the implement has touched the cage provided no other rule is infringed.*

**Item 65** – Amend Rule 191.9 as follows:

<b>Name</b>	<b>16 lb</b>	<b>6 kg</b>	<b>12 lb</b>	<b>5 kg</b>	<b>4 kg</b>	<b>3 kg</b>	<b>2 kg</b>
Nominal Wt. kg	7.26	6.00	5.45	5.00	4.00	3.00	2.00
Min. Record Wt. kg	7.260	6.000	5.443	5.000	4.000	3.000	2.000
Diameter min. mm	110	105	98.4	100	95	85	80
Diameter max. mm	130	125	117.5	120	110	100	90
Length* min. mm	1175	1175	1175	1165	1160	1160	1160
Length* max. mm	1215	1215	1215	1200	1195	1195	1195
Loop Size max. mm	19.5	19.5	19.5	19.5	19.5	19.5	19.5

**Item 66** – Amend Rule 193.1c as follows:

No throw shall be valid or counted in which the tip or the point of the metal head, in contacting the ground, or any other object, when it first lands, is not completely within the inner edges of the lines of the sector before any other part of the javelin, or where the competitor touches with any part of the body, the arc as marked or the lines drawn from the extremities thereof at right angles to the parallel lines, or the ground beyond the arc or such lines.

**Item 67** – Amend Rule 200.12 as follows:

The winner shall be the competitor who has scored the highest total number of points. ~~((In case of a tie, the winner shall be the competitor who, in the greater number of events, has scored more points than others involved in the tie. If the tie still continues, the winner shall be the competitor scoring the highest number of points in any one of the events. If the tie remains, the winner is the competitor with the highest number of points in a second event. This procedure shall apply to a ties for any place in the competition.))~~

If two or more athletes achieve an equal number of points for any place in the competition, the procedure to determine whether there has been a tie is the following:

- (a) The athlete who, in the greater number of events, has received more points than the other athlete(s) concerned shall be awarded the higher place.

- (b) If the athletes are equal following the application of Rule 200.12(a) the athlete who has the highest number of points in any one event shall be awarded the higher place.
- (c) If the athletes are still equal following the application of Rule 200.12(b) the athlete who has the highest number of points in a second event, etc. shall be awarded the higher place.
- (d) If the athletes are still equal following the application of Rule 200.12(c), it shall be determined to be a tie.

**Item 68** – Amend Rule 212.9 as follows:

The angle of banking in all lanes in the curve and separately in the straight should be the same at any cross section of the oval. The straight may be flat or have a maximum lateral inclination of 1:100 toward the inside lane. In order to ease the change from the straight to the banked turn, the change may be made with a smooth gradual horizontal transition which may be extended up to 5m into the straight. In addition, there should be a vertical transition.

**Item 69** – Amend Rule 212.10 as follows:

Although a raised border for at least the curved portion of the oval is preferred, an indoor track may be bordered ...  
**NOTE:** *For all indoor Championships, the use of an inside curb for at least the curved portion of the oval is recommended.*

**Item 70** – Amend Rule 221.2 as follows:

~~((The landing sector shall be surrounded at the far end and on the two sides, as close to the circle as may be necessary for safety of the other athletes and officials, by a stop barrier which should stop a shot whether in flight or bouncing from the landing surface.))~~

Where necessary to ensure the safety of spectators, officials and athletes, the landing area shall be enclosed at the far end and on the two sides by a stop barrier and/or protective netting, placed as close to the circle as required. The recommended minimum height of the netting should be 4m and sufficient to stop a shot, whether in flight or bouncing from the landing surface.

**Item 72** – Amend Rule 230.2a as follows:

~~((CAUTION))~~ **YELLOW PADDLE**

~~((Competitors must be cautioned by any Judge when, by their mode of progression, they are in danger of failing to comply with the definition of race walking (see Rule 232); but they shall not be given a second caution by one and the same Judge for the same offense. Having cautioned a competitor, the Judge shall record all such cautions on the Judge's Tally Sheet.))~~ When a judge is not completely satisfied that the athlete is fully complying with Rule 232.2 the judge should, where possible, show the athlete a yellow paddle indicating the offence. An athlete cannot be given a second yellow paddle by the same judge for the same offense. Having shown a yellow paddle to an athlete, the Judge shall inform the Chief Judge of this action after the competition.

**Item 73** – Amend Rule 230.3c as follows:

When three red cards from three different Judges have been sent to the Recorder or Chief Judge on the same competitor, that competitor is disqualified and shall be notified of this disqualification by the Chief Judge or the Chief Judge's Assistant by being shown a red paddle.

**Item 74** – Amend Rule 232.4, Amend 241.2 as follows:

232.4 Drinking/Sponging and Refreshment Stations. See Rule 241.2

- ~~((a) Water and/or refreshment stations shall be provided at the beginning and end of the race~~
- ~~(b) For all events up to and including 10km, water only drinking/sponging stations shall be provided at suitable intervals if weather conditions warrant such provision. Mist stations may also be provided, when considered appropriate by the Organizing Committee.~~
- ~~(c) For all events longer than 10km, refreshment stations shall be provided every lap. In addition, water only drinking/sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.~~

~~(d) Athletes shall be permitted to provide their own refreshments at refreshment stations. A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee.))~~

241.2 ~~((a))~~ Drinking/Sponging and Refreshment Stations:

- ~~i. Water and, optionally, other suitable refreshments should be provided at appropriate locations every 5km or more frequently if deemed necessary.~~
- ~~ii. Race management may provide refreshments (other than water) and/ or sponging and/ or misting stations~~
- ~~(b) Personal refreshments, which may be provided either by the Organizing Committee or the athlete, may be made available at the stations designated by the athlete. They shall be placed so that they are easily accessible to, or may be put by authorized persons, standing one meter or less from the table, into the hands of, the athletes. Personal refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizing Committee from the time that the refreshments are lodged by the athletes or their representatives. In National Championships, the Organizing Committee shall make provisions for the collection and distribution of personal refreshments for those competing for the championship, as determined by the Games Committee.~~
- ~~(c) A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee. An athlete may carry liquid or solid refreshments on his/her person from the start.))~~

241.2 Drinking/Sponging and Refreshment Stations.

- (a) Water and other suitable refreshments shall be available at the start and finish of all races.
- (b) For all events of 5km up to and including 10km, water only drinking / sponging shall be provided at suitable intervals if weather conditions warrant such provision.
- NOTE: Mist stations may also be arranged, when considered appropriate by the Organizing Committee.
- (c) For all events longer than 10km, if on the track, refreshment stations shall be provided every lap, otherwise refreshment stations shall be provided at approximately every 5km. In addition, water only drinking / sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.
- (d) Refreshments, which may be provided either by the Organizing Committee or the athlete, shall be made available at the stations nominated by the athlete. They shall be placed so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizing Committee from the time that the refreshments are lodged by the athletes or their representatives.
- (e) Such authorized persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one meter in front or to the side of, the table.
- (f) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.
- (g) No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water.
- (h) An athlete may carry liquid or solid refreshments on his/her person from the start.

**Item 75** – Amend Rule 251.5 as follows:

The race distance must be declared and the course briefly described at the time invitations are extended. Distances should be approximately: Men – 12km, Women – 8km, Junior Men – 8km, Junior Women – 6km, Youth Boys – 6km, Youth Girls – 4km.

**Item 76a** – Amend Rule 260.2 as follows:

~~((Under IAAF Rule 60, there are three (3) categories of world records, as follows:))~~ The following categories of World Records are accepted by the IAAF:

- (a) World Records;
- (b) World Junior Records;
- (c) World Indoor Records;
- (d) World Junior Indoor Records.

**Item 76b** – Amend Rule 267 as follows:

Add American Junior Record Events to the respective tables

Men

**JUNIOR INDOOR RECORDS**

Track Events

60 Meters	200 Meters	400 Meters
800 Meters	60 Meter Hurdles	1000 Meters
1500 Meters	1 Mile	3000 Meters
5000 Meters		

Field Events

High Jump	Pole Vault	Long Jump
Triple Jump	Shot Put	

Combined Events

Heptathlon.

Women

**JUNIOR INDOOR RECORDS**

Track Events

60 Meters	200 Meters	400 Meters
800 Meters	60 Meter Hurdles	1000 Meters
1500 Meters	1 Mile	3000 Meters
5000 Meters		

Field Events

High Jump	Pole Vault	Long Jump
Triple Jump	Shot Put	

Combined Events

Pentathlon

**Item 77** – Amend Rule 262.4a as follows:

For all outdoor records up to and including 200 Meters and 200 Meter Hurdles (Youth Athletics) and for the Long Jump and Triple Jump, the component of the wind velocity in the direction of the running shall be measured by an approved mechanism that accurately determines such component. This wind information shall be provided on the record application. ~~((An ultrasonic))~~ A non-mechanical wind gauge is required for any performance submitted for ratification as a World Record. If the average velocity of the wind, measured in the direction of the running behind the competitor, exceeds 2.0 meters per second the record will not be accepted, except in the combined events, as per subparagraph (b) below.

**Item 78** – Amend Rule 262.6 as follows:

No performance shall be recognized as a record if it has been accomplished in or during a mixed competition of men and women, except ~~((track events longer than 10,000 meters or in road races))~~ those conducted as provided in Rule 147.

**Item 79** – Amend Rule 263.1 as follows:

Outdoor track records may be made only on a track which conforms to Rule 160, with or without a roof, is not banked, and is composed of a substance on which normal ...

**Item 80** – Amend Rule 263.6 as follows:

The record for an oval track event must be made (~~(on a track of which)~~) in a lane where the running line radius (~~(of the outside lane used)~~) does not exceed 50m, except where the bend is formed with two different radii, one of which may exceed 50m as long as it does not account for more than 60 degrees of the 180-degree turn.

**Item 81** – Amend Rule 263.8 as follows:

For indoor records, in track events of 200 meters or longer, the oval track (~~(must not exceed)~~) may not have a nominal length of more than 201.2m, 220 yards, in circumference. A record performance may be made indoors on an (~~(11 laps to a mile track may be listed in addition to a record made on a longer track, providing it is so designated)~~) oval track with a nominal length less than 200m provided that the distance run is within permitted tolerance for the distance.

**Item 82** – Amend Rule 264.4 as follows:

The construction of the runway, landing area and/or throwing circle used shall comply with the specifications listed. Indoor Records may be set on runways and circles of wooden composition. Other records may not.

**Item 83** – Amend Rule 265.1b as follows:

No performance shall be accepted as an Open or Junior American record unless it was timed in accordance with Rule 165. Separate records for the different methods of timing may be established. Net timing provided by a transponder system shall not be accepted for any record set in road events, except as described in Rule 265.10.

**Item 84a** – Amend Rule 265.5c as follows:

The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, in accordance with Rule 240.3.

**Item 84b** – Amend Rule 265.5(b) as follows:

(b) The start and finish of the race must lay no more than (~~(30%)~~) 50% of the race distance apart as measured along the straight line between them, except when it can be shown that the average component of the wind direction at the head of the race (the lead runner) did not constitute a significant tailwind.

**NOTE:** *A tailwind shall be deemed to be significant if it prevails consistently throughout more than 50% of the course during the race.*