

**Proposed Amendments USATF Rules Of Competition  
2010 Annual Meeting – Virginia Beach, VA**

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**USATF RULES COMMITTEE SCORECARD**  
Committee Actions as of \_\_\_\_\_

Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action
1	4		21	4		41	5		61	7		81	5		101	5	
2	4		22		W	42	6		62	4		82	5		102	5	
3	5		23	5		43	6		63	6		83	5		103	5	
4	5		24	5		44	6		64	2		84	7		104	5	
5	6		25	6		45	6		65	4		85	5		105	5	
6	5		26	6		46	5		66	5		86	5		106	5	
7	5		27		W	47	6		67	5		87	5		107	5	
8	5		28	4		48	7		68	5		88	5		108	5	
9	7		29	5		49	4		69	5		89	5		109	5	
10	7		30	2		50	4a		70	5		90	5		110	5	
11	6		31	5		51	7		71	5		91	5		111	5	
12	5		32	6		52	5		72	5		92	5		112	5	
13	6		33		W	53	5		73	5		93	5		113	5	
14	5		34	4		54	7		74	3		94	5		114	5	
15	6		35	6		55	6		75	5		95	5		115	5	
16	4		36	3		56	6		76	5		96	5				
17	5		37	7		57	6		77	7		97	5				
18	5		38	4a		58	3		78	5		98	5				
19	5		39	5		59	4		79		W	99	5				
20	4		40	5		60	7		80	5		100	5				

**Conference Call Actions:**

1=Grammar / Punctuation  
5=Discuss / Refer

2=Housekeeping  
6=Recommend Reject

3=Current Practice  
7=Recommend Table

4=Recommend Approval  
W=Withdrawn a=amended

**Final Actions: A=Accepted AA= Accepted As Amended R=Rejected T=Tabled W=Withdrawn**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

**Item 1** – Tabled 2009 Item 43 – IAAF 47

Amend Rule 167.1 as follows:

~~((Ties shall be decided as follows:))~~

In determining whether there has been a tie for a qualifying position for the next round based on time, the Photo Finish Judge shall consider the actual time recorded by the competitors without regard to the rule that the time should be read to the next longer 1/100th of a second.

Whether by time or finishing place, if it is ((If it is thus)) determined that there has been a tie, the tying competitors shall be placed in the next round if it is practical to do so. ((If that is not practical, the tying competitors shall compete again.)) If that is not practical, lots shall be drawn to determine who shall be placed in the next round.

**Item 2** – Tabled 2009 Item 50 – published IAAF interpretation

Amend Rule 180.8(a) as follows:

Except as provided in subparagraphs (b) and (c), if a competitor misses a turn in a field event for any reason, (e.g., arriving late, unexcused absence, etc.) that competitor shall not be permitted to have warm-ups using the competition area (see Rule 180.13(c)) or take the trial or trials so missed, but may be permitted to take his/her remaining trials if he/she was entered in the event before it began. If a competitor by his or her own decision makes a trial in an order different from that previously determined, the competitor shall be warned (or disqualified in case of a second infringement) according to Rule 125.8, but the result of the trial (valid or failure) will stand in the case of a warning (first infringement).

**Item 3** – Tabled 2009 Item 74 – IAAF 76, 77

Amend Rule 241 as follows:

1. The organizers of road races must ensure the safety of all competitors and officials.

~~((a) Medical examinations:))~~

((i)) (a) A hands-on medical examination during the progress of an event by official ((designated)) medical personnel clearly identified by the organizers (armband, vest, or similar distinctive apparel) shall not be considered assistance.

~~((ii))~~ (b) A competitor must retire at once from the race if ordered to do so by a duly authorized race official or a member of the official medical staff ((who is clearly identified by the organizers (armband, vest, or similar distinctive apparel))).

(c) During hot weather, races should be scheduled in the early morning or evening hours and additional aid stations should be made available.

(d) Adequate first aid facilities should be provided, preferably by use of a mobile unit or units on the running course.

~~((b))~~ 2. Drinking/Sponging and Refreshment Stations:

~~((i))~~ (a) Water and other suitable refreshments shall be available at the start and finish of all races.

(b) For all events up to and including 10km, water only drinking/sponging stations shall be provided at suitable intervals of approximately 2-3km 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 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) 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.

(e) Any person authorized at a station to dispense water or refreshment may not enter the course nor obstruct any competitor. They may hand the water or refreshment to the competitor either from behind, or from a position no more than one meter in front or to the side of, the dispensing table.

~~((ii. Drinking/Sponging or refreshment stations shall be provided at suitable intervals of approximately 2-3km based upon weather conditions.))~~

~~((iii. In all events 10km or longer, water shall be provided at intervals of no more than 5km. In addition, race management may provide refreshments (other than water) and/or sponging stations at positions approximately midway between water stations.))~~

~~((c) During hot weather, races should be scheduled in the early morning or evening hours and additional aid stations should be made available.))~~

~~((2. Adequate first aid facilities should be provided, preferably by use of a mobile unit or units on the running course.))~~

3. If a race is longer than 5 miles and the athlete is under 18 years of age, a statement signed by the athlete's parent or legal guardian permitting the athlete to compete is required.

~~((4. A competitor must retire from a race immediately if directed to do so by a duly authorized official of the race or by a member of the race medical staff. (See Rule 144.9).))~~

**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 5** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Add a new Rule 1(e) as follows:

In addition, in Masters Cross Country and the Club Track and Field championship, non-US citizens who have at least completed the application process for resident foreigner status, 'green card', may compete as members of a club team, so long as they are bona fide members of the club and members of USATF.

**Reason:** *Foreign athletes with green cards are currently able to compete and score at the club track & field nationals because these athletes are bona fide members of a club with most having lived here since childhood. However, these same athletes are not able to score at club cross country nationals. In an effort to have uniform rules, Club Council has proposed this specific rule.*

**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, in Long Distance Running Championships, US citizens who have not previously represented another country or territory in International Competition are eligible to compete in the Championship, regardless of whether or not they are eligible to represent the US in International Competition.

**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 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 8** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 3.3 as follows:

Athletes who are not members of ~~((an))~~ a particular Association may compete as invited guests on a non-scoring basis at the discretion of the meet director or the appropriate Association sports committee.

**Item 9** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 4 as follows:

1. In all USATF Team Championships, whether National, Regional or Association, only teams consisting of duly accredited representatives of a member club shall be eligible to win such team Championship. In Regional Championships, the team Championship may be contested on the basis of Association teams ~~((instead of))~~ in addition to scoring by club teams, at the option of the Games Committee.
2. In Long Distance Running, open and masters cross country running and open track & field club competition, an athlete who is a non-resident member of an Association is eligible to compete for a team in that Association only if ~~((the athlete))~~:
  - (a) the athlete resides in an adjoining Association ((and the Association of residence does not offer the program,)) within the government-defined Standard Metropolitan Statistical Area (SMSA) of a city which is primarily in the neighboring Association, or
  - (b) neither the Association of residence nor any Association adjoining the Association of residence ((offers the program)) has a member organization which sponsors and/or supports team competition available to the athlete, or
  - (c) ~~((has historical membership based upon Association residency (at least 3 continuous USATF membership years) in a club is eligible to compete for that club))~~ the athlete has been a member of both the club and the club's Association for at least three continuous years.

**Reason:** The current version of Rule 4.2 is difficult to administer, not objective, and applies only to LDR (particularly club cross country). However, the Club Council and Cross Country Council are working together to have one uniform rule that applies to both club track and club cross country to ensure that all club athletes are able to score for their respective teams at both championships (which isn't the case with the current rule). On the Club Council's side, the proposed Rule 4.2(a) aims to further the Club Council's mission of encouraging group-based training. The Council's overall goal is to promote high-quality, year-round, club-based training environments that serve and develop athletes where they live (in conformity with Project 30). Rule 4.2(b) & (c) are tailored to be narrow exceptions.

**Item 10** – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

Amend Rule 4.2 as follows:

In Long Distance Running, an athlete who is a non-resident member of an Association is eligible to compete for a team in that Association only if the athlete:

- ~~((a) resides in an adjoining Association and the Association of residence does not offer the program, or~~
- ~~(b) neither the Association of residence nor any Association adjoining the Association of residence offers the program, or~~
- ~~(c) has historical membership based upon Association residency (at least 3 continuous USATF membership years) in a club and is eligible to compete for that club.))~~
- (a) resides in a bordering Association, or
- (b) has historical membership of at least 3 continuous USATF membership years in a club and that club's Association based upon an original residency in that Association.

**NOTE:** *In either case, the athlete must be eligible to compete for that club and must follow the procedures outlined in the USATF Governance Handbook, Operating Regulation 4, regarding transfers between Associations.*

**Reason:** *The current version of Rule 4.2 is difficult, if not impossible, to enforce fairly and equitably. LDR Team Championships should be contested by local Association-level club teams whose members live and train together, not Regional or National "all-star" teams. The first exception allows for athletes to compete who do not reside in their club's Association but do reside in a bordering Association. The second exception allows athletes who are still members of a club in an Association where they once resided to continue to compete for that club even when they relocate. The note reminds athletes that they must follow the regulations regarding transfers of Associations and also must be eligible to compete for that club.*

**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 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 13** – Submitted by Bob Podkaminer, Rules Committee on behalf of Greg Harger and Bill Roe

Amend Rule 6.6 as follows:

Qualifying standards and procedures may be established for Championships and for qualifying competition for international competitions by the sport committee concerned. When established, such qualifying standards, procedures, and the qualifying period shall be publicly posted prior to the opening of the qualification period.

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

**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 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 ~~((43, 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 16** – Submitted by Steve Vaitones, Rules Committee

Amend Rule 11.2(a) as follows:

~~((5000 Meter Walk))~~      3000 Meter Walk

**Reason:** *Makes men's and women's events same. The indoor championship walk distance was changed to 5000 meters when event was held at World Indoor Championships, but was never changed after being removed from World Indoor schedule. Almost no events are held at 5000 meters for qualifying opportunities, competitors are using shorter distances.*

**Item 17** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 12 as follows

- 1. The Associations Committee, through its Club Council and with assistance and representation from the Men's and Women's Track & Field Committees and the Race Walking Committee, shall annually conduct the National Track & Field Club Championships. This will be a combined men's and women's championship. ~~((A joint subcommittee with representatives of all three committees named by))~~ The Club Council chair, with the consent of the chair of the Associations Committee shall appoint the Games Committee, Referee(s), and chief officials, who shall be certified officials at the National or Master level.
- 2. Regional club championships may be held in each region and used for qualification into the national meet.
- 3. All participants shall be member of a USATF member club. Unattached and non-resident alien athletes may not compete in the Championships.
- ~~((2-))~~ 4. Rule 10 shall apply to the National Track & Field Club Championships, except that:
  - (a) The meet shall be a two-day meet.
  - (b) The time schedule shall be determined by the Games Committee.
  - (c) The following relays are included as standard events:
    - 4x100 Meter Relay
    - 4x400 Meter Relay
    - 4x800 Meter Relay
    - Sprint Medley Relay (200-200-400-800)
    - Distance Medley Relay (1200-400-800-1600);
  - ~~((b))~~ (d) The ~~((10,000 Meters))~~ Race Walks shall be optional, with distances set in consultation with the national Race Walking chair; and

- ~~((c) Contestants may be a regional winner or runner up, or be declared by a right of membership club to be their entry into an event, instead of meeting a qualifying standard.~~
- ~~(d) A trophy shall be given to the team scoring the most points. Scoring shall be ten (10) points for each first place scored, eight (8) points for second, six (6) points for third, four (4) points for fourth, two (2) points for fifth, and one (1) point for sixth. Should ties remain after applying Rule 167, Rule 180.14 or Rule 181.8, the points to be awarded for the tied places shall be totaled and points equal to this total divided by the number of tied competitors shall be scored for the team of each individual so tied. When two or more teams have the same number of points, the teams shall be cochampions and any trophies shall be awarded in multiple copies.))~~

5. Qualifying: In the Club Track & Field Championships, all entered contestants shall have met the qualifying requirements adopted by the Club Council or by the properly authorized subcommittee thereof and listed in the published entry material, or must be the single entrant in an event for that club.
6. Conduct of the Championships: The Council Chair, Games Committee Chair, and Meet Director shall finalize all events, make modifications to the time schedule, formulate the heats, advancement, and timed-final parameters, and publish them at least forty-eight (48) hours in advance of the first scheduled competition on the USATF website.
7. Scoring and awards: Team scoring shall be according to the provisions of Rule 7. Awards shall generally be governing by Rule 5. A most valuable trophy shall be presented to the male and female athlete who scores the most points for their team, including one quarter of relay points. A best performance trophy shall be awarded to the male and female athlete whose individual performance scores highest on the approved IAAF point tables. A suitable recognition may also be made of the Association whose athletes score the greatest number of points in the championships.

**Reason:** *To conform to Bylaw 14 and to conform to existing practice at the Championships. With regard to race walking, the event is proposed as optional because of the low turnout of competitors over the past couple years.*

**Item 18** – Submitted by Mike Scott, Chair, USATF Cross Country Council

Amend Rule 15.4 as follows

4. The distances contested at the Fall National Championships are 10,000 meters (or as close as feasible) for men and 6000 meters (or as close as feasible) for women. The distances contested at the Winter National Championships shall be as close as feasible to the distances to be contested that year at the IAAF World Cross Country Championships, or when there is no World Championship in that year, 12,000 meters for open men, 8000 meters for open women and junior men, and 6000 meters for junior men. The measured distances should be printed in the program and the results.

**Item 19** – Submitted by John Blackburn, Rules Committee on behalf of Bill Roe and James A. Felty

Add New Rule 15.6 as follows and renumber:

At the Fall National Championships, team competition shall be conducted in all four races for Association club teams. At the Winter National Championships, team competition shall be conducted in all six races for Association club teams, and concurrently in the open races for teams representing sponsors and the branches of the Armed Services.

**Item 20** – Submitted by Dr. Bob Adams, Chair USATF Sports Medicine Committee on behalf of Dr. Mark Troxler

Amend Rule 32.2 as follows:

- ~~((The following are guilty of a doping offense:))~~ Anti-Doping Rule Violations:
- (a) ~~((An athlete whose body tissues or fluids are found to contain a prohibited substance,))~~ Presence of a prohibited substance or its metabolite or markers in an athlete's sample.
- (b) ~~((An athlete who uses or takes advantage of a prohibited technique,))~~ Use or attempted use by an athlete of a prohibited substance or a prohibited method.
- (c) ~~((An athlete who admits))~~ Admitting to having used ~~((or taken advantage of))~~ a prohibited substance or a prohibited ~~((technique))~~ method.
- (d) ~~((An athlete who fails or refuses to submit to doping control after having been properly requested to do so,))~~ Refusing or failing without compelling justification to submit to sample collection.

- (e) ~~((A person who assists or incites an athlete to use a prohibited substance or a prohibited technique,))~~ Administration or attempted administration, to any athlete in-competition, of any prohibited method or prohibited substance.
- (f) ~~((A person who in any way improperly interferes with the collection, shipment, storing or testing of a sample, or with the administration of USATF's or the IAAF's doping control regulations, and))~~ Tampering or attempted tampering with any part of doping control.
- (g) ~~((An athlete who competes while ineligible to compete because of a doping offense,))~~ Possession of prohibited substances and prohibited methods.
- (h) Trafficking or attempted trafficking in any prohibited substance or prohibited method.
- (i) ~~((An athlete who violates the IAAF and/or WADA requirements concerning availability and whereabouts.))~~ Violation of applicable requirements regarding athlete availability for out-of-competition testing.

**Reason:** The wording guilty needs to be removed because that is for CAS to decide and positive test is simply a rule violation and the athlete later will be found innocent or guilty by due process. (a) Body tissue is not used for testing and to prevent confusion the word "sample" is used for uniformity. (b) Use or attempted is a better term and add clarity. (c) Method is a preferred term as opposed to technique. (d) When an athlete fails to provide a sample without good reason is a better manner to stat. (e) Administration or attempted administration in this open ended format includes a larger number of potential rule violators. (f) Regardless of who does it tampering with a sample is a rule violation. (g) I'm not sure this belongs in this resection because a doping violation has already occurred. (g)(h) Trafficking or possession need to be added as rule violation. (i) Simply put an athlete that is not available for testing is a rule violation.

**Item 21** – Submitted by Steve Vaitones, Rules Committee

Amend Rule 110.1 as follows:

~~((Officials necessary at athletics events:))~~ There shall be as many officials at a meet as are necessary for its orderly and efficient operation, and compliance with these rules. The size of the meet and the level of competition both play a role in determining the number of officials to be used at an event. In some cases, the number of officials conducting an event may be reduced significantly.

**Reason:** The deletion should be made because the statement does not follow the format of the rules in this subsection. The add is to further emphasize that smaller meets may need far fewer officials than larger and higher caliber meets. Alternatively: Remove Rule 110.4 and put it into a meet management handbook of sorts.

**Item 22** – Submitted by Steve Vaitones, Rules Committee

Amend Rule 110.3 as follows:

The Games Committee for National Championship or IAAF events held in the USA shall appoint all Competition Officials, except those appointed in accordance with USATF Regulation 4-H.

**Reason:** Not always practical or required at lower level meets.

**Item 23** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 119.4 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 ~~((If the Jury of Appeal is in doubt,))~~ other available evidence ~~((may be considered. If such evidence))~~, including any available video evidence. ~~((is not conclusive,))~~ The decision of the Referee or the Chief Race Walking Judge shall be upheld if the original determination is without doubt or if any further review of evidence is not conclusive. 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 ...

**Reason:** An appeal is a determination of whether proper and adequate procedures were followed in the issuing of a decision within the scope of those charged with making such a decision, not the total adjudication of a protest as if nothing had gone before. A Jury of Appeal must determine if something improper has occurred and then act accordingly. There have been many cases where a Jury of Appeal fails to even interview the Referee who issued the original decision. This gives clear and positive direction to the Jury of Appeal without subverting any authority when it is determined that the original decision was reached with improper, or without full, investigation.

**Item 24** – Submitted by Glenn Fortune, Rules Committee

Amend Rule 119.4 as follows:

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

**Reason:** *I have seen evidence that righted a mistaken call. And once again it will still be in the purview of the Jury as to whether they want to use an outside video.*

**Item 25** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 142.3 as follows:

In Championships and programs, other than the Olympic Team Selection competition, conducted pursuant to the Rules of Competition of USATF, 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. This rule shall not apply to 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. Specifically for the Club Track & Field Championships, an athlete must compete in a final track event for which he/she has competed for a position in preliminaries, or have a medical practitioner's approval to avoid being eliminated from further events, including relays.

**Reason:** *To conform to existing practice at the Championships. The "honest effort" rule should be publicized to all athletes and coaches.*

**Item 26** – Submitted by Devon Joan Martin, Chair, USATF Club Council

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. At a minimum, each member of a relay team must wear a nearly identical jersey. The team is encouraged to wear completely identical uniforms.

**Reason:** *For safety of all athletes at the Championships.*

**Item 27** – Withdrawn

**Item 28** – Submitted by George Kleeman and Bob Podkaminer, Rules Committee

Amend Rule 143.4 as follows:

When bib/bibs are provided, every competitor ~~((must be provided with bibs, which must be conspicuously worn))~~ shall wear them, as indicated in these rules, when competing. No athlete shall be permitted to participate in any competition without the appropriate bib/bibs, except as indicated in these rules. The bibs are to be worn as issued (cutting or folding numbers is not permitted). ~~((No athlete shall be permitted to participate in any competition without the appropriate bib or bibs.))~~ The identifying information on the bib need not be numeric. Not wearing an assigned bib may be grounds for disqualification under Rule 145.2.

**Reason:** *Bibs are often not provided so we shouldn't say every competitor must be provided with bibs. The current trend is to have a non-numeric bib on the front. There is no need for either a non-numeric or a numeric bib on the back. The officials rely on hip numbers when non-numeric bibs are used. The last sentence is important to point out the seriousness of wearing an unaltered bib during competition when they are provided. It is a "may" so that it is not mandatory.*

**Item 29** – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

Amend Rule 143.7 as follows:

In cross country, long distance runs and race walks, the competitors must wear a bib on the front and should also wear a bib on the back. The front bib must be visible at all check points and at the finish line. A transponder timing device and any other identification issued by the Games Committee must be worn according to instructions. Failure to do so may result in disqualification from the event.

**Reason:** *Transponder timing has become the primary system for most LDR events. It should be the athlete's responsibility to wear a transponder timing device or any other identification as instructed by the Games Committee.*

**Item 30** – Submitted by George Kleeman, Rules Committee on behalf of Jim Hanley

Amend Rule 144.3 by adding as follows:

(h) Pace setting by an officially designated person entered in an event for that purpose is permitted, provided such pacesetters start in the event.

(i) Carrying or wearing articles of personal equipment such as wrist chronometers and heart rate monitors.

**Reason:** *These provisions were Rule 144.3 (e) and Rule 144.3(f) in the 2009 Edition. Both sections were inadvertently removed as a result of the reorder to Rule 144.3 made in 2009. They need to be reinstated.*

**Item 31** – Submitted by Bob Podkaminer, Rules Committee on behalf of Bill Roe and Phil Stewart

Amend Rule 146.2 as follows:

Protests ~~concerning the result or conduct of an event shall ((relating to matters which developed during the conduct of the competition must))~~ be made to the Referee at once and not later than 30 minutes after the official announcement of the result of that event ((after a result has been announced, )), except for the following:

- (a) 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.
- (b) For Cross Country the time period shall be one hour.
- (c) In the case of events in which final results are not announced on the day of competition, the Games Committee may determine, and announce in the results that are released, a period not to exceed seven (7) days during which protests may be made to the meet or race director.

Amend 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, 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. The procedure for protesting, including location, filing methods, acceptable filing period, etc., shall be published in the event material.

**Reason:** *To adopt IAAF language, and to require organizers to define the protest process for the event.*

**Item 32** – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

Amend Rule 146.2 as follows:

Protests relating to matters which developed during the conduct of the competition must be made to the Referee at once and not later than 30 minutes after a result has been announced, except in the case of long distance races, where the time period shall be 24 hours, and cross country races, Masters LDR Championships or the Professional Section of road races, as defined in the race material (website, entry form, etc.), where the time period shall be one hour. ...

**Reason:** *Results for all Masters LDR Championships are posted and announced almost immediately after the last finisher. One hour is enough time to allow for a review of the results and to file any protests while the Referee and Jury of Appeals are still on-site to make rulings.*

**Item 33** – Withdrawn

**Item 34** – Submitted by Devon Joan Martin, Chair, USATF Club Council

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 the club council.

**Item 35** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 160.8(c) as follows:

Whenever possible the 800 meters shall be run in lanes until the athletes have passed the nearer edge of the breakline at the end of the first turn. The start shall be so staggered that the distance from the start to finish shall be the same for each competitor. Small markers, such as cones or prisms 5cm x 5cm and no more than 15cm high, preferably of a different color from the breakline and lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline. Alternative methods of starting the 800 meters may be used, provided each method is clearly explained to competitors prior to the start:

- i. One or two athletes may be placed in lanes already occupied by another runner. In this case, athletes share the lane around the first turn to the breakline, and must avoid illegal contact.
- ii. Up to twelve athletes may be started at one time in an 800 meters using four two-lane alleys, pairing 1-2, 3-4, 5-6, and 7-8. Each alley may have up to three athletes, and no alley may have only one athlete. Athletes in each alley can move to the lane line in their alley (1, 3, 5, or 7) immediately from the start, provided there is no illegal contact with other athletes in their alley. At the breakline, athletes in the outer three alleys may move, without committing illegal contact, to the inside lane or lanes.

Neither of these methods should be used in open National Championship competitions.

**Reason:** *Since the 800 meters at the Club Championships is a timed final and only the top 8 athletes score for their team, running in lanes may not support the most competitive race. In comparison, running in alleys often creates the most competitive race in these types of situations. The Club Council would like the option of implementing either method based on the entries in order to create the most competitive race.*

**Item 36** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 160.9 as follows:

The separate arced starting line referred to in Rule 162.18 shall be marked in such a way that all of the competitors shall run the same distance. Also, an arced break line shall be marked at the beginning of the following straight to indicate to the athletes of the outer group where they are permitted to join the competitors using the regular starting line. Small markers, as in Rule 160.8(c), shall be placed at intervals not exceeding 4m along the inside lane boundary of the outer group from their start to the break line.

**Reason:** *Eliminate the possibility of competitors not knowing they should stay within the confines of the outer lanes until the break line.*

**Item 37** – Submitted by Raymond Pierre, Rules Committee

Amend Rule 162.6 as follows

When a competitor uses a crouch start, the competitor must, after the "on your marks" command, assume a position completely within the assigned lane and behind the starting line. Both hands and at least one knee must be in contact with the ground (~~((and both feet in contact with the starting blocks))~~). 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 blocks))~~). At this time both feet must be in contact with the starting blocks. (See Rule 162.1.) In all races up to and including the 400 Meters and lead-off relay legs not exceeding 400 meters, a crouch start and starting blocks must be used, unless prohibited by a permanent physical disability.

**Reason:** *The current rule does not give fair consideration to athletes who want a portion of their toes to maintain partial contact with the ground in the "set" position. When these athletes rise to a set position, the feet are firmly pressed against the blocks, but about 20% of the foot is in contact with the ground. This is a common starting practice. It's also fair, safe, and reasonable. But with this starting style one of the feet won't make contact with the blocks until the athlete actually rises to "set". In the "on your marks" position, the athlete's foot (of the trail leg) will be approximately 1/2 inch in front of the pedal.*

**Item 38** – Submitted by Raymond Pierre, Rules Committee

Amend Rule 162.6 as follows

... In all races up to and including the 400 Meters and lead-off relay legs not exceeding 400 meters, a crouch start and starting blocks must be used, unless prohibited by a permanent physical disability. For all other races competitors shall use a standing start.

**Reason:** Around the country I've witnessed starters "correcting" athletes for choosing a 3-point stance in distance races -- particularly the 800m -- completely unaware that the rulebook does not forbid it. I recommend placing the above proposal in the rulebook, or -- if we don't want to require a standing start -- insert language similar to Youth Rule 302(e).

**Item 39** – Submitted by Raymond Pierre, Rules Committee

Amend Rule 162.11 Note as follows

**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.

**Reason:** *The Note in its current state is mostly unnecessary. The issue has never been with what is fair, but with distance. The fact is, 'falling down' is only one of a thousand reasons a race can be recalled, including slipping, tripping, stumbling, getting bumped, somebody threw a beer can, a blind duck wandered onto the track. These are all reasons to recall the race 'only when the opinion of a member of the start team is such that the incident is part of an unfair start'.*

*Again, the issue we should be focused on is not WHAT is fair, but what the DISTANCE should be before the incident is no longer part of the start at all. And that distance clearly needs to be less than 100 meters and should not be more than 10. This past season, (at every meet that followed the USATF rulebook) every starter informally agreed 10 meters was reasonable and fair. We did recall a couple races where a spill took place right at the starting line.*

**Item 40**– Submitted by Bob Podkaminer, Rules Committee

Amend Rule 162.14 as follows:

Should the starter have occasion to warn the competitors on any point, or is not satisfied that all is ready to proceed after the competitors are on their marks, or more than 2.5 seconds has elapsed after the appropriate final command, he/she shall order the competitors to "stand up".

**Reason:** *Provides direction for the unusually long holding times caused by the failure of competitors to follow the prescribed start procedures of Rule 162.6 and Rule 162.8 or caused by frequently observed extended holds from the Starter which are perceived as a challenge to the competitor. Clear direction regarding the cancellation of a start is even more important given the current false start disqualification rule.*

**Item 41** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 162.17 as follows:

When a false start detection apparatus without an automated audible recall tone is used, the Starter ...

**Reason:** *Current models include an audible recall sound through the speakers, providing more immediate and adequate signal to competitors and Recallers. The assignment of a Recaller to not observe the start is eliminated.*

**Item 42** – Submitted by George Kleeman, Rules Committee on behalf of Ken Young

Amend Rule 165.7(a) as follows:

For all hand-timed races on the track, partly on the track or entirely outside the stadium, the times shall be recorded to 1/10th second. ~~((The times for races partly or entirely outside the stadium shall be converted and recorded to the next longer full second, e.g. for the Marathon 2h.09.44.3 shall be recorded as 2:09.45.))~~

Amend Rule 165.7(c) as follows

When the time displayed on electronic, manually operated digital timers, or transponder results, 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))~~ 2:09:44.1. For the track, ...

**Reason:** *Road records and rankings tend to have numerous "ties" when times are taken to full seconds. The world 5K road record for men is a prominent example. Taken to full seconds, the record is 13:00 by Sammy Kipketer, in both 2000 and 2001. However, when taken to tenths of seconds, the 2000 mark is superior at 12:59.5 versus 12:59.6 in 2001. The NZL 10K road record for men is a three-way tie, taken to full seconds. This change to tenths of seconds improves the record-keeping process by eliminating ties.*

*Road times reported to tenths of seconds are a better indicator of the actual margin of victory in close races. Times to full seconds could actually represent two runners who finished as much as one second apart. This change would improve the presentation of road race results.*

*Hand-held stopped times are considered reliable to tenths of seconds. Studies comparing hand-held stopped times to transponder (chip) times have documented the reliability of transponder times to tenths of seconds. Hence, there should be no question as to the capability of modern timing systems to produce times to tenths of seconds.*

*The argument that road distances are not known to this same precision and hence times should not be more precise is specious. For 10,000m on the track, times are kept to hundredths of seconds (automatic timing) which corresponds to a track accuracy of 0.25 cm. This is roughly an order of magnitude less than the precision with which tracks are laid out. Records are a statement that the runner ran not slower than the stated time and not less than the stated distance, i.e., these are two distinct and separate criteria. Modern timing systems can meet this standard to tenths of seconds.*

**Item 43** – Submitted by George Kleeman, Rules Committee on behalf of Ken Young

Amend Rule 165.11(c) as follows:

The times for races conducted partly or entirely outside the stadium (off the track) shall be read in 1/100th second and shall be converted to the next longer (~~((whole))~~) 1/10th second, i.e., for the Marathon 2h.09.44.32 shall be recorded as ((2:09:45)) 2:09.44.4.

**Reason:** *Same as the reason indicated for the amendment to Rule 165.7(a) and Rule 165.7(c).*

**Item 44** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 166.1(a) as follows:

In individual races up to and including the 800 Meters, and relays up to and including the 4x400 Meters, the number of competitors on the track in a race, at the start, shall not exceed the number of lanes on the track for that event, excluding all lanes which would not qualify for record purposes. As an exception, in the first round of the outdoor 800 Meters, up to 12 runners may start using the procedure in Rule (~~((162.18))~~) 160.8(c).

**Item 45** – Submitted by David Friedman, President New Jersey Association on behalf of Ed Koch

Amend Rule 166.1(h) as follows:

... For championship and selection meets, alternate advancement procedures may be included in the published entry material, or published first round start lists resulting from the vacating of normally used lanes during non-final sections of races run entirely in lanes.

**Reason:** *To reflect current practice at the USA Men's & Women's Championships and provide guidance for other championships.*

**Item 46** – Submitted by Bob Podkaminer, Rules Committee on behalf of James Fields

Amend Rule 169.5(a) as follows:

... The hurdle at the water jump shall be 3.66, (+/- 2cm) wide, and shall be firmly fixed to the ground, so that no horizontal movement is possible. The top bar shall be 12.7cm x 12.7cm (5 in. x 5 in.) in thickness and the same height as the other(s) hurdles. The area between the top bar and the ground between the uprights shall not be opaque as to eliminate a view of the water.

**Reason:** *If a steeplechase competitor falls in the water, trailing runners must see him/her so they can move to left or right for barrier clearance and avoid stepping on the downed competitor. Therefore no vision-blocking material should be placed between the barrier uprights.*

**Item 47** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 170 as follows:

Delete the NOTE from 170.6:

((**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.*))

Delete 170.19:

~~((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.))~~

**Reason:** *The deletions are to conform to existing practice at the Championships.*

**Item 48** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 180.4(f) as follows:

In the USA Indoor, Outdoor, Olympic Team Selection, National Club Championships, 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, ...

**Item 49** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 180.6 as follows:

When ~~((qualifying))~~ competition in a field event is conducted in flights, the Games Committee may determine whether there should be a warm-up period between flights, and/or the length of the period or the number of warm-up attempts.

**Reason:** *Rule 180.13(c) refers to this rule as pertaining to warm-up between flights during an event, not just the qualifying competition before an event, therefore a modification should be made to allow this to happen as intended, whenever there are flights for a field event.*

**Item 50** – Submitted by George Kleeman, Rules Committee on behalf of Bob Tice

Amend Rule 180.8(d)iv as follows:

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

**Reason:** *In the past few years many of my colleagues, including referees have become proponents of not raising the yellow flag at 15 seconds remaining except when the attempt has not been initiated. Their primary objection to raising the flag is that it could interfere with the concentration of the athlete. Likewise the position taken is that lowering the flag and giving the verbal command during an attempt is disconcerting to an athlete. Many times an athlete will abort the attempt. Without the flag being raised at the appropriate time, the timer now raises the flag and the athlete believes that there are 15 seconds remaining when in actuality there are less. Unnecessary conflict now arises. The flag should be raised when the clock reaches 15 seconds remaining (as currently written), and lowered regardless of whether the attempt has been initiated or not. This would require the lowering of the flag and verbal indication during the attempt or abortion.*

**Item 51** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 180.8(d)v as follows:

The official responsible for the event shall indicate by verbal and visual signal to the competitor that the trial is to begin, and the period allowed for that trial shall commence from that moment. If the competitor confirms his or her pass, or then passes, it shall be indicated with a dash(-) on the scorecard and the official shall not require that the time for the next competitor commence ...

**Reason:** *Standardize the method of completing the scorecard for an event conforming to the example given for the vertical jumps and to match the recording desires of the IAAF Technical Committee. Eliminates the many varied methods which are sometimes very cryptic.*

**Item 52** – Submitted by Sue Humphrey, Chair, Women's Track and Field

Amend Rule 180.13(c) as follows:

Once a competition has begun, competitors are not permitted to use implements for practice purposes or to use the throwing circles, runways, or area within the sectors for practice trials, with or without implements. However, in vertical jumps, a competitor who has not taken an initial trial in at least one hour from the first attempt of the

competition shall, under the direction of the event official, be allowed to use the runway and landing area, without the crossbar, for warm-up at the change of the bar to the height they enter the competitor. A maximum of one and one-half minutes is allowed for the competitor in the high jump. A maximum of two minutes is allowed for the competitor in the pole vault. See Rule 180.6, which authorizes practice or warm-up when an event is conducted in flights.

**Reason:** *This addition follows the NCAA rules and gives our more elite jumpers an option of checking their run in long competitions where the starting height is low. In the PV especially, we start the event at a lower height to accommodate the field. This means the better jumpers are waiting. This option to the rule would allow the meet field event referee to offer this run through opportunity to our better jumpers, if they want it.*

**Item 53** – Submitted by George Kleeman, Rules Committee on behalf of Ron Lee

Amend Rule 181.6 as follows:

... 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. A competitor may be permitted one warm-up jump with the crossbar (1) if he or she has passed the starting height and passed four or more subsequent consecutive heights or (2) if he or she has passed the starting height and it has been one hour or more since the competition began without commencing jumping.

**Reason:** *The rules for the high jump favor average and below average jumpers and discriminate against the good ones. In a typical event that includes a large field (i.e., more than 12), a wide range of ability, or age (masters), the better athletes are required to warm up during the warm-up period prior to the start of the competition and take practice jumps. The average and below average jumpers normally begin at the established opening height for the competition, while the above average jumpers must then sit and wait for the crossbar to be raised to their desired opening height. This waiting period can be one hour or more. High jumpers need to get into a rhythm and the good jumpers are never able to do that. Would you make a 100 meter sprinter warm up, lead him out on the field, and then make him sit around and wait for an hour before he ran? It does not make sense. Why then must high jumpers do it? Companion amendments are proposed for Rules 302.2(q) and 332.3(c).*

**Item 54** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 181.6 as follows:

A competitor shall have the discretion to commence jumping or vaulting at the starting height or at any other subsequent height. A competitor who forgoes a trial (passes) at a height thereby forfeits the right to jump at that height and shall have that indicated with a dash(-) on the scorecard. Such competitor may, however, jump at that height in a jump-off to break a tie for first place. Three consecutive failures each indicated with an 'X' on the scorecard, 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.

**Reason:** *Standardize the method of completing the scorecard for an event conforming to the example given for the vertical jumps and to match the recording desires of the IAAF Technical Committee. Eliminates the many varied methods which are sometimes very cryptic.*

**Item 55** – Submitted by George Kleeman, Rules Committee on behalf of Ed Halik

Delete Rule 181.8 Note as follows:

~~((NOTE: It is a foul if the cross bar is displaced by the pole hitting the cross bar, unless in the judge's opinion, an effort was made by the competitor to push the pole away from the cross bar when the athlete released the pole.))~~

**Reason:** *This Note regarding pushing a pole inhibits beginning and intermediate athletes' progress and progression when teaching vaulters how to generate pole speed. If a vaulter clears a height and the pole subsequently passes under, but does not displace the cross bar, the vault is successful. On the other hand, if the pole is longer than the height of the cross bar and the pole subsequently displaces the cross bar, it is a failed attempt. A pole that is released with good pole speed will generally continue to follow the vaulter into the landing pad. Coaches should be emphasizing how to develop proper pole speed and proper technique instead of inhibiting pole speed and changing the trajectory and characteristics of the vault. When you tell pole vaulters to push the pole back towards the runway, they have to stay on the pole longer in order to get into a position to actually push the pole. Under these conditions, the vaulter's body drops significantly lower to gain energy to reverse the path of the pole and push the pole backwards. In some cases, vaulters could end up landing too close to the planting box.*

**Item 56** – Submitted by George Kleeman, 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 because of the action of the competitor while vaulting; or))

The cross bar is displaced by the competitor's body.

**Reason:** *This rule inhibits beginning and intermediate athletes' progress and progression when teaching vaulters how to generate pole speed. If a vaulter clears a height and the pole subsequently passes under, but does not displace the cross bar, the vault is successful. On the other hand, if the pole is longer than the height of the cross bar and the pole subsequently displaces the cross bar, it is a failed attempt. A pole that is released with good pole speed will generally continue to follow the vaulter into the landing pad. Coaches should be emphasizing how to develop proper pole speed and proper technique instead of inhibiting pole speed and changing the trajectory and characteristics of the vault. When you tell pole vaulters to push the pole back towards the runway, they have to stay on the pole longer in order to get into a position to actually push the pole. Under these conditions, the vaulter's body drops significantly lower to gain energy to reverse the path of the pole and push the pole backwards. In some cases, vaulters could end up landing too close to the planting box.*

**Item 57** – Submitted by George Kleeman, Rules Committee on behalf of Ed Halik

Amend Rule 183.6 as follows:

~~((After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the official in charge of the Pole Vault is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be regarded as a failure.))~~ If the cross bar is displaced by the pole after the competitor is clearly over the cross bar and the pole has been released, the vault is successful.

**NOTE 1:** *Officials should use judgment to determine whether the vaulter's body or the pole displaced the cross bar. If the vaulter's body displaces the cross bar, it should be judged a failed attempt. If only the pole displaces the cross bar, after the competitor unmistakably clears the cross bar and the pole has been released, it should be considered a successful attempt.*

**NOTE 2:** *It is not a failure if the pole passes underneath the cross bar in the event he competitor clears the bar. It is not a failure if the competitor leaves the ground for the purpose of making a vault and fails to clear the bar, provided he/she does not otherwise commit a fault.*

**Reason:** *Same as Item 56*

**Item 58** – Submitted by George Kleeman, Rules Committee on behalf of Tom Heisey

Amend Rule 183.8 as follows:

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 and of tape and/or any other suitable material at the bottom end such as a protective sleeve to protect it when placing it in the vaulting box.

**Reason:** *Clarify that many things qualify to be at bottom of pole to protect it from damage. This allows the rule book to conform to current practice and make use of the devices being sold legal.*

**Item 59** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 185.3 as follows:

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.

**Reason:** *Provide clear policy and direction in order to correctly implement the provisions of Rule 146.6. Failure to record or preserve a mark by landing area judges are frequent causes of immediate protests not receiving proper review. Direction is needed for officials to always preserve a landing area mark and for the Chief to authorize abandoning such mark when it is clear that no immediate protest will occur.*

**Item 60** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 185.4 as follows:

It shall be counted as a failure or foul, and indicated with an 'X' on the scorecard, if any competitor: ...

**Reason:** *Standardize the method of completing the scorecard for an event conforming to the example given for the vertical jumps and to match the recording desires of the IAAF Technical Committee. Eliminates the many varied methods which are sometimes very cryptic.*

**Item 61** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 187.1 as follows

... However, it shall be a foul throw and indicated with an 'X' on the scorecard if, after commencing the throw and prior to its completion, the competitor: ...

**Reason:** *Standardize the method of completing the scorecard for an event conforming to the example given for the vertical jumps and to match the recording desires of the IAAF Technical Committee. Eliminates the many varied methods which are sometimes very cryptic.*

**Item 62** – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 187.7 as follows

The measurement of each throw shall be made immediately after the throw. The measurement mark in the landing area, for all attempts, shall be preserved until removal is authorized by the official responsible for the event.

**Reason:** *Provide clear policy and direction in order to correctly implement the provisions of Rule 146.6. Failure to record or preserve a mark by landing area judges are frequent causes of immediate protests not receiving proper review. Direction is needed for officials to always mark a landing and for the Chief to authorize abandoning such mark when it is clear that no immediate protest will occur.*

**Item 63** – Submitted by Devon Joan Martin, Chair, USATF Club Council

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. ~~((And as))~~ 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. For javelin competitions, an exception to the loss of identify rule may be made by the Games Committee, but only if sufficient implements are provided to all competitors.

**Item 64** – Submitted by George Kleeman, Rules Committee

Amend Rule 193.3 Note as follows:

*For specification of runway, arc and sector, See Rules 180.17, 187.23 and 187.24.*

**Reason:** *To correct the citation of applicable rules.*

**Item 65** – Submitted by George Kleeman, Rules Committee on behalf of Tony Wayne

Amend Rule 193.10 and replace the chart as follows:

**Mini Javelin:** The shaft, grip, and fins shall be made of plastic. The tip shall be made of soft rubber with a blunt, rounded end. The fins shall be flat (without protrusions or roughness) and shall be perpendicular to the surface of the javelin. The fins shall be parallel to the centerline of the shaft. The nominal weights shall be 300g, 400g, ~~((and))~~ 500g, and 600g. All shall conform to the following specifications, as applicable:

<b>300g and 400g Mini Javelin Specifications (All dimensions in mm):</b>		
Dimension	Min	Max
Overall Length	685	705
Length of head	84	94
Tip Diameter at largest point	37	43
Distance from Tip to CG	365	380
Diameter of shaft forward of grip	30	38
Diameter of shaft behind the grip	24	30
Diameter of shaft at the grip	34	40
Length of grip	99	109
Location of front of grip from tip of tail	322	332
Fin length	162	168
Fin Diameter (peak to peak opposing fins)	95	105
Number of Fins	4	4

<b>500g and 600g Mini Javelin Specifications (All dimensions in mm):</b>		
Dimension	Min	Max
Overall Length	1100	1140
Length of head	85	95
Tip Diameter at largest point	35	45
Distance from Tip to CG	560	610
Diameter of shaft forward of grip	30	38
Diameter of shaft behind the grip	31	37
Diameter of shaft at the grip	40	45
Length of grip	105	125
Location of front of grip from tip of tail	550	570
Fin length min.	165	175
Fin Diameter (peak to peak opposing fins)	85	95
Number of Fins	4	4

**Reason:** At the 2009 National Convention issues had been raised regarding the specifications of the Mini Javelin. The objective is to confirm the specifications for the 300g and 400g and expand the specifications to 500g and 600g. Previously the 500g had the same specifications as the 300g and the 400g.

USATF Javelin Rules for the Mini Javelin have not been reviewed since their creation. The primary intent of the Mini Javelin has been for the development of regular Javelin throwers. Recent expansion of primary and secondary education athletics have started to use the Mini Javelin as an integral part of competition. In particular, many States do not have javelin due to safety issues. The Mini Javelin has provided some State school systems the opportunity to have a form of javelin competition and provide development of athletes for future javelin participation. In addition, the Mini Javelin has also undergone further refinement in design as the weight of the Mini Javelin has increased in order to safely replicate the throwing of a regular javelin. The objective of the weight and specification changes is to provide the athlete with a training and competition implement that comes closer to the use of the conventional Javelin while providing a safer event for youth competition.

*Special Olympics views the inclusion of the Mini Javelin rule and competition as a logical next step in the level of development and completion for Special Olympic athletes.*

*When both USATF and Special Olympics Rules were developed and proposed, both the new specifications of the 500 and 600g javelins either did not exist or had not been understood at the time of rule development. Additional information was gathered on the newer designed 500g and 600g Mini Javelins, a review the current 300g and 400g specifications, and then provide a recommendation regarding an expansion of the current rule.*

*This would also afford athletes who may be developing their javelin skills and potentially expanding competition beyond the current (however limited) elementary and secondary education systems that use the Mini Javelin. In addition, the identification of these specifications would allow the USATF Youth Committee to consider expansion of youth development and competition regarding the Mini Javelin*

*For USATF, the specifications for the 500g and 600g Mini-Javelins is provided and is proposed for inclusion in USATF rule 193. The application of these nominal weights to specific competitions, Youth and Masters Athletics, is the sole responsibility of those Committees. The specifications are provided in anticipation of their use at a future date.*

*Not proposed here is the future development and use of 700 and 800g javelins. Additionally, UK Athletics, United Kingdom, is interested in seeing the 700g and 800g developed for their National athletic programs. That development should be monitored for our applicability as well.*

**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 67** – Submitted by George Kleeman, Rules Committee and Kenny Emerick, Rules Committee on behalf of Ivars Ikstrums

Amend Rule 195.5 and Add New Figure 15 (shown below) as follows:

**Handle** - The handle shall be made of round steel or stronger metal rod ((not to exceed 12.7mm in diameter)), bent in a triangular or modified triangular shape so that no side exceeds 190 mm nor is 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. When the overall length of the implement is measured, the equal and longest sides must form the vertical sides of a triangle. The handle must be rigid and not show evidence of elasticity or malformation after being thrown. See Figure 15.

**Reason:** *(a) In talking to manufacturers, numerous queries have been heard concerning stainless steel and other alloys, and whether they qualified as "Steel"? The rule dates back to about 1908 in AAU rules and first appeared in the IAAF rules in 1914. The reference should be brought up-to-date and clarified to include steel alloys and other materials.*

*(b) The ½ inch diameter rule does not account for manufacturing tolerances in wire rod extrusion. Occasionally some ½ inch rod will be delivered/used that is greater than ½ inch. Inadvertent rod diameter greater than ½ inch is not an advantage to the thrower. However, it could result in a meaningless DQ of a weight. This will eliminate the handle diameter rule to avoid this problem and conform to the WMA outdoor weight rule.*

- (c) “modified triangle” refers to the Gill Orbiter handle and other similar handles on the market. The lower apex of the triangle is truncated, probably for manufacturing reasons, but provides no advantage to the thrower. This modifies the rule to preclude meaningless DQs.
- (d) This eliminates the 3/8” size limit on the connecting links. Otherwise, the use of stronger, more robust links is needlessly prohibited. Also, when repairing/replacing links or handles, 3/8” quick links come on very few length sizes, which doesn’t allow for tailoring of the implement’s length. By allowing larger links, a greater selection of link lengths is available, and this conforms to VMA rules.

**Item 68** – Submitted by George Kleeman, Rules Committee and Kenny Emerick, Rules Committee on behalf of Ivars Ikstrums

Amend Rule 195.6 as follows:

**Connection** - The handle shall be connected either directly to the head or to a harness.

- (a) The direct connection shall be by means of no more than two steel links (loops), whose ~~diameters shall not exceed 9.5mm~~ size shall be such that they cannot stretch while the implement is being thrown. For the solid implement, the handle shall be connected to a steel link. A swivel may not be used at this connection. The head may be connected to the links by means of a swivel that may be either plain or with ball bearings. For the polymer shell implement, a swivel is allowed between the head and the handle without the use of links.
- (b) The connection to a harness may be by means of no more than two steel links (loops), whose ~~diameter shall not exceed 9.5mm~~ size shall be such that they cannot stretch while the implement is being thrown, and a swivel. Netting of any kind shall not be used to form the harness. The harness must not stretch or show any evidence of elasticity where the overall length of the implement would increase while being thrown. A protective sleeve may be used around the links and/or swivel.

**Reason:** Same as reason presented for Item 67.

**Item 69** – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner

Delete Rule 195.9 and Add Rule 196 as follows:

### **THE ULTRAWEIGHT**

Further material regarding Ultraweight specifications and illustrations of the implement, throwing area and landing sector can be found in the Officials Manual for the Ultraweight Pentathlon. See Rule 203 for competition rules.

1. Construction: The ultraweight shall consist of three parts: a main body, a handle, and a connection assembly

2. Main body: The main body should be a solid cylinder.

(a) The cylinder shall be made of a material no softer than lead. An outer casing, such as a steel pipe, may be used, provided the length and diameter specifications are maintained.

(b) The diameter of the cylinder shall not exceed 26.7cm nor be less than 15.25cm.

3. Handle: The handle shall be made of a round steel rod, not to exceed 1.25cm in diameter, bent in a triangular shape so that no side exceeds 20cm inside dimension. A handle shall have two sides of equal length and the third side (handle) of more than or equal length. When the overall length of the implement is measured, the equal sides must form the sides of the triangle. The handle must be rigid and not show evidence of elasticity or malformation after being thrown. It is recommended that handle be replaceable (recommend removable anchor shackle connection) under official supervision if a failure occurs during competition.

4. Connection Assembly: The main body shall incorporate a permanent eye bolt, u-bolt or shackle in its construction (stainless steel recommended), which may swivel. The handle should be connected by means of a removable shackle or link(s) (stainless steel recommended). No more than two links shall be used, in addition to the handle anchor shackle and the main body connection. An immovable handle is not recommended.

5. Length: The overall length of the complete implement, from the inside surface of the handle (grip) to the bottom surface of the main body to shall not exceed 45.75cm.

6. Weight Specifications: In addition to the Weight implement specification found in Rule 195, the Ultraweight implement shall conform to the following:

<u>Implement</u>	<u>98 lb</u>	<u>200 lb</u>	<u>300 lb</u>
<u>Minimum Weight (kg)</u>	<u>44.50</u>	<u>90.80</u>	<u>136.10</u>

Since most officials organizations will not have a scale of sufficient capacity to weigh these implements, the event management should make arrangements to have the implements weighed prior to the event by an outside source. Weighing services should be sought from an establishment that can prove its scale's calibration is traceable to NIST, and the measurement accuracy is no greater than  $\pm 50$  grams.

A certificate attesting to the calibration of the scales used and exact weight of the implements being used in a competition must be presented to the head inspector of implements prior to the start of competition.

7. Throwing Area: The following apply for the 98, 200 and 300 lb implements.

(a) Construction: The Ultraweight shall be thrown from a square that is made of bands of iron, steel or other suitable material, and painted white. The square may be sunk flush with the surrounding ground or installed on top of the ground; the latter case being allowed for ease of transportation and storage of the hardware, as well as providing the ability to assemble the square so the front side is even with the edge of the concrete or other slab. If it is installed on the surface of the ground, provisions should be made that allow securing of the square to eliminate movement for the duration of the competition.

The surface surrounding the square may be concrete, synthetic, asphalt, wood or any other suitable material. The surface within the square shall be constructed of concrete or similar material. The throwing field shall be level with the surface within the square.

(b) Dimensions: The inside dimensions of the square shall measure 2.135m on each side. The metal square bands shall be 5cm wide. The top surface of the metal square bands shall be 20mm above the surrounding ground. However, the width of the bands may be increased if this assists in bolting or otherwise fastening the square to the ground.

(c) Projection lines: A line 5cm wide shall be drawn theoretically through the center of the square, extended no less than 75cm on each side, to designate the front and rear halves of the square. The extensions outside the square should be marked on the ground, but the line should not be marked inside the square.

(d) Sector: The sector within which all throws from the square must fall shall be clearly marked on the ground with lines 5cm wide, the inner edges of which shall form the sector boundary. These sector lines are extensions of the sides of the throwing square.

**Reason:** *This is to codify the specifications governing the Ultraweight implements and facility within the Ultraweight Pentathlon. These were finalized too late for submission in 2008 but were approved by the Masters Committee at that time and have been used to govern the conduct of the event since. No flaws have been found and they are submitted for approval.*

**Item 70** – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner  
Amend Rule 200.1(c) as follows:

The Throws Pentathlon and Ultraweight Pentathlon, which shall be conducted on one day (see Rule 201).

**Reason:** *The Ultraweight Pentathlon is a separate and authorized event, conducted on one day. This was inadvertently omitted when the event was initially approved.*

**Item 71** – Submitted by George Kleeman, Rules Committee on behalf of Josiah J. Novack and Jerry Bookin-Weiner  
Add Rule 200.2(d) as follows:

The Throws Pentathlon and Ultraweight Pentathlon, which shall be conducted on one day (see Rule 201).

**Reason:** This competition, as it exists, is specified in Rule 200.1 under men's combined events competition. However, it is not specified in Rule 200.2 as women's combined event competition. Many meets have both the men's and women's throws pentathlon, including the USA Masters Throws Championships, conducted annually.

**Item 72** – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner

Amend Rule 203 as follows:

1. The competition consists of throwing the five weights listed for each gender and age group in the following table (~~(, in the order from lightest to heaviest. The events shall be contested at such intervals as determined by the Games Committee)).~~
2. Three trials shall be allowed with each weight.
3. The implements are thrown in order from lightest to heaviest.
4. The events shall be contested at such intervals as determined by the Games Committee.
5. In making a throw, the competitor may choose to assume any starting position and shall use both hands, holding the Ultraweight exclusively by the handle. Rule 187, Paragraphs 1-16 and Rule 191 shall apply. All references to the 'circle' shall be interpreted to mean the 'square' for purposes of the Ultraweight Throw. The gloves defined in Rule 187.3(c) may have closed fingers.
6. The measurement of the Ultraweight Throw shall be made from the nearest mark made by the landing of the implement to the inside of the front of the throwing square along a line from the mark. The measurement of the throw shall be made at right angles from the inside of the front foul line. The nearest visible part of the break/imprint to the throwing square shall be measured after the implement has ceased to move. The handle imprint is not measured.
7. Individual points from each event are awarded based on the Ultraweight Pentathlon Scoring Table. The winner shall be the competitor who has scored the highest overall score after totaling the scores from each of the five events. **NOTE: For Masters exception, see Rule 332.2(h).**

**Reason:** To further specify the details of rules which are applicable to the Ultraweight Pentathlon.

**Item 73** – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner

Amend Rule 203 chart for Women as follows:

Age Group	Weight	Superweight #	25#	35#	44#	56#	98#
Open-49	20	35			x	x	x
50-59	16	25		x	x	x	
60-69	12	25		x	x	x	
<u>70-74</u>	<u>12</u>	<u>20</u>	<u>x</u>	<u>x</u>	<u>x</u>		
<u>75 +</u>	<u>4 kg</u>	<u>20</u>	<u>x</u>	<u>x</u>	<u>x</u>		

**Reason:** To adjust table to reflect new implements for W75+

**Item 74** – Submitted by George Kleeman, Rules Committee and Kenny Emerick, Rule Committee on behalf of Ivars Ikstrums

Add Rule 221.5 **NOTES** as follows:

**NOTE 1:** For Masters Men indoor competition the maximum diameter of all shots is 145mm.

**NOTE 2:** For Youth Boys indoor competition, the diameter for the 4kg shot may be a maximum of 20mm larger than the 4kg outdoor shot.

**Reason:** Note 1 - This is a clarification of the rule, recognizing that Masters Men are allowed 130mm diameter outdoor shots, and the indoor oversize allowance applies to all the shots thrown by Masters Men. Note 2 - As currently written, a woman's 4kg indoor shot can be 130mm in diameter, but Youth Boys competition requires a

*maximum of 125mm. This is not reasonable as it creates problems in (1) equipment procurement by individuals or organizations, (2) additional tracking requirements for Implement Inspectors, and (3) additional implement management by the event judges.*

**Item 75** – Submitted by George Kleeman, Rules Committee and Dan Pierce, Rules Committee on behalf of Ron Daniel  
Amend Rule 230.1(c) as follows:

The Chief Judge shall assign the Judges to their respective judging areas and explain the judging procedure to be used during the race. At International Selection Competitions, the Chief Judge shall act as the supervising official for the competition and act as a Judge ~~((only in the special circumstance))~~ as described in 230.3(f). During this competition, the Chief Judge will judge the full competition as well as having the special power at the finish. For International Selection Competitions, the Chief Judge should be the highest ranking IAAF Level III or Level II judge.

**Reason:** *In the several years that this rule has been in acceptance, I know of no US instance where it has been used. By allowing the Chief Judge to judge during the race and then have the special power at the end, will eliminate one judge from those selected and will allow all judges to have a full judging experience.*

**Item 76** – Submitted by Dan Pierce, Rules Committee

Amend Rule 230.1(d) as follows:

At International Selection Competitions ~~((two))~~ one or more Chief Judge's assistants ~~((shall))~~ should be appointed. The Chief Judge's Assistants shall not act as a Race Walking Judge.

**Reason:** *Applying the IAAF rule to all of our International Selection Competitions can place an unnecessary burden on Officials and meet management. Requiring 'two or more Chief Judge's assistants' for a track race with six athletes is overkill.*

**Item 77** – Submitted by George Kleeman, Rules Committee and Dan Pierce, Rules Committee on behalf of Ron Daniel  
Amend Rule 230.3(f) as follows:

At International Selection Competitions, the Chief Judge has the power to disqualify a competitor ~~((inside the stadium when the race finishes in the stadium, or))~~ in the last 100m ~~((when the race takes place solely on the track or on a road course.))~~ when his/her mode of progression obviously fails to comply with Rule 232.2 regardless of the number of previous red cards the Chief Judge has received for that competitor. A competitor who is disqualified under these circumstances shall be allowed to finish the race. The competitor shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

**Reason:** *The IAAF will be changing its Rule to the above.*

**Item 78** – Submitted by Phil Greenwald, Rules Committee

Amend Rule 241 as follows:

**MEDICAL AND ~~((SAFETY CONCERNS))~~ REFRESHMENT SERVICES FOR ROAD EVENTS**

1. The organizers of road races ~~((must ensure the safety of))~~ should provide appropriate medical and refreshment services for all competitors.

(a) Medical examinations:

~~((i.))~~ A hands-on medical examination during the progress of an event by designated medical personnel clearly identified by the organizers shall not be considered assistance.

~~((ii. A competitor must retire at once from the race if ordered to do so by a member of the official medical staff who is clearly identified by the organizers (armband, vest, or similar distinctive apparel).))~~

(b) Drinking/Sponging and Refreshment Stations:

i. Water and, optionally, other suitable refreshments ~~((shall))~~ should be ~~((available at the start and finish of all races))~~ provided at appropriate locations.

ii. ~~((Drinking/Sponging or refreshment stations shall be provided at suitable intervals of approximately 2-3km based upon weather conditions.~~

iii. ~~In all events 10km or longer, water shall be provided at intervals of no more than 5km. In addition,))~~ Race management may provide refreshments (other than water) and/or sponging and/or misting stations ~~((at positions approximately midway between water stations)).~~

- (c) ~~((During hot weather, races should be scheduled in the early morning or evening hours and additional aid stations should be made available.))~~ 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 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.
- (d) A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee, except for events longer than a marathon. An athlete may carry liquid or solid refreshments on his/her person from the start.
2. Adequate first aid facilities should be ~~((provided, preferably by use of a mobile unit or units on the running course))~~ available.
3. ~~((If a race is longer than 5 miles and the athlete is under 18 years of age, a statement signed by the athlete's parent or legal guardian permitting the athlete to compete is required.~~
- 4.)) A competitor must retire from a race immediately if directed to do so by a duly authorized official of the race or by a member of the race medical staff. (See Rule 144.9).

***Reason:** Recognizing the great diversity of road races in terms of weather, size, and location, there should not be any specific requirements, only a statement that the organizing committee should make arrangements. Additionally, Rule 241.1(a)ii is redundant with 241.4 with the exception of the section on the identification of the medical officers which is not practical in all cases. Rule 241.1(c) – the old text does nothing useful. The new text allows for private refreshments and mandates them for those competing in National Championships. Rule 241.1(d) – Add permission for taking refreshments from others in ultra-marathon events – I believe this is common practice. Also permit athletes to carry refreshments and food from the start. Rule 241.3 does not belong in the rule book (it may be a sanction or insurance requirement, but would be in other documents), note that there are no such requirements in the youth section, including for combined events.*

**Item 79** – Withdrawn

**Item 80** – Submitted by Mike Scott, Chair, USATF Cross Country Council

Amend Rule 252.4 as follows:

The starting area of a cross country course should avoid any turns for at least the first 400m, and preferably the first ~~((4200))~~ 800m. The width of the starting area should be such as to handle comfortably the competitive field.

**Item 81** – Submitted by Mike Scott, Chair, USATF Cross Country Council

Amend Rule 254 as follows:

2. The finish line should be marked both with a solid line of contrasting color to the ground placed across the width of the finish area and an overhead banner or other indicator of finish. Judges shall be stationed at the finish line to determine the order of finish. Transponder timing shall not be used to determine the final order of finish.
3. ~~((A))~~ Where transponders are not used to determine a preliminary order of finish, a finish chute ~~((similar to a road event finish))~~ system of sufficient capacity should be constructed to enable the race officials to hold each runner until the method or methods of scoring are applied. It is recommended that at least two independent systems (e.g., cards in order of finish and recording of competitor numbers) be used to score. At the Open and Junior ~~((National))~~ Cross Country Championships which determine the USA qualifiers for the World Championships, three independent systems shall be used, at least one of which shall produce a high-quality visual image of the finishers.

**Item 82** – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 261.4 as follows:

When an Open or Junior Men's or Women's national track and field record has been equaled or bettered in a USA National Championship, Olympic Trials, or other meet conducted by USATF, or in the Olympic Games, IAAF World Championship, IAAF World Cup, or other meet conducted by the IAAF or sanctioned as a Grand Prix or Permit meet by the IAAF, that record may be ratified based on the official results of the meet without the need for a

formal record application, pending the outcome of doping control testing. However, an application and/or other appropriate documentation shall be required by the Records Committee whenever it has received information creating some reasonable doubt as to the correctness of the official result. For Masters age records set in any of the above listed meets, only the correct age documentation shall be required in addition to the meet results for consideration by the Masters sport committees, subject to the scrutiny of the Records Committee.

**Reason:** *To have a uniform procedure for quick and easy ratification of records set at Club Championships.*

**Item 83** – Submitted by Steve Vaitones, Rules Committee

Add New Rule after 261.4 as follows:

When a Masters Record has been equaled or bettered in a World Masters Association Championship, a USA Masters Indoor or Outdoor Championship, or any event listed in Rule 261.4, that record may be ratified based on the official results of that meet without the need for a formal record application. However, an application and/or other appropriate documentation shall be required by the Records Committee whenever it has received information creating some reasonable doubt as to the correctness of the official result.

**Reason:** *A masters national championship event, as well as any event recognized for automatic approval for open records, should be of sufficient quality to satisfy requirements of masters records. The option for review of questionable results is included.*

**Item 84** – Submitted by John Blackburn, Rules Committee on behalf of Bob Hersh

Add New Rule after 261.4 as follows:

If an athlete has admitted that, at some time prior to achieving an American Record, the athlete had used or taken advantage of a substance or technique prohibited at that time, then, subject to the advice of the appropriate Sport Committee, such record shall not continue to be regarded as a record by USATF.

**Item 85** – Submitted by John Blackburn, Rules Committee on behalf of Bob Hersh and Walter Murphy

Amend Rule 267 as follows:

Add the 4xMile Relay as a national outdoor record event for Open Men and for Open Women.

**Item 86** – Submitted by Steve Vaitones, Rules Committee

Amend Rule after 300.1(b) as follows:

The track and field program is divided into six divisions for boys and six divisions for girls. The athlete's year of birth shall determine the division in which the athlete shall compete. (~~The Sub Bantam age group will be a separate age group effective 2011.~~) For cross country, there is no Sub Bantam division. The age for Bantam division participation shall begin in the year listed for Sub Bantam. With each succeeding year each division shall be adjusted as shown in the table below:

**\*\* Additionally, change any other references to Sub Bantam cross country races. \*\***

**Reason:** *Reasoning for adding sub-bantam in 2009 was because of inequality of younger athletes to get to National Championships. While it may be true for track and field, the participation in cross country does not match that argument. Participation at the association level in 2008 and 2009 found over 50% of associations did not even have enough bantam finishers to fill all available positions (25) to advance to their Region meet. And, in those races with larger fields, a number of teams "cannibalized" if sub-bantam age athletes were removed. Also, the move to national championships at this age is counter to what other sports are doing, and appear counter to the premise of teaching and skill building emphasized in the Youth Level 2 school.*

**Item 87** – Submitted by Kenny Emerick, Rules Committee

Amend Rule 300.1(b) as follows:

Add Cross-Country Team Division 15 to 18 1993 -1996(2011) 1994-1997(2012) etc.

**Reason:** *Provide opportunity for High School teams to continue to run as a TEAM in the USATF XC program. Increase club number and individuals for the older age divisions which will carry over into T&F.*

**Item 88** – Submitted by Glenn Fortune, Rules Committee on behalf of Inez Finch

Amend Rule 300.1(c) as follows:

Athletes must be at least seven (7) years of age ~~((on the first day of the Youth Athletics National Championship))~~  
on or before December 31 of the current year to compete at the Youth Athletics or Junior Olympic National.

**Reason:** *All of our age groups are set up by the year of birth in order to participate in USA Track & Field Programs. We must have a standard date that is consistent throughout program. If we set a date for seven years olds with the Youth Outdoor meet, then this meet varies each year; therefore, the start date of our 7 year olds will vary every year. In Cross Country many athletes will already be 7 in June, July, and August but will not be able to participate in the National Cross Country meet in December until they are eight years old, if this rule is not changed. This will also create problems with the Cross Country team structure. All of our other age groups are two year divisions; therefore, the Sub-Bantams should be the same. With obesity in children becoming an epidemic problem, running a 2K at the 7-8 age group is good for our kids.*

**Item 89** – Submitted by Glenn Fortune, Rules Committee on behalf of Inez Finch

Amend Rule 300.1(i) as follows:

~~((Proof of date of birth may be required at Association level competition, but shall be required at all Youth Athletics competition above the Association level.))~~ Proof of date of birth shall be submitted to the athlete's Association immediately after becoming a USATF membership. All athletes shall be required to have "Proof of Age Verified" prior to close of registration of the first level of competition, whether it is the Association Championship or the Preliminary Qualifying Meet, and at all Youth Athletics competitions above this level. The form of proof shall be a copy of a birth certificate, passport, certified baptismal record, driver's license, or United States government identification. Where the issuing Association has validated the athlete's competition entry form or membership card with "Proof of Age Verified," or other wording to that effect, the validated entry form or membership card becomes acceptable proof of age. When using on-line registration, "Proof of Age Verified" must be downloaded from the USATF membership data base prior to close of registration of the first level of competition. Letters from school or recreation offices shall not be considered as proof.

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

**Reason:** *Date of Birth should be verified at the first level of competition to insure that all athletes are in the proper age group. Once an athlete competes in the wrong age group, it creates more problems at a higher level. This can be prevented by correcting the problems at the beginning level.*

**Item 90** – Submitted by Irene Herman, President Pacific Association

Amend Rule 300.1(i) as follows:

Proof of date of birth may be required at Association level competition, but shall be required at all Youth Athletics competition above the Association level. The form of proof shall be a ~~((copy of a))~~ certified birth certificate, passport, certified baptismal record, drivers license or United States government identification. ...

**Reason:** *Copies of such documents are easily altered. A certified copy is not easily altered.*

**Item 91** – Submitted by Glenn Fortune, Rules Committee on behalf of Booker Woods

Amend Rule 301 as follows:

**SUB BANTAM DIVISION (effective 2011)** Mini Javelin (300g)

**Reason:** *Our athletes who are currently competing as Bantams will no longer be able to compete in the mini-javelin starting in 2011.*

**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

**Item 93** – Submitted by Kenny Emerick, Rules Committee and David Friedman, President New Jersey Association on behalf of Colleen Dougherty

Amend Rule 301 as follows:

**Young Men's/Women's Division**

Delete: ((5000 Meter Run (B))) Amend: 3000 Meter Run (((G)))

**Reason:** Currently, the 5,000 meters is offered only for the YM division while the 3,000 meters is offered for the YW, IB, and IG Divisions. This amendment would create uniformity for several good reasons:

1. The 5,000 meter event attracts few competitors in the summer. In fact there was only one competitor at this year's Region 2 meet in the 5,000 meters, and many other Regions get sparse entries for the event. The 3,000 meters would likely draw better;
2. For reasons of gender equity, the YM and YW should have the same event;
3. At many Association meets, when the older age groups have sparse turnouts, age groups are combined into the same longer races. Creating uniformity for the YM and IB with the 3,000 would allow the flexibility to do that and help keep Association meets moving instead of holding them up for twenty minutes to allow two or three athletes to contest a 5,000 meter race.
4. Even the IOC Youth Olympics has the 3,000 instead of the 5,000.

**Item 94** – Submitted by Patrick Pretty, President Wisconsin Assoc.

Amend to Rule 302.4(a) by adding as follows:

DISTANCE	DIVISION	HURDLES	HEIGHT	TO FIRST	INTERVAL	TO FINISH
<u>50m</u>	<u>MG &amp; MB</u>	<u>4</u>	<u>30"</u>	<u>12m</u>	<u>7.5m</u>	<u>15.5m</u>
<u>55/60m</u>	<u>MG &amp; MB</u>	<u>5</u>	<u>30"</u>	<u>12m</u>	<u>7.5m</u>	<u>13m/18m</u>

**Reason:** To put in the Youth rules a standard for Indoor competition. At present there is no set standard for the Midget division when competing indoors while the other divisions have established indoor specifications per NHSF, NCAA, and IAAF.

**Item 95** – Submitted by Glenn Fortune, Rules Committee on behalf of Marc Cizek

Amend Rule 302.5(n) as follows:

A competitor shall not use a training pole, a pole which is improperly marked or a pole rated below his/her weight during warm up or competition. Prior to warm-up, ~~((the inspector of implements))~~ the field event referee or designee shall inspect each pole to be used in competition to verify that the poles are legal equipment. ...

**Reason:** I have trained 6 officials from various parts of the country to administer the weigh-in process at the National Meets and it should not be the responsibility of the weights and measure officials who have enough to do now as it is.

**Item 96** – Submitted by Glenn Fortune, Rules Committee on behalf of Marc Cizek

Amend Rule 302.5(o) as follows:

In the National Youth Athletics Championship and the National Junior Olympics Championship the starting heights in the High Jump and Pole Vault shall be 10cm and 30 cm, respectively, below the ~~((prescribed standard))~~ Youth Outdoor Performance Standard established by the Youth Athletics Committee at the USATF Annual Meeting. ~~((In the National Junior Olympic Championship, the starting heights shall be two increments below the national~~

~~standard as determined by the Youth Athletics Committee.))~~ Increment increases in both Championships shall be 5 cm in the High Jump and 15 cm in the Pole Vault.

**Reason:** *To take away the confusion of a different qualifying standard for Junior Olympics. The standard for the JO'S is quite a bit higher and a lot of vaulters are mistaken by the verbiage the way it is now written and don't enter thinking there is a higher standard.*

**Item 97** – Submitted by Kenny Emerick, Rules Committee

Amend Rule 304.2 as follows:

The Sub Bantam division shall run approximately 2km. The Bantam and Midget divisions shall run approximately 3km. The Youth division shall run approximately 4km. The Intermediate, ~~((and))~~ Young Men's /Women's and the Cross Country Team divisions shall run approximately 5km.

**Reason:** *Provide opportunity for High School teams to continue to run as a TEAM in the USATF XC program. Increase club number and individuals for the older age divisions which will carry over into T&F.*

**Item 98** – Submitted by Glenn Fortune, Rules Committee

Add New Rule 304.4 and renumber as follows:

**Placing**

Computerized chips may be used to record the finish place of a runner in cross country. Two chips per runner must be used, one attached to each shoe. With this condition, the finish place recorded by the chip system, not the torso, shall be the official order of finish for the runners in the competition.

**Reason:** *Current technology provides adequate placing accuracy.*

**Item 99** – Submitted by Glenn Fortune, Rules Committee

Amend Rule 305.2(d) as follows:

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

**Item 100** – Submitted by Kenny Emerick, Rules Committee

Amend Rule 305.2(d) as follows:

... The combined events shall advance the top two placed individuals ~~((A third shall advance only after meeting))~~ and any others who meet a performance standard at the Regional Championship. The performance standard for all events is the average of the 8th place in the last three National Junior Olympic Championships. The host Association shall qualify a like number.

**Item 101** – Submitted by Glenn Fortune, Rules Committee

Amend Rule 305.2(f) as follows:

Athletes who tie for ~~((third))~~ fifth place at the Regional Track and Field meet shall be advanced to the National Junior Olympic Championship.

**Item 102** – Submitted by George Kleeman, Rules Committee on behalf of Ron Lee

Amend Rule 302.5(q) as follows:

In the High Jump and Pole Vault, a competitor who has passed three consecutive heights after the competition has begun may be permitted a warm-up jump without the crossbar in place. One such jump may be taken for each three passed heights and shall be taken as earned, not cumulatively. A competitor may be permitted one warm-up jump with the crossbar (1) if he or she has passed the starting height and passed four or more subsequent consecutive heights or (2) if he or she has passed the starting height and it has been one hour or more since the competition began without commencing jumping.

**Reason:** *Same as the reason for Item 52. Propose adoption only if Item 52 is not adopted.*

**Item 103** – Submitted by George Kleeman, Rules Committee on behalf of Jim Flanik

Amend Rule 320.4 as follows:

The age division in USATF Championships is determined by the age, on the first day of the meet, of:

- (a) an individual for individual events; or
- (b) the youngest member of a team in a team event or relay.

**Reason:** *Combine age determinations into one rule and provide legitimate exception in a second rule.*

**Item 104** – Submitted by George Kleeman, Rules Committee on behalf of Jim Flanik

Add a new Rule 320.5 as follows and renumber:

For the meets other than USATF Championships at any level, the age determining date for individuals and teams may be set by the Games Committee.

**Reason:** *Combine age determinations into one rule and provide legitimate exception in a second rule.*

**Item 105** – Submitted by Gary Snyder, Chair, Masters T&F on behalf of Marilyn Mitchell

Amend Rule 331.1(a) as follows:

Add the 800 Meter Relay to the list of events for the National Indoor Track and Field Championship.

**Reason:** *The event is contested at the WMA Indoor Championship and the US Masters athletes must have practice in contesting the event in order to improve the chances of US teams winning the event and setting records.*

**Item 106** – Submitted by Gary Snyder, Chair, Masters T&F on behalf of Carroll DeWeese

Amend Rule 331.1(b) as follows:

Add the Shuttle Hurdle Relay to the list of events for the National Outdoor Track and Field Championship.

**Reason:** *Make shuttle hurdle relay a standard National Masters Outdoor Track and Field Championship event. It has been successfully conducted as an exhibition event at National Masters Outdoor Track and Field Championships for several years.*

**Item 107** – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner

Amend Rule 331.1(f) as follows and Delete Rule 331.1(h)

National Throws (~~((Pentathlon))~~) Championships

Throws Pentathlon - See Rule 201.

Ultraweight Pentathlon - See Rule 203.

Superweight Throw

~~((h) National Outdoor Weight Throws~~

~~-Weight Throw~~

~~-Superweight Throw~~

~~-Ultraweight Pentathlon ))~~

**Reason:** *To conform to current practice of holding the Throws Pentathlon, Ultraweight Pentathlon and Superweight Throw championships in one meet.*

**Item 108** – Submitted by George Kleeman, Rules Committee on behalf of David E. Ortman

Amend Rule 332.2(b) as follows:

When an individual or relay team, having qualified for a subsequent round, withdraws for any reason, the fastest non-qualifier who notifies meet officials of his/her availability to compete will ((may)) be advanced to fill the vacated position. When an individual or team is disqualified, Rule 166.7 applies.

**Reason:** *The current rule provides discretion for the Meet Officials to advance the fastest non-qualifier to fill the position of an athlete who withdraws from an event final. However, the current policy at our National Masters Championship Meets is not to advance the fastest non-qualifier. Instead, the lanes in a final are left vacant. This means in some cases only six athletes complete in a final, two of whom may be foreign athletes. The intent of the rule change is to advance the fastest non-qualifier to fill an empty lane in a final. This will promote the participation of US masters athletes in their own national championship final events. The responsibility is on the 9th place athlete to inform the Meet Officials that they are available to run in a final. It does not require Meet Officials to locate and notify an athlete.*

**Item 109** – Submitted by Gary Snyder, Chair, Masters T&F on behalf of Carroll DeWeese

Add Rule 332.2(j) as follows and re-letter:

Shuttle Hurdle Relay consists of four same sex members competing in 10 year age groups (30-39, 40-49, 50-59, etc) running the Outdoor Short Hurdles in adjacent lanes in opposite directions using the same hurdle height, spacing, and distance as determined by the age of the youngest team member. After the race start, each team member must be in a set position when they start and shall only start after the incoming team member's torso passes their respective start line. No baton or other exchange is required. Otherwise, all individual hurdle rules apply to each hurdler.

**Reason:** *The purpose of this new rule is to define the requirements of the Shuttle Hurdle Relay as run by USATF Masters. For USATF Masters, the hurdle height, spacing, distance, and exchange line vary from the various non-standardized practices of high school, college, open, and other groups. USATF Masters have no exchange zone: the finish line of the incoming competitor is the start and exchange line for the outgoing competitor. Competitors must have achieved and be in a set position at the moment of their start: no rolling starts are permitted.*

**Item 110** – Submitted by George Kleeman, Rules Committee on behalf of Nadine O'Connor

Amend Rule 332.3(c) as follows:

In the High Jump and Pole Vault, a competitor who has passed three consecutive heights after the competition has begun may be permitted a two minute warm-up period ((jump)) without the crossbar in place. One such ~~((jump))~~ period for each athlete shall be allowed ((for each three passed heights and may be taken only as earned, not cumulatively)) at the height change when the competitor will enter the competition.

**Reason:** *These competitors often sit out long enough that a proper warm-up is in order. Such a warm-up wasn't being provided by the old rule that allowed only one warm-up jump. At several masters championships, I have been forced to stay loose and warm, for hours waiting for my turn to enter. Twice I have been on the field for 5 hours waiting my turn. As a result I no longer enter the pole vault at the nationals or the world meets. If an older athlete has a low entry, the current rule does not affect them as much as it does the higher jumpers or the younger ones as they have more energy. I think such a rule change will benefit all competitors and encourage more to enter.*

**Item 111** – Submitted by George Kleeman, Rules Committee on behalf of Ron Lee

Amend Rule 332.3(c) as follows:

In the High Jump and Pole Vault, a competitor who has passed three consecutive heights after the competition has begun may be permitted a warm up jump without the crossbar in place. One such jump shall be allowed for each three passed heights and may be taken only as earned, not cumulatively. A competitor may be permitted one warm-up jump with the crossbar (1) if he or she has passed the starting height and passed four or more subsequent consecutive heights or (2) if he or she has passed the starting height and it has been one hour or more since the competition began without commencing jumping.

**Reason:** *Same as the reason for Item xxx52. Propose adoption only if Item xxx52 is not adopted.*

**Item 112** – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner

Amend Rule 332.3(g) as follows:

Change the Superweight for W60-69 to 20#.

Change the Superweight for W75+ to 16#

**Reason:** *This is submitted at the request of the women in these age groups to make the ratios between the weight throw and superweight implements more consistent across the women's age groups. \*\*\* Passage will affect other submissions of implement weight specifications. \*\*\**

**Item 113** – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

Amend Rule 341.1 as follows:

Team Championships in cross country shall be conducted in 10-year age divisions, 40+, 50+, 60+ and 70+, for men and women. Team Championships in these same divisions may be conducted in other Masters long distance events. An 80+ team division for men and/or women may be added at the discretion of the Games Committee. The maximum number of entries per team shall be unlimited. In Association championships, the maximum number of entries for a team, and the number of members of each team to finish for scoring may be determined by the Games Committee.

Team scoring for cross country (~~((distances up to and including 25 kilometers))~~) shall be as follows:

- M40+ and M50+ five (5) individuals shall score with a maximum of eight (8) individuals declared per team;
- M60+, M70+, and all women's teams three (3) individuals shall score with a maximum of five (5) individuals declared per team.

Team scoring for road racing Championships shall be as follows:

- All teams, men and women, in all 10-year age divisions, three (3) individuals shall score with a maximum of five (5) individuals declared per team.

~~((For distances over 25 kilometers all teams shall have three scoring members with a maximum of five (5) individuals declared per team.))~~

**~~((MASTERS CROSS COUNTRY TEAM DECLARATIONS AND SCORING~~**

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

**MASTERS LDR TEAM DECLARATIONS AND SCORING**

<u>Event</u>	<u>Age Group</u>	<u>DECLARED</u>	<u>SCORERS</u>
<u>XC</u>	<u>M 40+, 50+</u>	<u>8</u>	<u>5</u>
<u>XC</u>	<u>M 60+, 70+, All Women</u>	<u>5</u>	<u>3</u>
<u>All Road</u>	<u>All</u>	<u>5</u>	<u>3</u>

**Reason:** (1) Codify an existing practice allowing the Games Committee to add an 80+ team division for men and/or women as needed at Championship events that have team scoring. (2) Masters Road Racing Teams will be reduced to 3 person team scoring for all 10-year age divisions. Masters LDR would like to increase the number of entries in its Road Championship events by including team scoring and making it easier for teams to be formed. Team scoring for Masters Cross Country will not be changed, as it seems to be working well.

**Item 114** – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

Amend Rule 341.11 as follows:

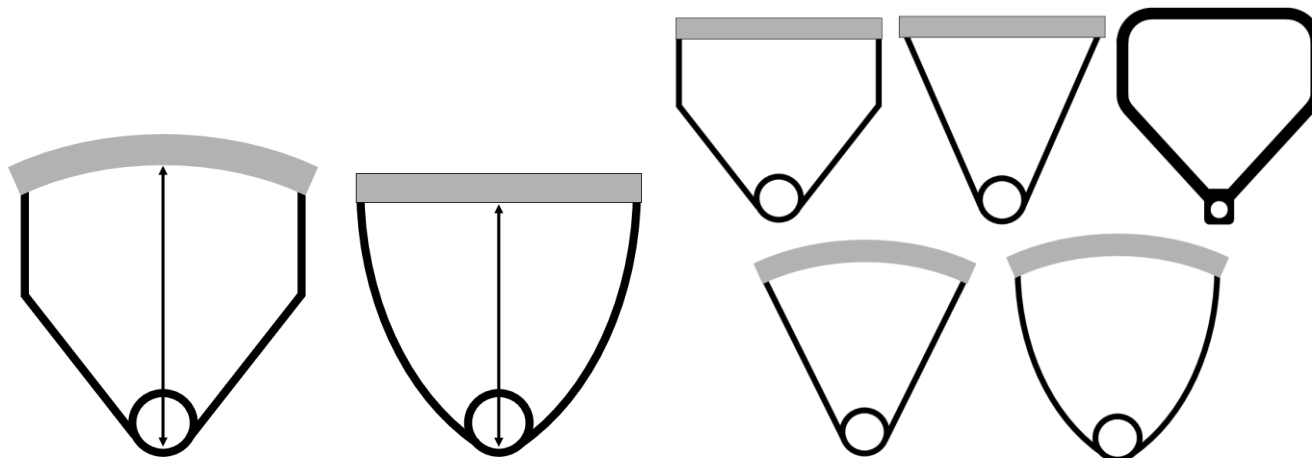
Regulation USATF medals (~~((may))~~) shall be awarded to first, second, and third place individuals in each age division and to the declared members of the first, second and third place teams in each team division. Regulation USATF medals may also be awarded to the overall first, second, and third place age-graded individuals for each gender. Championship patches may be awarded to the winners of each age division and to the declared members of the winning team in each team division.

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

**Item 115** – Submitted by George Kleeman, Rules Committee on behalf of Ivars Ikstrums

Replace Figure 14, Add New Figure 15 and renumber in Illustrations as follows:

**FIGURE 14 - HAMMER HANDLE**



110 mm maximum length

**NOTE:** *The hammer handle may have any configuration that meets the specifications (Rule 191.7). This includes all configurations in this figure and variants thereof.*

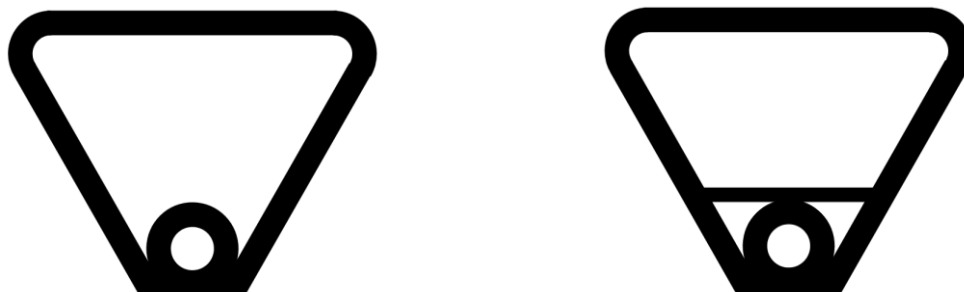
**Reason:** *Provides more explanatory figures for how to properly measure the length of a hammer handle. Provides examples of allowable hammer handle configurations. This continues to be a source of conversation and questions, particularly from Masters athletes.*

**FIGURE 15 – WEIGHT HANDLE**



Minimum inside length: 100 mm

Maximum inside length: 190 mm



Modified triangular handle

**Reason:** *Provide a visual representation of Rule 195.5.*