

**Proposed Amendments
USATF Rules Of Competition
2014 Annual Meeting – Anaheim, CA
Dec. 5, 2014**

USATF RULES COMMITTEE SCORECARD

Committee Actions as of __Following Conference Call__

Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action
1	5		22	3		43	5		64	5		85	5	
2	4		23	6		44	5		65	5		86	5	
3	5		24	6		45	5		66	5		87	4	
4	5		25	5		46	5		67	4		88	5	
5	5		26	5		47	6		68	5		89	5	
6	5		27	4		48	6		69	6		90	5	
7	4		28	5		49	6		70	5		91	5	
8	4		29	5		50	4		71	5		92	5	
9	5		30	4		51	W		72	4		93	5	
10	6		31	5		52	6		73	5		94	5	
11	5		32	4		53	W		74	4		95	5	
12	W		33	4		54	5		75	4		96	5	
13	4		34	5		55	4		76	5		97	5	
14	5		35	4		56	5		77	5		98	5	
15	W		36	5		57	4		78	5		99	5	
16	5		37	4		58	4		79	5		100	5	
17	6		38	4		59	5		80	6		101	5	
18	6		39	6		60	5		81	5		102	5	
19	4		40	5		61	5		82	5				
20	5		41	5		62	5		83	5				
21	6		42	5		63	5		84	5				

Conference Call Actions:

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5=Discuss / Refer 6=Recommend Reject 7=Recommend Table W=Withdrawn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 Action:

A=Approved as Submitted AA=Approved as Amended T=Tabled R=Rejected W=Withdrawn

((~~Double parenthesis~~)) indicates removal. Underline indicates addition. Renumbering of rule number is automatic as appropriate.

Item 1 – Tabled 2013 Item 18 – Amend Rule 142.3 as follows:

In scored competitions, ~~((any athlete declared to compete must honestly participate in each round (trial, heat, or final, etc.) of each track event for which the athlete is declared or the athlete will be barred from further competition in that meet.))~~ except as provided below, an athlete shall be excluded from participation in all further events, including other events in which participation is occurring simultaneously, in the competition where:

(a) A final confirmation was given that the athlete would start in an event but then failed to participate:

***NOTE:** A fixed time for the final confirmation of participation shall be published in advance.*

(b) An athlete qualified in a preliminary round of an event for further participation in that event but then failed to participate further;

(c) An athlete failed to compete honestly, with bona fide effort. The relevant Referee will decide on this and a corresponding reference made in the official results.

***NOTE:** The situation foreseen in (c) shall not apply to the individual events of a Combined Event.*

(d) Passing in a field event is an allowable action by the athlete and does not constitute failure to participate.

This rule shall not apply to track events in which only a final is held, but an athlete may be barred from such an event if previously he or she has not honestly participated in a track event within the purview of this rule.

***NOTE:** For Youth Athletics exception, see Rule 302.2(g).*

Item 2 – Tabled 2013 Item 24 – Add Rule 144.3(j) as follows:

Viewing by athletes competing in field events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area. See Rule 144.3(b). The viewing device or images taken from it shall not be taken into the competition area.

Item 3 – Tabled 2013 Item 36 – Amend Rule 163.4 as follows:

~~((Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to impede his or her progress shall be liable to disqualification in that event. The Referee shall have the authority to order the race to be re-held, excluding the disqualified competitor or, in the case of a heat, to permit any competitor(s) seriously affected by jostling or obstruction (other than the disqualified competitor) to compete in a subsequent round of the race. Normally, such an athlete should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to advance a competitor seriously affected by jostling or obstruction or to order the race to be re-held if it is just and reasonable to do so.))~~

Where an athlete is jostled or obstructed during an event so as to impede his or her progress:

(a) If the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if of the opinion that an athlete or team was seriously affected, order that the race be re-held or allow the affected athlete or team to compete in a subsequent round of the event;

(b) If another athlete is found responsible for the jostling or obstruction by the Referee, such athlete or team shall be liable to disqualification from that event. The Referee may, if of the opinion that an athlete was seriously affected, order that the race be re-held excluding any disqualified athlete or allow the affected athlete or team, other than any disqualified athlete or team to compete in a subsequent round of the event.

In both cases, such athlete or team should normally have completed the event with bona fide effort.

Item 4 – Tabled 2013 Item 42 – Amend Rule 165.1 as follows:

Four methods of timing are official, hand timing, fully automatic timing, video timing, and transponder timing as set forth in this Rule. A timing device that operates automatically at either the start or finish, but not at both, shall be considered to produce neither hand times nor fully automatic times and ~~((should))~~ shall not be used to obtain official times.

Item 5 – Tabled 2013 Item 64 – Amend Rule 181.18 as follows:

The crossbar shall rest on horizontal pegs so that if it is touched by the competitor or the pole, it will fall easily to the ground in the direction of the landing area. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13mm in diameter. They must not extend more than 55mm from the uprights (~~(, which should)~~). The vertical peg backings, which shall also be smooth and be constructed in a way that the crossbar cannot rest on the top of them, may extend no more than 35-40mm above the pegs. The distance between the pegs shall not be less than 4.30m or more than 4.37m. The pegs (~~(may not be)~~) shall not be covered with rubber or with any other material that has the effect of increasing friction.

Item 6 – Tabled 2013 Item 66 – Amend Rule 181.20 as follows:

Landing Areas – (~~(Where it is feasible, the landing area for the High Jump should measure not less than 6m long (parallel to the crossbar) by 4m wide; for the Pole Vault it should measure not less than 6.15m long (perpendicular to the crossbar) by 6m wide. There shall be a minimum of 5 m of landing surface behind the box.)~~)
The landing area for the High Jump and Pole Vault should be composed of soft material other than sawdust or shavings of such composition and construction to provide a soft landing. (~~(A front pad, similar in material and dimensions to the landing area, may be used to cover the area surrounding the take-off box of the Pole Vault and extending between the standards. In the High Jump, the landing area should be a minimum height of .712m (28 in.); in the Pole Vault, it should be a minimum height of .813m (32 in.) above the take-off. The side of the landing area nearest to the box shall be placed 10-15cm from the box and shall slope away from the box at an angle of approximately 30 degrees. The exposed area to the sides and back of the vault box shall have suitable padding.)~~)

(a) High Jump – The landing area for USATF Championships, and where otherwise feasible, shall measure not less than 6m long (parallel to the crossbar) by 4m wide and 0.7m in height behind the vertical plane of the crossbar. For other competitions, this minimum should be not less than 5m long by 3m wide and 0.7m in height.

(b) Pole Vault – The landing area for USATF Championships, and where otherwise feasible, shall measure not less than 6m long by 6m wide and 0.8m in height behind the zero line and excluding the front pieces. For other competitions, this minimum should be not less than 5m long by 5m wide and 0.8m in height. Front pads, similar in material to the landing area and at least 2m in length, shall in all cases be used to cover the area surrounding the take-off box of the Pole Vault and extending between the standards. The side of the landing area nearest to the box shall be placed 10-15cm from the box and shall slope away from the box at an angle of approximately 45 degrees. The exposed area to the sides and back of the vault box shall have suitable padding.

Item 7 – Submitted by Steve Vaitones and Lloyd Stephenson, Rules Committee on behalf of Bill Quinlisk. Amend Rule 5.2 as follows:

Other individual prizes, which shall be specified on the entry blank, may be presented as determined by the Championship sponsor subject to the approval of the appropriate sport committee of USATF. In Masters LDR, including cross country, non-U.S. citizens, including permanent residents, who are member athletes of USATF, may be awarded separate non-championship medals whenever they would otherwise displace a U.S citizen eligible for awards.

Reason: *Current Masters LDR rules allow non-U.S. citizens who are members of USATF to compete but not win awards at Master LDR Championships; including cross country (see Rule 1.1.d). At the 2013 USATF National Club Cross Country Championships the overall Master Men's race winner was not a U.S. citizen yet he was a USATF member and he was permitted to enter, pay his entry fee and compete. He was not given any type of award at all at the awards ceremony. Masters LDR would like the option of creating a special non-championship medal for these situations. This is currently being done at the Association LDR Championship level.*

Item 8 – Submitted by Phil Greenwald, Rules Committee. Amend Rule 7.5 as follows:

The team Championships in Long Distance Running (including Mountain, Ultra-Marathon and Trail events) and Race Walking shall be scored by time. The team Championships for Open, Masters, Junior and Youth Cross Country shall be scored by place.

Reason: *Clarify that MUT events are scored by time.*

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Item 9 – Submitted by Steve Vaitones, Rules Committee on behalf of Bill Quinlisk, and Dan Pierce, Rules Committee on behalf of Mike Scott. Amend Rule 7.9(b) as follows:

Ties between two or more teams shall be resolved ~~((by determining which team wins the most one-on-one matchups among their five scoring members, comparing first to first, second to second, and so on through the final scoring place))~~ in favor of the team whose last scoring member finishes nearer to first place.

Reason: *The current tie breaker does not work in all instances. There are some Long Distance Running, Cross Country and Race Walking Championships that allow for teams composed of less than five scoring members. (i.e., three or four) This change would create a tie breaking procedure that falls in line with current IAAF procedure, uses the IAAF wording and will work in all instances.*

Item 10 – Submitted by George Kleeman, Rules Committee. Amend Rule 10.4b(i) as follows:

Properly submit entries using the legal name of the competitor on forms provided for that purpose. All entries must be submitted in accordance with the procedure stated on the entry form or in the entry material.

Reason: *To eliminate the problem that occurred at some Association Championships.*

Item 11 – Submitted by Phil Greenwald, Rules Committee. Amend Rule 16.1 as follows:

TABLE OF EVENTS

Event	Open	Junior	Declared	Scorers
Road or Track				
50,000 Meters	X		5	3
50 Miles	X		5	3
100 Miles	X		5	3
12 hours	X		5	3
24 hours	X		5	3

Item 12 – Withdrawn

Item 13 – Submitted by Phil Greenwald, Rules Committee. Delete Rule 17:

~~((**TRAIL/MOUNTAIN RUNNING CHAMPIONSHIPS – MEN**~~

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

Item 14 – Submitted by Phil Greenwald, Rules Committee. Amend Rule 20.1 as follows:

CHAMPIONSHIP DISTANCES

Track or Road	Track	Road
15,000 Meters	Mile	5,000 Meters
20,000 Meters	1 hour*	8,000 Meters
25,000 Meters	2 hour*	10,000 Meters
30,000 Meters	*Postal event	12,000 Meters
50,000 Meters		Half-Marathon
50 Miles		Marathon
100,000 Meters		Marathon Relay
100 Miles		
12 hours		
24 hours – also Indoor Track		

Item 15 – Withdrawn

Item 16 – Submitted by Phil Greenwald, Rules Committee. Amend Rule 21 as follows:

~~((**TRAIL/MOUNTAIN RUNNING CHAMPIONSHIPS – WOMEN**))~~

MOUNTAIN, ULTRAMARATHON AND TRAIL CHAMPIONSHIPS

1. The ~~((Women's Long Distance Running Committee))~~ Mountain/Ultra/Trail Running Council may annually conduct Open and/or Masters ~~((Trail and/or))~~ Mountain and/or Ultra-Marathon and/or Trail Running

Championships at such distances as it deems appropriate. These Championships shall be conducted using ~~((LDR rules))~~ the rules for each type of race. See Rules 240 – 256.

2. Regional Championships may be conducted after being awarded by the Mountain/Ultra/Trail Running Council and Associations may conduct Association Championships
3. The courses of all National, Regional, and Association Ultra-Marathon Road Championships must meet the certification requirements stated in Rule 240.
4. Teams
 - (a) The maximum number of entries per team shall be unlimited.
 - (b) Team championships shall be conducted in 10 year age divisions for men and women as follows: Open, 40+, 50+ 60+, etc. Team runners are scored on all teams for which they are eligible, thus a 25 year old is scored on the Open team only while a 50 year all may be scored on the Open, 40+, and 50+ teams.
 - (c) The top 3 runners for each team shall be scored, except the top 5 shall score for the Open Men at distances under (and not including) 30km.
5. See Rule 7 for scoring.
Reason: *Clarify that the Mountain/Ultra/Trail Running Council has jurisdiction (see USTAF Regulation 13.D.2.a.i) and incorporate their current practices regarding team sizes.*

Item 17 – Submitted by Dan Pierce, Rules Committee on behalf of Dave Talcot. Amend Rule 25.1(b) as follows:

Junior Men -- 3000 or 5000 Meters

Junior Women -- 3000 or 5000 Meters

Reason: *To provide competitive opportunities for Junior athletes, at indoor distances longer than a mile.*

Item 18 – Submitted by Steve Vaitones, Rules Committee on behalf of Bill Quinlisk. Amend Rule 119.3 as follows:

For National, Regional, and Association Long Distance Running and Cross Country Championship events and events sanctioned under Regulation 23-A or 23-B, a Jury of Appeal shall be appointed. For all non-championship long distance running and cross country events, a Jury of Appeal should be appointed, where feasible. For National and Regional Long Distance Running and Cross Country Championship events at least one member of the Jury of Appeal, as selected under Regulation 18, shall be certified as a competition official at the national or master level.

Reason: *For LDR Championships, Regulation 18.J.2 referring to Regulation 18.J.1b indicates that members of the Jury are “preferably certified” as competition officials at the national or masters level. This is not an absolute requirement. The complexity and uniqueness of LDR Championship rules, especially team scoring, eligibility and Master rules, requires at least one Jury member to be knowledgeable and proficient in applying the rules of competition.*

Item 19 – Submitted by Glenn Fortune, Rules Committee on behalf of Mo Haneef,. Amend Rule 119.4(c) as follows:

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. ~~((In Youth Athletics, only video designated as official by the Games Committee before the competition may be used.))~~

Reason: *Currently allowed in IAAF for our World Youth Team trials and we know there is all too often a valid video that could solve a possible judgment or reporting error. It would be up to the discretion of the jury regarding the validity of a video being presented.*

Item 20 – Submitted by John Blackburn, Rules Committee, Amend Rule 119.2 as follows:

One of its members shall be the Chair. ~~((If))~~ For Championships held under Rules 10 and 11, and when it is considered appropriate, a Secretary, who may be a nonmember of the Jury, ((may)) shall be appointed. One or more alternates should also be named. Referees shall not serve as members of the Jury of Appeal. In no case shall any management personnel or competition official serve on a Jury of Appeal in considering any appeal where

such person has previously performed an official function in respect of the matter being appealed. No member of the Jury of Appeal shall be present during any deliberations concerning an appeal that affects, directly or indirectly, an athlete affiliated with that member.

Item 21 – Submitted by Steve Vaitones, Rules Committee on behalf of Bill Quinlisk. Insert New Rule 125.2 as follows:

The Referee's authority begins upon arrival at the event site and ends when the event concludes and all protest periods have expired.

Reason: *There is no mention in current rules as to the start and end times for the authority of the Referee. Once all possible protest periods have expired any further problems should be addressed by the Games Committee.*

Item 22 – Submitted by Raymond Pierre, Rules Committee. Amend Rule 129.5 as follows:

To assist the Starter in races using crouch starts, a false start detection apparatus may be used. When such an apparatus is used, the Starter, and/or an assigned Recall Starter, shall wear headphones in order to hear clearly acoustic signals that are emitted to indicate the orderly operation of the apparatus and to indicate an illegal reaction time.

Reason: *Current practice, and matches IAAF Rule 129.2.*

Item 23 – Submitted by Jacci White, President, Oklahoma Association. 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(s) on the front and back.~~) The size or number of logos on athletes' attire shall be restricted only when required by the IAAF or USOC. This rule shall be enforced by the Clerk of Course for track and road events and the Chief Judge of each field event.

NOTE: *For Youth exception, see Rule 302.3d*

Reason: *Today many uniforms have multiple colors on the front with a solid color on the back or vice versa (picture provided). With the changes in clothing and fabric technologies available, enforcing such a rule is not only time consuming, but unnecessary and puts undue stress upon many*

Item 24 – Submitted by Steve Vaitones, Rules Committee on behalf of Josiah Novack. Amend Rule 143.1 as follows:

... The size or number of logos on athletes' attire shall be restricted only when required by the IAAF or USOC. Competitors shall not alter or remove clothing during the competition, except for medical reasons. Failure to maintain clothing may result in disqualification from the event and the meet.

Reason: *During the 2014 European Championships a competitor was issued a warning following the men's 3000-meter steeplechase final, for removing the top during the race. Following a protest, the competitor was issued a disqualification. This rule change would make removing or altering clothing during the competition an action of unsporting conduct, which under Rule 145.2 can result in disqualification from the event and from the meet.*

Item 25 – Submitted by Bill Hickman, Rules Committee. Amend Rule 143.4(b) as follows:

... The competitors may also be required to wear start list identifying numbers visibly on the hips and in other locations determined by the Games Committee.

Reason: *Hip numbers must be visible to facilitate photo timing and for the identification of competitors.*

Item 26 – Submitted by Bob Podkaminer, Rules Committee. Amend Rule 144.3(a) as follows:

Pacing in running or walking events by persons not participating in the event, by competitors lapped or about to be lapped, or pace setting by any kind of technical device other than those permitted under Rule 144.3(i).

Reason: *The prohibited activity is the act of pacesetting by a device.*

- Item 27** – Submitted by Bob Podkaminer, Rules Committee. Amend Rule 144.3(d) as follows:
Verbal or other communication, without the use of any technical device other than in Rule 144.3(j), from an individual who is not in the competition area to an athlete who is in the competition area. In order to facilitate this communication and not to disturb the staging of the competition, ~~((it is recommended that))~~ a place ~~((in the stands,))~~ close to the immediate site of each field event, outside the competition area, should be reserved for the athletes' coaches.
Reason: *This would maintain the prohibition of communications by transmission and allow the viewing of video images in the new 144.3(j). It also establishes the appropriate viewing place, conforming to IAAF. Note that Item 2 introduced Rule 144.3(j).*
- Item 28** – Submitted by Bill Hickman, Rules Committee. Insert New Rule 144.3(d) as follows:
Receiving assistance in the setting of the competitors starting blocks.
Reason: *This will clarify that it is the responsibility of the competitor to set his/her own blocks. Blocks are to be set by the competitor not by a trainer, a coach or any other third party.*
- Item 29** – Submitted by Bob Podkaminer, Rules Committee. Delete Rule 144.5:
~~((In a field event, an athlete may not leave the immediate area of the event and engage in dialogue with persons outside the area.
NOTE: Athletes competing in an event on the infield may not, during the competition, cross to the outside of the track.))~~
Reason: *The most recent WJR competition in Eugene showed this rule to be not needed for any reason. In addition, with its deletion, there becomes compatibility with IAAF procedure, including the viewing of personal video for coaching. It also totally eliminates the discussion of on-field 'coaching boxes'.*
- Item 30** – Submitted by Phil Greenwald, Rules Committee. Amend Rule 146.2(a) as follows:
For Men's and Women's Long Distance Running, the time period shall normally be 24 hours, except for the Professional Section of road races, as defined in the race material (website, entry form, etc.), where the time period shall be ~~((one hour))~~ 30 minutes.
Reason: *Conformance, at the professional level, with IAAF procedure.*
- Item 31** – Submitted by Bob Podkaminer, Rules Committee. 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 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. 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. For National Championships, prior to filing a written protest or appeal, the person making the protest or appeal shall have the right to review any official material relevant to the incident.
Reason: *This would allow the viewing of official video or of Official's reports to aid in decision making as to whether a protest or appeal is warranted.*
- Item 32** – Submitted by Steve Vaitones and Lloyd Stephenson, Rules Committee on behalf of Bill Quinlisk. Amend Rule 146.9 as follows:
... For cross country, Masters Long Distance Running Championships and the Professional Section of road races the time shall be 30 minutes. ...
Reason: *The Masters LDR Sports Committee recommends that the time allowed to file an appeal with the Jury of Appeal be reduced to 30 minutes for all Masters LDR Championship events. The protest period for Cross Country and Masters LDR Championships is one hour after the announcement of the results. In practice, the Referee rules immediately on such protests. Under the current version of Rule 146 the individual who filed the protest would then have up to 24 hours to appeal to the Jury. We believe that the Jury of Appeal is available on site as are all timers and officials should they be needed*

to rule on an appeal. Attempting to reconvene the Jury and gather evidence and question officials up to 24 hours after the event is difficult and often problematic.

Item 33 – Submitted by Bob Podkaminer, Rules Committee. Insert New Rule 158 as follows:

Correctable Error

Within 72 hours after the last event of a competition, or before a subsequent round, results can be corrected by the Games Committee if administrative error is detected, such as incorrect calculation of combined-event scores, placing or other errors based on clear and irrefutable factual evidence.

NOTE: *See Rule 146.2(c) for LDR exception.*

Reason: *Any detected error, that is not in dispute, should be corrected without the need of formal protest or appeal procedures at a competition.*

Item 34 – Submitted by Bill Hickman, Rules Committee. Insert New Rule 161.6 as follows:

No competitor shall receive assistance in setting her/his starting blocks.

Reason: *Rule 161.1 provides that starting blocks are to be used “to expedite the carrying out of the meet.” Allowing third parties onto the track delays the meet and gives some competitors an unfair advantage.*

Item 35 – Submitted by Raymond Pierre, Rules Committee. Amend Rule 162.1 as follows:

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 in order that the lowest number is closest to the inner edge of the track.

NOTE: *For this Rule, hair is not considered a body part.*

Reason: *We often witness an athlete rising to “set” and extra-long hair suddenly dropping and touching the surface in front of the starting line. Hair is considered part of the body and can be a factor in other events such as the jumps. An official choosing “literal” over “spirit” will disqualify this athlete unjustly.*

Item 36 – Submitted by Bob Podkaminer, Rules Committee. Amend Rule 162.5(b) as follows

(b) When an electronic tone is used, it shall be of suitable loudness (>90 dB) and shall simultaneously activate a flash/strobe.

Reason: *Provide guidance for suitable loudness.*

Item 37 – Submitted by Raymond Pierre, Rules Committee on behalf of John Deardorf. Amend Rule 162.12 as follows:

NOTE 3: *When an IAAF approved false start control apparatus is in operation, the evidence from this equipment, coupled with any resulting loss of contact (see Note 1), shall normally be accepted as conclusive by the Starter. See Rule 161.4.*

Reason: *Clarification. “...loss of contact” is a vague phrase unless the reader first read Note 1, which should not be assumed.*

Item 38– Submitted by Raymond Pierre, Rules Committee on behalf of John Deardorf. Amend Rule 162.17 as follows:

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 two-thirds 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. See Rule 160.9.

Reason: *Since Rule 160.9 directly addresses Rule 162.17 and is an essential part of the overall handling of double waterfalls, there needs to be a circular reference.*

Item 39 – Submitted by Raymond Pierre, Rules Committee on behalf of John Deardorf. Amend Rule 162.17 as follows:

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 two-thirds 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))~~ to the end of the first turn on the outer half of the track. See Rule 160.9.

Reason: *Same meaning but slightly clearer with less words.*

Item 40 – Submitted by Phil Greenwald and David Katz, Rules Committee. Amend Rule 163.1 as follows:

Competitors shall be placed at the finish in the order in which any part of their bodies (i.e., the “torso,” as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line line *In non-championship races conducted partly or entirely outside the stadium, the Games Committee may elect to place competitors using “net time order”, “first-across the line” or a combination of both to determine placing and awards.* See Rule 165.16.

Reason: *Many events are using net times for some or all of the competitors, the proposed changes to Rules 163.1, 165.4, 165.15 and new 165.16 structures that practice. Also reflect that the various systems have different types of readers, they are not all “mats” and move the language from the LDR section about how to time in case of a false start.*

Item 41 – Submitted by John Blackburn, Rules Committee. Add a note to Rule 163.5

NOTE: Some factors to be considered when determining a disqualification include safety, equitable competition, severity of the infraction, resulting consequence, and experience.

Reason: *Guidance to address a request in the report by the Albuquerque Review Group: “The USATF Rules Committee, in conjunction with the Officials Committee, should determine whether the Competition Rules should be amended to set forth the factors that should be considered by Referees and Juries in making disqualification decisions under Rule 163.4.”*

Item 42 – Submitted by Steve Vaitones and Lloyd Stephenson, Rules Committee on behalf of Bill Quinlisk. Amend Rule 165.1 as follows:

Four methods of timing are official, hand timing, fully automatic timing, video timing, and transponder timing as set forth in this Rule. A timing device that operates automatically at either the start or finish, but not at both, shall be considered to produce neither hand times nor fully automatic times and should not be used to obtain official times for these two methods of timing.

Reason: *Does Rule 165.1 currently imply that transponder timing systems cannot be used to obtain “official” times at LDR Championships? Most transponder timing systems as currently used in USATF LDR Road and Cross Country Championships operate automatically at the finish but are not started automatically. These transponder systems are started by hand and produce an automatic time at the finish.*

Item 43 – Submitted by Phil Greenwald and David Katz, Rules Committee. Amend Rule 165.4 as follows:

The time shall be taken from the flash/smoke of the pistol or approved apparatus to the moment at which any part of the competitor's body (i.e., the “torso,” as distinguished from the head, neck, arms, hands, legs, or feet) reaches the perpendicular plane of the nearer edge of the finish line.

(a) For large races conducted partially or completely outside the stadium, false starts are not recalled and the time is taken from the at the first moment a competitor crosses the start line if that is before the starting signal.

(b) In non-championship races conducted partly or entirely outside the stadium, the Games Committee may elect to use “net times”, “gun times” or a combination of both to determine official times. See Rule 165.16.

NOTE: *Times for races conducted partly or entirely outside the stadium may be published to 1/10 of a second to illustrate time differences between finishers, but only times rounded to the next longer full second shall be official.*

Reason: *See Reason provided for Rule 163.1 amendment.*

Item 44 – Submitted by Phil Greenwald and David Katz, Rules Committee, also Steve Vaitones and Lloyd Stephenson, Rules Committee on behalf of Bill Quinlisk. Amend Rule 165.15 as follows:

The use of transponder timing systems in race walking events not held entirely within a stadium, road, and cross country races is permitted provided that:

- (a) The system requires no action by the runner during the competition, at the finish line, or during any finish line or results related system or process;
- (b) The weight of the transponder and its housing carried on the runners' uniform, race number or shoe is not significant;
- (c) None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the runner;
- (d) The transponder reading devices are set up to ensure that times are not recorded after the starting line or before the finish line;
- (e) The system, including the implementation of its components and its technical specifications, is approved by the finish line subcommittee of the Road Running Technical Council;
- (f) The system is started in accordance with Rule ((245.2)) 165.4;
- (g) The determination of the official winning time is in accordance with Rule 165.4; and
- (h) Times for other competitors will be adjusted, based on the official winning time.

~~((NOTE: Net times (the elapsed time between an individual's transponder generated starting and finish times) shall not be used for any purpose other than Masters LDR records. See Rule 265.10.))~~

Reason: See Reason provided for Rule 163.1 amendment.

Currently, by rule, net times should not be used for determining award winners. Many road races, including races with USATF sanctions, are currently using net times to determine award winners in apparent contradiction of USATF Rule 165.15.h (NOTE). The Masters LDR Sports Committee recommends that race directors of non-championship events should be given the option to use net times for awards purposes as they wish. We suggest that USATF Rule 165.15.h (NOTE) be amended similar to USATF Rule 144.3.b regarding the use of portable listening devices. Championship events are about head-to-head competition and this need drives the use of gun time at those events. Non-championship events should be allowed to choose their method of awarding prizes by either gun time or net time.

Item 45 – Submitted by Phil Greenwald and David Katz, Rules Committee. Insert New Rule 165.16 as follows:

In non-championship races conducted partly or entirely outside the stadium, the Games Committee may elect to determine times and places based "net times", "gun times" or a combination of both to determine placing and awards provided that:

- (a) The basis for determining times and places and awarding prizes and trophies is clearly stated in the entry materials and any listings of prizes and trophies to be awarded.
- (b) To determine "net time" and place:
 - i. A net time for each competitor is calculated as the difference between the raw (un-rounded) times recorded by transponder timing systems at the start and finish.
 - ii. The official places of the competitors are determined by ranking them by net time. If two or more athletes have the same net time, they are tied.
 - iii. The official times are determined by rounding up the net times to the next full second. See Rule 165.11(c).
 - iv. In the event that no start and/or finish time is recorded for one or more competitors, the Referee shall determine the official places and times for the competitors affected based on all available evidence.
- (c) In the event a record is claimed, the "gun time" (the time from the flash/smoke of the pistol or approved apparatus to the transponder timing at the finish) shall be submitted, except in the case of Masters records. See Rule 265.8.

Reason: See Reason provided for Rule 163.1 amendment.

Item 46 – Submitted by George Kleeman, Bob Podkaminer, Rules Committee. Amend Rule 169.4 as follows:

Each competitor shall go over or through the water. An athlete shall be disqualified if he/she:

- (a) Does not (~~(jump)~~) traverse any hurdle;
- (b) Steps to one side or the other of the hurdles; or
- (c) Has a leg or foot, at the instant of clearance, beside the hurdle (on either side) below the horizontal plane of the top of any hurdle. Provided this Rule is observed, an athlete may go over each hurdle in any manner.

Reason: *There is no requirement to 'jump' a hurdle. 'Jump' is the wrong word.*

Item 47 – Submitted by Bill Hickman, Rules Committee. Amend Rule 170.14 as follows:

In the 4x400m race, the third and fourth leg runners, and in the 'Swedish' Medley Relay and outdoor Sprint Medley Relay, ... as they pass (~~(the point 200m)~~) a point approximately 100m from the finish of their leg. ...

Reason: *It is extremely difficult to locate a specific "point" on the far side of the track when the infield is being used for field events or as a warm up area or even when it is not. It is more accurate to identify the team runners as they exit the last bend, approximately 100m from the finish of their leg.*

Item 48 – Submitted by Dan Pierce, Rules Committee on behalf of Ed Halik. Insert NOTE after Rule 181.8 as follows:

NOTE: *If the standards slip downward before or during an attempt, the competitor will be allowed another trial. If the standards slip after the competitor clears the crossbar, the trial will be deemed successful.*

Reason: *This type of equipment failure is not addressed in either the USATF or IAAF rule books. It is addressed in the NCAA and NFHS rule books.*

Item 49 – Submitted by Glenn Fortune, Rules Committee on behalf of Marc Cizek. Add to the end of Rule 181.18 as follows:

For all USATF sanctioned events a pole vault box collar pad complying with ASTM F2949-12 shall be used.

Reason: *The NCAA and NFHS are requiring this pad to be used starting with this up and coming competition year.*

Item 50 – Submitted by Dan Pierce, Rules Committee on behalf of Ed Halik. Amend Rule 183.5(a) as follows:

After the vault, the bar does not remain on the pegs on which it originally rested because of the action of the competitor while vaulting; or

Reason: *The current rule states that it is a failure if the crossbar does not remain on the pegs. The rule does not specifically address the fact that the crossbar could come to rest on different pegs from which it originally rested. Some pole vault standards will have several pegs on each standard. With the current wording, the crossbar could come to rest on different pegs without penalty. The NCAA and NFHS rule books include the proposed verbiage.*

Item 51 – Withdrawn

Item 52 – Submitted by Dan Pierce, Rules Committee on behalf of Ed Halik. Amend Rule 183.5(b) as follows:

The vaulter touches the ground, including the landing area beyond the vertical plane of the upper part of the stopboard, with any part of the body or with the pole without first clearing the bar. This does not include any interior edges of a box collar if the collar is positioned correctly.

Reason: *The interior edges of the box collar should not be associated with exceeding the limits of the zero line.*

Item 53 – Withdrawn

Item 54 – Submitted by John Blackburn, Rules Committee. Amend Rule 187.7(b)

(b) In the Javelin Throw, the measurement of each throw shall be made from where ((the tip of)) the metal head first struck the ground to the inside edge of the arc along a line from the point of the fall to the center of the circle of which the arc is a part.

Amend Rule 191.5

Head - The head shall be solid iron or other metal not softer than brass, or a shell of such metal filled with lead or other solid material so that no internal movement is detected by feel, sight or sound. It must be spherical in shape ((and smooth)). If a filling is used, it must be inserted in such a manner that it is immovable and that the center of gravity shall not be more than 6mm from the center of the sphere.

Reason: *IAAF Compliance*

Item 55 – Submitted by George Kleeman, Rules Committee. Amend Rule 187.10 as follows:

In all throwing event competitions, Championship and non-championship, implements should be provided by the Games Committee. However, implements that comply with required specifications and belong to individuals may also be accepted by the Games Committee as implements provided by it. The number of such implements submitted for acceptance shall be limited to four per competitor per individual event. And as so accepted, they shall lose their identity as privately owned implements for the duration of the competition and no modification may be made to these implements during the competition. No additional implements may be taken to the area for competition or practice.

Reason: *The number of implements submitted has sometimes become excessive give the number actually needed by any individual in the competition.*

Item 56 – Submitted by Kenny Emerick, Rules Committee on behalf of Ivars Ikstrums. Insert New Rule 193.11 as follows:

Aero Javelin – The shaft, tip and tail shall be made out of synthetic material. The grip may be made of synthetic material or wound with cord which is similar to that used on traditional javelins. The minimum weight shall be 450 g. The diameter of the shaft shall be constant over the length of the shaft, not varying by more than ± 2 mm from the nominal shaft diameter. The profiles of the head and tail are not specified.

Aero Javelin Specifications (all dimensions in mm)

<u>Dimension</u>	<u>Min</u>	<u>Max</u>
<u>Overall Length</u>	<u>1765</u>	<u>1785</u>
<u>Length of head*</u>	<u>140</u>	<u>160</u>
<u>Distance from tip to CG**</u>	<u>760</u>	<u>770</u>
<u>Diameter of shaft</u>	<u>20</u>	<u>28</u>
<u>Length of grip***</u>	<u>115</u>	<u>120</u>
<u>Location of front of grip from tip</u>	<u>755</u>	<u>770</u>
<u>Length of tail</u>	<u>175</u>	<u>195</u>

* The maximum diameter of the head shall not exceed the nominal shaft diameter by more than 10 mm.

** The grip is not required to cover the CG.

*** The maximum grip diameter shall not exceed the nominal shaft diameter by more than 8 mm.

Item 57 – Submitted by Glenn Fortune, Rules Committee. Amend Rule 214.2 as follows:

NOTE 2: For Youth exception, see Rule 303.

Reason: *To point out the Youth division exception to rule 214 for the Youth Indoor Championship*

Item 58 – Submitted by Dan Pierce, Rules Committee on behalf of Ron Daniel. Amend Rule 232.5(a) as follows:

In Road Championships, the circuit for events of 10km and longer shall be a maximum of ((2500m)) 2000m. The circuit for events of less than 10km shall be a maximum of 1250m. No circuit should be shorter than 1000m.

Reason: *IAAF conformance.*

Item 59 – Submitted by Dan Pierce, Rules Committee on behalf of Bruce Leasure. Amend Rule 232.5(a) as follows:

~~((In Championships, the circuit for events of 10km and longer shall be a maximum of 2000m. The circuit for events of less than 10km shall be a maximum of 1250m. No circuit should be shorter than 1000m.))~~

In Championships, a road course circuit:

i. Shall be no shorter than 1000m;

ii. Shall be a maximum of 1250m for events of less than 10km;

iii. Shall be a maximum of 2000m for events of 10km through 50km; and

iv. Shall be a maximum of 10000m for events longer than 50km.

Reason: *These proposed changes would allow a larger variety of courses to be used for Race Walking Championships. Race Walking course length restrictions should be applied only to Championship events. Championships longer than 50k should be allowed to use course circuits up to 10000m. No Championship Race Walk should be conducted on a course shorter than 1000m. New format makes rule easier to understand.*

Item 60 – Submitted by Phil Greenwald and David Katz, Rules Committee. Amend Rule 242.7 as follows:

~~In events using transponder ((timing, all mats at the start shall be placed before the measured starting line))~~
reading devices located on the running surface, at least 15cm of the last device shall be of a color in contrast to the running surface and other parts of the device to indicate the start line. The last device shall be placed so that the edge of the contrasting color closest to the course is the start line. Any additional or backup device shall be placed before the starting line. See Rule 165.15.

Reason: *Rule 245 is redundant with Rules 163 and 165. It is therefore better to simply refer back to the main rule. Also reflect that the various systems have different types of readers, they are not all "mats" and that some of the contrasting color strips are in the middle of the device. Note that these rules are only concerned with the appearance of the devices in marking the start and finish lines. The operation is governed by Rules 165.15 and 165.16. This reason applies for amendments to Rules 242.7, 244 and 245.*

Item 61 – Submitted by Phil Greenwald, Rules Committee and David Katz, Amend Rules 243.1(d) and 244.1 as follows:

~~243.1 ((d) The finish line in off track long distance running events should be a line of width 15cm in a color contrasting the running surface and of a material which will adhere to a fixed position on the running surface. The exact finish line shall be clearly marked and stated in competitor instructions in order to eliminate confusion with designs on or adjacent to the running surface near the finish line. The use of a tape, held by individuals not serving as judges, may be used to help identify the location of the finish line.))~~

244.1 The finish should marked with a line of width 15cm in a color contrasting the running surface and of a material which will adhere to a fixed position on the running surface. The line shall be placed so that the finish of the course is the edge of the line closest to the approaching runners.

Reason: *Remove duplicate language and clarify. No substantive change is intended.*

Item 62 – Submitted by Phil Greenwald, Rules Committee and David Katz, Amend Rule 244.4 as follows:

~~In events using transponder ((timing mats, the first mat shall be placed so that the edge of the mat closest to the approaching runners is the finish line. At least the first 15cm of the mat shall be of a color in contrast to the running surface to indicate the finish line))~~
reading devices located on the running surface, at least 15cm of the device shall be of a color in contrast to the running surface and other parts of the device to indicate the finish line. The first device shall be placed so that the edge of the contrasting color closest to the course is the finish line.
Any additional or backup ~~((mats))~~ devices shall be placed beyond the finish line. See Rule 165.15

~~((NOTE: See Rule 165.16.))~~

Reason: *See Reason provided for Rule 242.7 amendment.*

Item 63 – Submitted by Phil Greenwald, Rules Committee and David Katz, Amend Rule 244.6 as follows:
Official places and times shall be determined according to Rules 163 and 165. In addition to an authorized finish line imaging system, an officially designated video or photograph may be used to review the order of finish.

Reason: *See Reason provided for Rule 242.7 amendment.*

Item 64 – Submitted by Steve Vaitones and Lloyd Stephenson, Rules Committee on behalf of Bill Quinlisk. Amend Rule 245.3 as follows:

The official time shall be the time elapsed between the start of the watches or timing devices resulting from an appropriate start signal and when the athlete ~~((reaching))~~ reaches the finish line. ~~((The actual time elapsed between when an athlete reaching the starting line and finish line can be made known to the athlete, but will not be considered as official time.))~~

Reason: *There is also a proposed amendment to Rule 165.15 to allow the use of net times in defined road events. The rationale for the change is the same.*

Item 65 – Submitted by Phil Greenwald and David Katz, Rules Committee. Delete Rule 245:

~~**(FINISH LINE RECORDING AND TIMING**~~

- ~~1. Officials at the finish should record each number as the athlete completes the race, along with the athlete's finish time. The order in which the athletes cross the finish line will be the official finish position.~~
- ~~2. The timers shall start their watches or timing devices at the flash/smoke of the pistol or approved apparatus or at the first moment a competitor crosses the start line, whichever happens first. False starts in road races should not be recalled.~~
- ~~3. The official time shall be the time elapsed between the start of the watches or timing devices resulting from an appropriate start signal and when the athlete reaching the finish line. The actual time elapsed between when an athlete reaching the starting line and finish line can be made known to the athlete, but will not be considered as official time.))~~

Reason: *See Reason provided for Rule 242.7 amendment.*

Item 66 – Submitted by Phil Greenwald, Rules Committee. Amend Title and Rule 250.3 as follows:

CROSS COUNTRY, MOUNTAIN AND TRAIL RUNNING

250.3 The provisions of Rule 241 shall apply as modified by Rule 253.3 and 254.6

Reason: *For Mountain races, the provisions of Rule 241.2 (which are referenced by rule 250.3) are too restrictive. The proposed language is from IAAF rule 251.5*

Item 67 – Submitted by Phil Greenwald, Rules Committee. Insert New 253.3 as follows:

Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations may be provided at suitable places along the course, if the length and difficulty of the race and the weather conditions warrant such provision.

Reason: *For Mountain races, the provisions of Rule 241.2 (which are referenced by rule 250.3) are too restrictive. The proposed language is from IAAF rule 251.5*

Item 68 – Submitted by Phil Greenwald, Rules Committee. Insert New Rule 254 as follows:

TRAIL RACING

1. Trail Races take place on terrain that is mainly off-road
2. Competitors shall not use supplementary aid(s) to assist their progress on course;
3. The entire course shall be clearly marked and include kilometer marks;
4. Natural obstacles or challenging points along the course should be additionally marked;
5. A detailed course map must be provided along with a profile using the following scales:
Altitude: 1/10,000 (1cm=100m) , Distance: 1/50,000 (1cm= 500m)
6. Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations may be provided at suitable places along the course, if the length and difficulty of the race and the weather conditions warrant such provision.

Reason: *We have Trail Championships (see rules 17 and 21) but don't define the sport. These items are taken from Rule 253 as a starting point.*

Item 69 – Submitted by Phil Greenwald, Rules Committee. Insert New Rule 257 as follows:

SNOWSHOE RACES

1. Except where noted all Snowshoe races shall be conducted under the rules of USATF for Mountain and Trail events.

2. Course:

(a) In all advertising and promotion the distance and route conditions must be stated. This must include the relative overall percentages of the overall course distance that is machine packed, semi-packed (defined as packed only by the passage of one snowshoer) or unpacked.

(b) Courses and snow should be configured to permit adequate space and similar snow conditions to facilitate fair and unhindered passing by competitors over the initial and final 400 meters of the course. The snow conditions encountered must be similar enough over the course width so that all competitors normally expected to be passing each other encounter similar conditions for these 400 meter segments. Thus, a wider course with similar snow conditions is required near the start when competitors are all together, but a narrower course with similar snow conditions is acceptable near the finish.

(c) Narrow single track routes are acceptable as long as there are opportunities for passing at least every kilometer. These opportunities should consist of a wider route or a segment of parallel single track, with similar snow conditions as the main trail. The course map must identify the locations of locations where passing may be easier if a route is primarily a single track trail.

(d) Snowshoe race courses that exceed 3000 meters in altitude are acceptable provided as the highest altitude attained that exceeds 3000 meters is clearly stated on the entry form.

3. Disqualification:

(a) A competitor shall be disqualified if they continue to progress on the course with a snowshoe that is not firmly attached to their foot, and that untied or unfastened snowshoe interferes with another competitor

(b) A competitor shall be disqualified if he/she purposefully jostles, bumps, impedes the forward progress of or steps on another competitor's snowshoe.

(c) If a competitor is disqualified, the results will state "DSQ" and note the reason for disqualification.

4. Snowshoes:

(a) All snowshoes must have a minimum 7 inch x 20 inch dimension. The snowshoe frame itself shall not be smaller than 17.8 cm x 50.8 cm (7 inches x 20 inches). This measurement shall be taken from the longest point of the snowshoe and at the widest point of the snowshoe. This measurement will be taken in two dimensions. The snowshoe frame measurement will not be taken along a curved line. Snowshoes shall have frames with at least 2 points on them a minimum of 17.8 cm apart (width) and at least 2 points on them a minimum of 50.8 cm apart (length). These measurements are taken in 2 straight lines in 2 perpendicular dimensions.

(b) All competitors must wear both snowshoes firmly attached to their feet throughout the competition. Should a shoe come off, the competitor must immediately step off the course and reattached the snowshoe. No competitor shall advance further than 5 meters without a snowshoe attached to each foot. No competitor shall cross the finish line without snowshoe is attached to each foot. If the snowshoe breaks and/or cannot be reattached the competitor must retire from the competition.

5. Providing a lead vehicle that proceeds in front of the snowshoers is not necessary: it is optional and not recommended.

Item 70 – Submitted by Bob Hersh, Rules Committee. Amend the NOTE to Rule 261.1(d) as follows:

NOTE: *For American Records, American Junior Records and All-Comers Records in Men's and Women's Track and Field and in Men's and Women's Race Walking, there shall also be specific American Indoor Records and All-Comers Indoor Records.*

Add a note to Rule 261.1, as follows:

NOTE: In each of these categories, national records may be made indoors or outdoors, provided the facilities comply with applicable rules. In each of these categories, there shall be a national indoor record.

Amend headings for Rule 267 to correspond to structure of Records and Indoor Records (rather than Outdoor and Indoor Records)

Reason: IAAF conformity.

Item 71 – Submitted by Bob Hersh, Rules Committee. Amend Rule 262.4(a) as follows:

For all (~~outdoor~~) records up to and including 200 Meters and 200 Meter Hurdles (Youth and Masters Athletics) and for the Long Jump and Triple Jump, if the competition is held outdoor, the component of the wind velocity in the direction of the running shall be measured by an approved mechanism that accurately determines such component.

Reason: IAAF conformity.

Item 72 – Submitted by George Kleeman, Rules Committee. 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 as provided in Rule 147 and in track events longer than 10,000 meters or in road races.

NOTE: For Masters exception, see Rule 320.8.

Reason: IAAF conformity.

Item 73 – Submitted by Bob Hersh, Rules Committee. Amend Rule 263.1 as follows:

~~((Outdoor track))~~ Track records, other than indoor records, may be made only on a track which conforms to Rule 160, with or without a roof, that is not banked ~~((and is composed of a substance on which normal running spikes can be used))~~. Indoor running and walking records may be made on any type of surface provided it is indoors. The track may be banked. Indoor Records may be made on tracks which conform to Rules 211 and 212. ~~((Other records may not.))~~

Reason: IAAF conformity.

Item 74 – Submitted by Phil Greenwald, Rules Committee on behalf of Howard Nippert. Amend Rule 267 as follows:

LONG DISTANCE RUNNING – ALL DIVISIONS

Road Events

12 km	((4 Miles))	Half-Marathon
15 km	10 Miles	Marathon
20 km	50 Miles	
<u>100km</u>	<u>200km</u>	

Reason: *The 4 miles it is not a standard race length distance and in 5 years since its addition to the list, no record applications have been made. 100Km is a World Championship distance recognized by the IAAF and IAU (International Association of Ultrarunners) and both 100Km and 200Km are recognized distances for track and marks are being achieved for 200Km as part of longer events. Events recognized for record purposes on track should be as well on road.*

Item 75 – Submitted by Steve Vaitones and Lloyd Stephenson, Rules Committee on behalf of Bill Quinlisk. Amend Rule 267 as follows:

LONG DISTANCE RUNNING – ALL DIVISIONS

Road Events

One Mile (Masters Only)

Reason: *The Masters LDR Sports Committee recommends that the road mile be returned to the list of record eligible distances. We are hosting the USA Masters One Mile Road Championships each year on record eligible courses. We have the data available to generate a list of record performances for all*

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Master 5-year age divisions. Youth and Masters T&F have ample precedent with special events-distances, implements, hurdles.

Item 76 – Submitted by Kenny Emerick, Rules Committee. Amend Rule 300.1(b) as follows:

The Track and Field program and Cross Country individuals, ~~is~~ are divided into six divisions for boys and six divisions for girls.

Reason: *To go with a change in rule 304 in Item 94*

Item 77 – Submitted by Inez Finch, President, Georgia Association. Amend Rule 300.1(b) as follows:

	2014	2015	2016	2017
15-18 High School Division	1999-1996	2000-1997	2001-1998	2002-1999

(Indoor National Championship only)

Reason: *The National Youth Committee has been running the Indoor Championship as a pilot program for many years, but has not established Youth rules to conform with the way the meet has been run. We are now establishing rules.*

Item 78 – Submitted by Inez Finch, President, Georgia Association. Amend Rule 300.1(e) as follows:

Competitors must compete in their own divisions only. No athlete may compete in younger or older divisions in individual, relay, or team events. In the Indoor National Championship only, athletes may run relay events only in the 15-16 and 17-18 Division as the High School Division. USATF Clubs must be members of the same Club and High School Teams must all be members from the same High School.

Reason: *The National Youth Committee has been running the Indoor Championship as a pilot program for many years, but has not established Youth rules to conform with the way the meet has been run. We are now establishing rules.*

Item 79 – Submitted by Inez Finch, President, Georgia Association. Amend Rule 300.1(h)iii as follows: Athletes that have no parent/legal guardian residing in an Association may compete in a bordering Association for 'just cause' ~~((with the))~~ provided that:

- (1) The team they are requesting a transfer to, in the bordering association, is less than 50 miles from their original Association of Permanent Residency.
- (2) The athlete can commute daily to practice with that team.
- (3) There are no other USATF teams in the Association of Permanent Residency.
- (4) It shall be the sole responsibility of the applying parent to secure and furnish all necessary documentation to substantiate any request to consideration of application of this rule.

The athlete must have the prior approval in writing of both the Youth Chair and Membership Chair of both the Association of 'Permanent Residency' and the Association of 'Non-Residency' placed on file in the National Office.

Reason: *The Youth Committee needs some clarity in the border rule. The main purpose is to allow athletes who live right across the border and have no teams close by in their association to go right across the border of another Association to practice with a team. This consideration has been misused by many to allow star athletes to join teams as far as 200 to 300 miles away, just to be on a relay in a bordering Association.*

Item 80 – Submitted by Glenn Fortune, Rules Committee on behalf of Marc Cizek. Amend Rule 301 as follows:

11-12 DIVISION

Pole Vault *

* The pole vault for the 11-12 age division will be contested as 'exhibition status' for two years at the Association Level and at the USATF Youth Athletics Championship. It shall be ratified or decertified as an official event at the 2016 USATF annual meeting.

Item 81 – Submitted by Kenny Emerick, Rules Committee on behalf of Duncan Atwood. Amend Rule 301 as follows:

11-12 DIVISION

((~~Mini Javelin – 300g~~)) Aero Javelin – 450g

13-14 DIVISION

((~~Javelin – 600g~~)) Aero Javelin – 450g

Reason: *This 450 gram Finnish flight training javelin (The “Finnjav™”, which is generically called the Aero Javelin in this rule change) provides a smoother progression from the 300 gram Mini Javelin to the 600 and 800 gram javelins thrown in the older age groups. The weight increment and the visibility of the javelin tip by the thrower’s eye make it feel like a real javelin but keep the safety aspects of the smaller implement.*

The other major issue that the Aero Javelin helps to solve is that of learning quality javelin flight skills. According to USATF biomechanics reports from the last 15 years, American javelin throwers need better flight skills. Part of the success enjoyed by international-level Finnish throwers is due in part to good flight skill training when first learning to throw. The Finnjav has been in use in Finnish youth programs for over 10 years. The carefully designed flight characteristics of the Finnjav make it clear even to a beginning athlete or coach that only throws that use techniques that transfer to the heavier implements will fly far - in other words, you have to hit it right, and when you do, you know it.

Item 82 – Submitted by Jacci White, President, Oklahoma Association. Amend Rule 301 as follows:

8 AND UNDER DIVISION

800 Meter Racewalk

Reason: *Many athletes are thrown in the event without the proper training as it relates to the rules and technique of race walking. This greatly diminishes the sport as well as the athletes’ confidence once they reach a championship meet. By adding the race walk to this age division, it will help to introduce the sport at an earlier age and give a beginning and developing athlete the opportunity to learn the rules and technique. Although some athletes could do the 1500, adding the 800 at this division allows for the development of the athlete as it relates to growth and strength and takes into consideration the time factor of adding the event to a championship meet.*

Item 83 – Submitted by Inez Finch, President, Georgia Association. Amend Rule 301 as follows:

1. Outdoor - The events listed below are included in the National Outdoor Championships. (Combined events where different ...

2. Indoor - The events listed below are included in the National Indoor Championships. Events in 15-16 and 17-18 Divisions can be contested at Zonal Championships, but are not required for advancement to the National Indoor Championships.

8 AND UNDER DIVISION

55 Meter Dash	800 Meter Run	Shot Put - 2kg
200 Meter Dash	1500 Meter Run	4x200 Meter Relay
400 Meter Dash	Long Jump	4x400 Meter Relay

9-10 DIVISION

55 Meter Dash	1500 Meter Run	Shot Put - 6 lb.
200 Meter Dash	1500 Meter Race Walk	4x200 Meter Relay
400 Meter Dash	High Jump	4x400 Meter Relay
800 Meter Run	Long Jump	

11-12 DIVISION

55 Meter Dash	1500 Meter Run	Shot Put - 6 lb.
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55 Meter Hurdles - 30"	1500 Meter Race Walk	4x200 Meter Relay
200 Meter Dash	3000 Meter Run	4x400 Meter Relay
400 Meter Dash	High Jump	
800 Meter Run	Long Jump	

13-14 DIVISION

55 Meter Dash	1500 Meter Run	Long Jump
55 Meter Hurdles - G30", B33"	3000 Meter Run	Triple Jump
200 Meter Dash	3000 Meter Race Walk	Shot Put - G6 lb., B 4kg
400 Meter Dash	High Jump	4x200 Meter Relay
800 Meter Run	Pole Vault	4x400 Meter Relay

15-16 DIVISION

55 Meter Dash	1500 Meter Run	Long Jump
55 Meter Hurdles - G33", B39"	3000 Meter Run	Triple Jump
200 Meter Dash	3000 Meter Race Walk	Shot Put - G 4kg, B 12 lb.
400 Meter Dash	High Jump	4x200 Meter Relay*
800 Meter Run	Pole Vault	4x400 Meter Relay *

17-18 DIVISION

55 Meter Dash	1500 Meter Run	Long Jump
55 Meter Hurdles - G33", B39"	3000 Meter Run	Triple Jump
200 Meter Dash	3000 Meter Race Walk	Shot Put – G 4kg, B 12 lb.
400 Meter Dash	High Jump	4x200 Meter Relay*
800 Meter Run	Pole Vault	4x400 Meter Relay*

15-18 HIGH SCHOOL DIVISION (National Indoor Championship only)

4x200 Meter Relay	4x800 Meter Relay	Distance Medley- 400, 800, 1200, 1600
4x400 Meter Relay		

Reason: *There is currently no rule listing events that are contested in Youth Indoor Championships, since the Youth Indoor Meets have been a pilot program. The events need to become a new rule for consistency in the growing number of Youth Indoor Meets.*

Item 84 – Submitted by Glenn Fortune, Rules Committee. Amend Rule 302.2(e) as follows:

... For athletes in the 8 and under, 9-10, 11-12, and 13-14 year old age divisions, the general rules regarding ...

Reason: *Just adding the newest age division to the starting block section.*

Item 85 – Submitted by Bill Hickman, Rules Committee. Amend Rule 302.2(e) as follows:

... For athletes in the 8 and under age division, starting blocks shall not be used. For athletes in the 9-10, 11-12, and 13-14 year old age divisions, the general rules regarding ...

Reason: *Rule 161.1 provides that starting blocks are to be used to expedite the carrying out of the meet. The utilization of starting blocks by this age group does not fulfill that function. This will also resolve the ambiguity in Rule 302.2(e) relative to the use of blocks by this age group.*

Item 86 – Submitted by Kenny Emerick, Rules Committee. Amend Rule 302.2(e) as follows:

... For athletes in the 8 and under and 9-10 year old age divisions, no blocks are allowed. For athletes in the ((~~9-10~~)) 11-12, and 13-14 year old age divisions, the general rules regarding ...

Reason: *The use of starting block at this age does not help with the flow of the meet and most kids need help in setting them up and the time it takes to do this just takes too long.*

Item 87 – Submitted by Inez Finch, President, Georgia Association. Amend Rule 305.2(b) as follows: Athletes who compete in the Junior National Championships, World Youth Track and Field Trials, ~~((or))~~ United States Olympic Selection Competition, Youth Olympic Games Trials-Track & Field or any additional event authorized by the National Youth Executive Committee may be entered in the National Junior Olympic meet without having to compete in the Association or Regional meet provided that they meet the Youth Athletics age limits. Acquisition of the waiver and completion of the entry to the National meet must be made prior to the Regional meet via the Regional coordinator.

Reason: *The National Youth Committee participates in the World Youth Olympic Games every four years and was debated this year. It should be included and any event the National Youth Committee deems necessary.*

Item 88 – Submitted by Kenny Emerick, Rules Committee on behalf of Ed Viering. Amend Rule 302.5(o) as follows:

When a High Jump or Pole Vault competitor is excused to participate in a running event, a reasonable time limit shall be established by the Games Committee or delegated to the affected Field Event Judge. ~~((No time limit shall be imposed on competitors excused from throwing or horizontal jumping events, except that the competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries, or before the conclusion of all other final attempts if excused during the finals. Failure to return within the allocated period shall result in forfeiture of missed attempts. In both the preliminaries and the finals, the head event judge may allow attempts to be taken in succession before a competitor is excused, and make up attempts may be taken in succession and out of order upon legally returning to the event. In the High Jump and Pole Vault, if))~~ If the competitor has failed to return in the allotted time, and all other remaining competitors have passed, failed or cleared the existing height, the crossbar shall be raised to the next height and the judge will automatically pass the excused competitor to the new height.

Reason: *The rule which addresses throws and horizontal jumps is hard to find since the lead sentence gives the impression that the paragraph only pertains to High Jump and Pole Vault. The rule is hard to read and understand because the first and last sentence address vertical jumps, but the middle three sentences address throws and horizontal jumps. Splitting it into two paragraphs solves the problem without changing the rule or conflicting with other rules.*

Item 89 – Submitted by Kenny Emerick, Rules Committee on behalf of Ed Viering. Insert New Rule 302.5(p) as follows:

When a Horizontal Jumps or Throws competitor is excused to participate in a running event, no time limit shall be imposed on competitors excused from throwing or horizontal jumping events, except that the competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries, or before the conclusion of all other final attempts if excused during the finals. Failure to return within the allocated period shall result in forfeiture of missed attempts. In both the preliminaries and the finals, the head event judge may allow attempts to be taken in succession before a competitor is excused, and make-up attempts may be taken in succession and out of order upon legally returning to the event.

Reason: *The rule which addresses throws and horizontal jumps is hard to find since the lead sentence gives the impression that the paragraph only pertains to High Jump and Pole Vault. Splitting it into two paragraphs solves the problem without changing the rule or conflicting with other rules.*

Item 90 – Submitted by Steve Vaitones, Rules Committee on behalf of Josiah Novack. Amend Rule 303.1(e) as follows:

In the 8 and under, 9-10, and 11-12 age divisions, ((events of 1500m and longer)) the 1500 Meter Run shall be contested as timed finals, with no more than 18 participants per section. In the 13-14, 15-16 and 17-18 age divisions, heats may be contested with a maximum of 18 participants per heat. Where heats are contested, twelve competitors shall advance to a final.

Reason: *This will establish a method in Youth Athletics (similar to the 800 meters) for contesting heats and finals in the 1500 meters for appropriate age divisions. The advancement process was used at the*

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2014 USATF National Junior Olympic Championships for the 13-14, 15-16, and 17-18 age divisions. This process follows Rule 166.1(c) for forming heats and finals in the 1500 meters.

Item 91 – Submitted by Steve Vaitones, Rules Committee on behalf of Josiah Novack. Amend Rule 303.1(h) as follows:

FOR NINE LANES FAT ONLY

Entries	Trial Heats	Qualifying to Semi-Final	Semi Final Heats	Qualifying to Final	Final
46 to 54	((0		6	1 + next 3 best times	9
55 to 63	0		7	1 + next 2 best times))	9
73 to 81	9	((3))	3	2 + next 3 best times	9
46 to 54	6	3 + next 9 best times	3	2 + next 3 best times	9
55 to 63	7	3 + next 6 best times	3	2 + next 3 best times	9
73 to 81	9	2 + next 9 best times	3	2 + next 3 best times	9

Reason: *In 2015 the USATF National Junior Olympic Championships will be contested at the University of North Florida, in Jacksonville, Florida, at a 9-lane facility. This change in the formula better parallels with 8-lane facilities. This modification follows Rule 166.1(h) for nine lanes.*

Item 92 – Submitted by Glenn Fortune, Rules Committee on behalf of Oronde Sharif. Replace Rule 303.1(h) chart as follows:

FOR EIGHT LANES FAT ONLY

Entries	Trial Heats	Qualifying to Semi-Final	Semi Final Heats	Qualifying to Final	Final
1 to 8	0	-	0	-	1 to 8
9 to 16	0	-	2	3 + next 2 best times	8
17 to 24	0	-	3	2 + next 2 best times	8
25 to 32	4	3 + next 4 best times	2	3 + next 2 best times	8
33 to 40	5	2 + next 6 best times	2	3 + next 2 best times	8
41 to 48	6	2 + next 4 best times	2	3 + next 2 best times	8
49 to 56	7	3 + next 3 best times	3	2 + next 2 best times	8
57 to 64	8	2 + next 8 best times	3	2 + next 2 best times	8
65 to 72	9	2 + next 6 best times	3	2 + next 2 best times	8
73 to 80	10	2 + next 4 best times	3	2 + next 2 best times	8
81 to 88	11	2 + next 2 best times	3	2 + next 2 best times	8

FOR NINE LANES FAT ONLY

Entries	Trial Heats	Qualifying to Semi-Final	Semi Final Heats	Qualifying to Final	Final
1 to 9	0	-	0	-	1 to 9

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10 to 18	0	-	2	3 + next 3 best times	9
19 to 27	0	-	3	2 + next 3 best times	9
28 to 36	<u>4</u>	<u>3 + next 6 best times</u>	<u>2</u>	<u>3 + next 3 best times</u>	9
37 to 45	<u>5</u>	<u>3 + next 3 best times</u>	<u>2</u>	<u>3 + next 3 best times</u>	9
46 to 54	<u>6</u>	<u>3 + next 9 best times</u>	<u>3</u>	<u>2 + next 3 best times</u>	9
55 to 63	<u>7</u>	<u>3 + next 6 best times</u>	<u>3</u>	<u>2 + next 3 best times</u>	9
64 to 72	8	3 + next 3 best times	3	2 + next 3 best times	9
73 to 81	9	3	3	2 + next 3 best times	9
82 to 90	10	2 + next 7 best times	3	2 + next 3 best times	9
11 to 99	11	2 + next 5 best times	3	2 + next 3 best times	9

Reason: *Currently, the format for having and advancing to semi-finals is determined by the number of athletes that check-in for the event. By following this format there are a number of issues and concerns that have an adverse effect on USATF Youth division.*

1. *The format limits an athlete's ability to be competitive. Because the decision to run trials or semi-finals is based on the number of athletes that check-in, most youth athletes are not mature enough to manage the sudden stress and psychological adjustments that come with the change of running rounds to instantly running a semi-final. In addition, because the change to semi-finals are done at check-in, coaches/parents do not have the opportunity to provide instructions that the athlete would need for any adjustments to be made. As a result, this affects an athlete's ability to compete effectively*
2. *The format does not allow the best athletes to compete in the finals. Because the format does not allow for automatic rounds, athletes that did not win their heat but have a fast time, often faster than some of the finalist, will not be in the finals. Having rounds would allow for more balanced and competitive finals.*
3. *The current format also effects the number of participants at future Junior Olympics. Athletes, coaches, and parents schedule their events, rooming, and travel according to projected advancement to semi-finals and finals. Due to this current format, instead of athletes competing in two or three rounds, athletes end up competing only in one round. As a result, coaches, parents and athletes are less willing to participate in USATF Junior Olympics. They often feel that it is waste of money for their child to compete in one round when they are projecting to compete in two rounds at a minimum.*

The changes in Rule 303(h) gives the athletes an opportunity to compete in trials, semi-finals, and finals, thus allowing athletes to compete to their fullest capabilities; allows for greater participation in the Junior Olympic meets; and provides a greater sense of fairness to athletes, parents, and coaches. The suggested changes will not alter any aspects of the Junior Olympic meet since trials and semi-finals are already part of the meet schedule. In addition, these changes would also eliminate any discrepancies between the announcer and check-in by providing a clear and definitive process for advancing and having semi-finals.

Item 93 – Submitted by Glenn Fortune, Rules Committee. Add New Rule 303.6 as follows:

National Youth Indoor Championship - For all running events from 55m through 400m, there will only be two rounds of competition. The eight fastest times shall advance from the first round to the final in all 15-16 and 17-18 age divisions.

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Reason: *It has been pointed out in the Youth Indoor Championship these two age groups do not advance to the championship through a Regional meet because of their high school championship. Consequently, these two age groups have a large number of entries and it presents a time constraint on the meet and scheduling in having to run three rounds of competition.*

Item 94 – Submitted by Kenny Emerick, Rules Committee on behalf of PNW Youth Committee. Amend Rule 304.5 as follows:

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

Team scoring in Cross Country is divided into five divisions for boys and five divisions for girls. The athlete's year of birth shall determine the division in which the athlete shall compete. With each succeeding year each division shall be adjusted as shown in the table below:

Cross Country Team Scoring Divisions

<u>Division</u>	<u>2015</u>	<u>2016</u>	<u>2017</u>
<u>8 and Under</u>	<u>2007+</u>	<u>2008+</u>	<u>2009+</u>
<u>9 – 10</u>	<u>2005-2006</u>	<u>2006-2007</u>	<u>2007-2008</u>
<u>11 – 12</u>	<u>2003-2004</u>	<u>2004-2005</u>	<u>2005-2006</u>
<u>13 – 14</u>	<u>2001-2002</u>	<u>2002-2003</u>	<u>2003-2004</u>
<u>15 – 18</u>	<u>1997-2000</u>	<u>1998-2001</u>	<u>1999-20002</u>

Reason: *USATF 17-18 participation numbers in Cross Country is way low. Let's make it easy to partake in our program and allow them to run as a Team 15-18 division in CC only. It would increase our club numbers and our individual membership. USATF is the healthiest activity mentally and physically for our youth so let's give them the easiest way to stay active.*

Item 95 – Submitted by Steve Vaitones, Rules Committee on behalf of Bill Quinlisk. Amend Rule 341.1 as follows:

Team scoring for cross country shall be as follows:

(a) ~~M40+ and M50+ ((and M60+))~~ five (5) individuals shall score with a maximum of nine (9) individuals declared per team

(b) ~~((M70+))~~ M60+ and above, and all women's teams three (3) individuals shall score with a maximum of five (5) individuals declared per team.

Reason: *Two years ago we raised the required number of scorers in Masters Cross Country Championships from three to five for the M60+ division. The rationale then was that due to increased numbers of participants in the men's 60's age group, it wouldn't effect team participation. The Masters LDR Representative to the Cross Country Council now recommends that Masters Cross Country team scoring for the M60+ age division return to the previous rule requiring only 3 scorers. A poll conducted by the Masters LDR Cross Country Representative among all M60+ teams from the previous 2 years of National Masters XC Championships shows that 67% of teams are in favor of this change. The recent lower entry numbers among M60+ teams at National Masters XC Championships also support this reversal.*

Item 96 – Submitted by Gary Snyder, Chair Masters Track and Field on behalf of Tim Edwards. Amend Rule 187.18 as follows.

18. **Construction** - The rim of the circle shall be made of a band of iron, steel or other suitable material, painted white, the top of which shall be sunk flush with the ground outside. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material. ~~The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material.~~ The interior of the circle must be constructed of a firm material and finished in such a manner that the surface is not slippery. The surface of the interior shall be level and 2cm (\pm 6mm) lower than the upper edge of the rim of the circle. In the Shot Put, a portable circle meeting these specifications, including wood, is permissible.

Reason: *Most materials can be finished in such a manner so that its surface is slick. The current rule addresses the material and it should address the surface finish of the material.*

Item 97 – Submitted by Gary Snyder, Chair Masters Track and Field on behalf of Tim Edwards. Amend Rule 191.9 as follows

9. The hammer shall conform to the following specifications:

Name	16 lb	6 kg	12 lb	5 kg	4 kg	3 kg	2 kg
Loop (<u>Inside</u>) Size max. mm	19.5	19.5	19.5	19.5	19.5	19.5	19.5

Reason: *The past year we did a lot of measuring of the loops of the wires and found that if the Outside Dimension was used a lot more wires were disqualified. As it now reads, the ambiguity of the wording allows the official to choose where the measurements would be taken and the rule should be specify either Inside Dimension or Outside Dimension in order to gain consistency throughout the event.*

Item 98 – Submitted by Gary Snyder, Chair Masters Track and Field on behalf of Pay Carstensen, Amend Rule 195.1 as follows:

1. In making a throw, the competitor may choose to assume any starting position holding the weight exclusively by the handle, and using both hands except at the start of the throw, and at the release of the implement. the competitor may use optional one handed swings at the start, then must use both hands until the release phase. Prior to the release, the trailing hand will separate for a split second from the handle, and must be relatively close to the leading hand at this stage of the final release, both hands pointing in the same direction towards the landing area.

Reason: *The proposed submission will clarify using both hands during competition because the existing statement is too vague. It invites illegal one handed flinging throws with the leading hand, while the trailing hand is passive and not even close to the leading hand, nor is it involved in the throw. Even these illegal throws are seldom called by officials because of the vagueness of the current wording in the rule. This proposal will help officials and competitors alike.*

Item 99 – Submitted by Gary Snyder, Chair Masters Track and Field on behalf of by Tim Edwards. Amend Rule 195.5(b) as follows:

5. Handle

(b) The handle for the all metal head weight shall have sides that do not exceed 190 mm or smaller than 100 mm inside measurement. A handle with no permanent connection point shall ~~have two sides of equal length and the third side of less than or equal length.~~ See Figure 15 be constructed in such a manner that regardless of how the handle is turned the length of the implement does not exceed the specified maximum length of the implement.

Reason: *We should be concerned about the maximum length of the implement not whether or not the handle is an equilateral or isosceles triangle.*

Item 100 – Submitted by Gary Snyder, Chair Masters Track and Field on behalf of Tim Edwards. Amend Rule 195.7 as follows:

7. Connection –

(a) After the handle, by means of no more than two steel links (loops), whose size shall be such that they cannot stretch while the implement is being thrown.

To: (a) After the handle, by means of no more than two steel links (loops), whose size shall be such that they cannot stretch while the implement is being thrown.

NOTE: Wire is not a suitable connector

Reason: *Wire has a tendency to stretch and the note will make it clear that it is therefore not suitable.*

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Item 101 – Submitted by Gary Snyder, Chair Masters Track and Field on behalf of Mary Trotto. Amend Rule 200.2 as follows.

2. Competition for Women:

(a) The Outdoor Pentathlon, which shall be conducted on one day in the following order:

100 Meter Hurdles	<u>Long Jump</u>
High Jump	<u>Javelin Throw</u>
Shot Put	<u>200 Meters</u>
Long Jump	<u>Discus Throw</u>
800 Meters	<u>1500 Meters</u>

Reason: *Some M65 and older women do not enter the pentathlon because of the hurdles and high jumps. The women do not want to enter events they cannot practice. 27" hurdles are rarely available and the same problem applies to the high jump equipment.*

Allowing women 65 and older to contest the events in the mens outdoor pentathlon would increase participation and would be easier to schedule at our national championships since they could be scheduled at the same time as the men's pentathlon.

Item 102 – Submitted by Gary Snyder, Chair Masters Track and Field on behalf of Ray Feick. Amend Rule 331 as follows:

(g) National Throw a Thon Championships (see Rule 202)

~~(g)~~ (h) National Indoor Heptathlon

Reason: *Approval of the Throw-A-Thon as a National Championship will provide an additional national competition for male and female masters throwers.*