

**USATF RULES COMMITTEE SCORECARD**

Committee Actions as of 27October2012

Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action
1	5		21	4		41	5		61	4		81	5		101	5	
2	5		22	4		42	5		62	5		82	3		102	5	
3	5		23	5		43	5		63	5		83	5		103	W	
4	5		24	4		44	5		64	5		84	5		104	5	
5	5		25	3		45	6		65	2		85	5		105	5	
6	5		26	5		46	4		66	4		86	5		106	5	
7	4		27	3		47	4		67	5		87	5		107	6	
8	4		28	W		48	4		68	5		88	5		108	4	
9	5		29	3		49	6		69	4		89	5		109	5	
10	5		30	4		50	4		70	5		90	5		110	5	
11	5		31	4		51	4		71	4		91	4		111	5	
12	6		32	4		52	4		72	5		92	5		112	5	
13	5		33	5		53	5		73	5		93	5		113	5	
14	5		34	5		54	5		74	5		94	5		114	5	
15	5		35	4		55	5		75	5		95	6		115	5	
16	5		36	2		56	3		76	5		96	5		116	2	
17	5		37	5		57	4		77	6		97	6				
18	4		38	W		58	4		78	5		98	5				
19	5		39	5		59	4		79	5		99	5				
20	4		40	5		60	3		80	4		100	4				

**Conference Call Actions:**

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5=Discuss / Refer    6=Recommend Reject    7=Recommend Table    W=Withdrawn    a=amended

((Double parenthesis)) indicates removal. Underline indicates addition. Renumbering is automatic as appropriate.

**Item 1** – Tabled 2011 Item 61 – Add, Amend and Reorganize Rule 184, Rule 185 and Rule 186 as follows:

**RULE 184 HORIZONTAL JUMPS – GENERAL RULES**

**Take-off Board-**

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

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

2. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area.

The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.

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

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

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

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

**Landing Area-**

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

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

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

**Distance Measurements-**

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

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

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

## **RULE 185 LONG JUMP**

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

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

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

### **Competition -**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- ~~((a) with any part of the body, whether running up without jumping or in the act of jumping:
  - i. touches the ground on the runway immediately beyond the take-off line, as evidenced by a mark in the plasticine or other marker material; or
  - ii. touches the ground between the marker material or the take-off line extended and the landing area; or~~
- ~~(b) If no plasticine or other marker material is being used, breaks the plane of the take-off line with the foot; or~~
- ~~(c) takes off to either side of the take-off board, whether beyond or behind the take-off line extended; or~~
- ~~(d) in the course of landing, touches the ground outside the landing area nearer to the take-off line extended than the nearest break in the landing area made by the jumper; or~~
- ~~(e) when leaving the landing area, makes first contact by foot, which is considered leaving, with its border or the ground outside the pit closer to the take-off line than the nearest break made in the sand.~~
- ~~(f) employs any form of somersaulting prior to contact in the landing area.~~

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

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

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

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

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

8. ~~Wind Measurement—See Rules 163.10 through 163.14 for wind gauge placement, operation and reading requirements.))~~

### **RULE 186 TRIPLE JUMP**

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

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

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

#### **Competition -**

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

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

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

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

**Item 2** – Submitted by Dan Pierce, Rules Committee on behalf of Dave Gwyn. Amend Rule 2.2 as follows:  
For Open and Junior Championships, except Cross Country and Race Walking, the Regions will comprise Associations as follows:

**Reason:** *To realign Regional boundaries for Race Walking. Table remains unchanged.*

**Item 3** – Submitted by Dan Pierce, Rules Committee on behalf of Dave Gwyn. Amend Rule 2.3 as follows:  
For Open and Junior Cross Country, Open and Junior Race Walking and all Masters Championships, the Regions will comprise Associations as follows:

**Reason:** *To realign Regional boundaries for Race Walking. Table remains unchanged.*

**Item 4** – Submitted by Don Lien, Chair Masters LDR on behalf of Bill Quinlisk. Amend Rule 4.2 as follows:

In Long Distance Running, Open ~~((and Masters))~~ Cross Country, 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) resides in an adjoining Association within the government-defined Metropolitan Statistical Area (MSA) of a city which is primarily in the neighboring Association as approved by the appropriate sport committee or council or
- (b) has historical membership based upon Association residency (at least 3 continuous USATF membership years) is eligible to compete for that club.

See Rule 341.8 for Masters LDR

**Reason:** *What works for Open LDR Championships does not always work for Masters LDR Championships. Current Rule 4.2 on Team Eligibility involving the use of MSA's has proven difficult to enforce fairly. See proposed change to Rule 341.8.*

**Item 5** – Submitted by Ed Gorman, Rules Committee. Amend Rule 10.3 as follows:

- (a) In the USA Track and Field Championships, all entered contestants shall have met the qualifying requirements / meet entry guidelines adopted by the respective sport committee, or by the properly authorized subcommittee thereof ((, and listed in the published entry material,)) or must be approved by a special appeal subcommittee appointed by the Chairs of the respective sport committees.
- (b) Qualifying requirements / entry guidelines shall be published in the entry material and at a minimum include:
  - i. A minimum performance established by the respective sport committees.
  - ii. A time period for applicable performances and any special consideration assigned to such performances.
  - iii. That the host of the facility for a competition provides a method to verify their conformance to the site specifications of these Competition Rules.
  - iv. The competition hosting the submitted qualifying performance hold a valid USATF or other NGB sanction for such competition prior to the competition, or be a scheduled competition from a USATF recognized athletic association. This provision is to insure compliance with applicable event rules for staging, seeding and advancement.
  - v. The use of running event timing equipment capable of recording images to 0.01 seconds accuracy (FAT), except for events specifically stated to accept hand time qualifying performances. For applicable events, a printed photo-finish image shall be available upon request.
  - vi. The requirement that all field event implements be certified on-site and wind reading be recorded and reported for all events requiring such.
  - vii. Prohibition of competitions of mixed gender or of less than five events within each gender or of less than three competitors per event.
  - viii. An authorization procedure from the USATF Director of Events granting qualifying performance eligibility for competitions that would normally require a USATF sanction, occurring after the conclusion of the NCAA Division I Outdoor Championship but before the end of the qualifying time period. Request for such authorization (Last Chance Competition) shall be made at least 30 days prior to such competition. This authorization shall not apply to USATF Association or Regional Championships.
  - ix. Prohibition of competing in more than one Last Chance Competition per day.
- (c) In appointing ((this)) the appeal subcommittee every effort shall be made to include representation from athlete, coach, and sport committees. Petitions to ((this)) the appeal subcommittee must be presented in writing, including electronic communication, without the possibility of further appeal beyond ((this)) the appeal subcommittee. Petitions and decisions shall be posted at the subcommittee work-site. The addition of an athlete by petition shall not prevent an otherwise qualified athlete from participation.

**Reason:** *Include specific qualifying requirements for USATF Championship competitions. Inclusion in Rule 10.3 would carry forward to Rule 11.3(c), USA Indoor Championship, and Rule 27.1, Olympic Selection Competition.*

**Item 6** – Submitted by George Kleeman, Rules Committee. Amend Rule 10.4(a)ii as follows:

Provide via a posting on the USATF website, by 9 p.m. (~~((two days))~~) one week prior to the first day of competition, a list of entrants in each event, arranged in order of their performances, if any, used for entry into the competition. If they are any corrections or appeals necessary to the posted entries or performance, there shall be submitted in writing, which includes electronic communication, to the appropriate Track and Field Committee Chair or the Chair's appointed representative, by 1 p.m. on the (~~((day prior to the start of the Championships))~~) following day so that athletes can get appropriate plans if they are accepted.

**Reason:** *Waiting till two day before the competition makes no sense since it means the athlete can't get a ticket to get to the meet. Pushing it back a week allows time to make plans needed. This will stop last minute appeals from athlete who come to the meet and since they are there, think they should be allowed to compete if there are any scratches.*

**Item 7** – Submitted by John Chaplin, Chair Men's T&F, Sue Humphrey, Chair Women's T&F. Delete all of Rule 10.5.

~~((**POINT SCORE – Trophies**~~

~~(a) A trophy (which may be in the form of a certificate) may be awarded to the Association whose member athletes score the greatest number of points in the Open or Junior Championships. Scoring in such Championships shall be ten (10) points for each first place scored, eight (8) points for second, six (6) points for third, four (4) points for fourth, two (2) points for fifth, and one (1) point for sixth.~~

~~(b) Should ties remain after applying Rule 167, Rule 180.14, or Rule 181.9, the points to be awarded for the tied places shall be totaled and points equal to this total divided by the number of tied competitors shall be scored for the each individual so tied.~~

~~(c) When two or more Associations have the same number of points, any trophies shall be awarded in multiple copies.))~~

**Reason:** *For all practical purposes, this provision has not been done in the recent or extended past. It has existed in the Rule Book beyond its usefulness.*

**Item 8** – Submitted by Dan Pierce, Rules Committee on behalf of RW Executive Committee. Amend Rule 25.1(b) as follows:

Indoor Championships:

Men – One Mile; 3000 Meters (held with Track and Field Championship); 5000 Meters (~~((held with Track and Field Championship)))~~)

Women – One Mile; 3000 Meters (held with Track and Field Championship); 5000 Meters

**Reason:** *To codify what is actually being done and to allow equivalent events for Men and Women.*

**Item 9** – Submitted by Vince Peters, Chair Race Walking. Amend Rule 25.1(b) as follows:

Junior Men – One Mile; Junior Women – One Mile

**Reason:** *None provided*

**Item 10** – Submitted by Bob Podkaminer, Rules Committee. Amend Rule 119 as follows:

1. A Jury of Appeal composed of 3 or 5 persons, preferably certified officials, may be established by the Games Committees to consider appeals from decisions of or referrals from the Referee as to matters that develop during the conduct of the event. In instances where there ...

4. (a) The Jury of Appeal shall, as its sole function in matters resulting from a Referee decision, determine if the decision of the Referee or the Chief Race Walking Judge is based upon adequate evidence and within the scope of the authority given to such person. If such determination is in doubt, the Jury of Appeal shall consult with all relevant persons and may consider other available evidence, including any available video evidence. The decision of the Referee or the Chief Race Walking Judge shall be upheld unless shown to be clearly erroneous.
- (b) For matters not the result of a Referee decision, the deliberations and actions of the Jury of Appeal shall be governed by Rule 125.
- (c) The decision of the Jury of Appeal shall be final. There shall be no further right to appeal. The Jury of Appeal may, however, reconsider decisions if new conclusive evidence is presented. In Youth Athletics, only video designated as official by the Games Committee before the competition may be used.

**NOTE:** *For appeal procedures, see Rule 146.8.*

**Reason:** *Include the two types of matters that can be considered by the Jury and their procedure.*

**Item 11** – Submitted by Bob Podkaminer, Rules Committee. Amend Rule 125.3 as follows:

A Track Referee when appointed to oversee the starts, is designated the Start Referee. The Start Referee has the authority to make a final decision on any facts related to the start of a race where there is disagreement with a decision of the Starter. This authority is not granted in cases when the start involves ~~((a false start))~~ the ‘commencement of a start’ coupled with an illegal reaction time detected by a false start detection apparatus, unless, for any reason, the Referee determines that the information provided by the apparatus is obviously inaccurate or not fully considered in the determination of the rule violation.

**Reason:** *As a result of the April, 2012 IAAF Starting Guidelines, the detection system can no longer ‘detect’ a false start since it cannot determine if a hand has lost contact with the ground, or a foot has lost contact with the foot plate of the block. Therefore, reference must be made to both the triggering of the detection system and the resulting ‘commencement’ of a start as defined in the Guidelines.*

**Item 12** – Submitted by Steve Vaitones, Rules Committee and Ed Neighbour, President – New Jersey USATF on behalf of Bill Eisenring. Amend Rule 125.5 as follows:

To arrive at a fair decision, the Referee may consider any available evidence which the Referee thinks necessary, including a film or picture produced by an official videotape recorder, or any available video evidence. When technologically created evidence is in apparent conflict with that evidence observed by the human eye, the Referee’s decision will be made in favor of the technology.

**NOTE:** *For Youth Athletics exception, see Rule 119.4*

**Reason:** *Consistent with current IAAF practice and necessary guidance for a Referee when presented with equally strong, but conflicting, evidence from human observation and technology.*

**Item 13** – Submitted by George Kleeman, Rules Committee on behalf of Mark Heckel. Add Rule 126.8 as follows:

When certified electronic measurement is used, and performances are being recorded on an electronic device, all trials should be verified at the end of the preliminaries/trials and again at the conclusion of the event. If a qualifying event, verification of performances should be done at the completion of the qualifying competition.

**Reason:** *With the use of certified electronic measurement, there is no need for the primary and secondary recorders to compare marks at the end of each round of competition. This process, while useful and practical when using a tape measure, is unnecessarily redundant when certified electronic measurement is in use. It makes more sense to have the primary and secondary recorder compare the marks at the completion of the trials (when determining advancing athletes from the trials to the finals) and at the*



*conclusion of the competition (when determining place). In a qualifying competition, marks can be compared at the end of the qualification round. This will expedite the flow of the event, and will not cause an undue delay in the process of the event between rounds. See companion submittal for Rule 264.3.*

**Item 14** – Submitted by Bob Podkaminer, Rules Committee. Amend Rule 129.5 as follows:

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

**Reason:** *As a result of the April, 2012 IAAF Starting Guidelines, the detection system can no longer 'detect' a false start since it cannot determine if a hand has lost contact with the ground, or a foot has lost contact with the foot plate of the block. The detection system is triggered by an illegal reaction time, which by itself, is no longer a false start according to the guidelines.*

**Item 15** – Submitted by Steve Vaitones, Rules Committee on behalf of Justin Kuo. Amend Rule 131.1 as follows:

... No Lap Scorer should be responsible for more than three competitors (six in the case of ultramarathons and road walking events). Instead of manual lap scoring, a computerized system, which may involve a transponder worn by each athlete, may be used.

**NOTE:** *Whenever possible, an adequate number of trained lap scorers should be selected before the day of competition.*

**Reason:** *To conform to current IAAF Rules.*

**Item 16** – Submitted by Nina Kuscik, Rules Committee. Amend Rule 141.1(a) as follows:

The Open classification shall have no maximum age limit. In men's and women's long distance running, the Open classification shall be limited to ~~((male))~~ athletes sixteen (16) years and older on the day of the competition. In Open men's race walking and all other Open women's competition, athletes shall be fourteen (14) years or older on the day of the competition.

**Reason:** *There have been some concerns about 14 year old women running marathons. This submission gives WLDR Committee an opportunity to make a change if deemed appropriate.*

**Item 17** – Submitted by John Chaplin, Men's T&F, Sue Humphrey, Women's T&F. Amend Rule 142.3 as follows:

In Championships and programs, other than ~~((the Olympic Team Selection competition))~~ those which are scoring, conducted pursuant to the ...

**Reason:** *There is no need to have an Honest Effort Rule for any competition that does not have an overall dependence based on participation across events, such as scoring. This includes many National Championships and Selection Events.*

**Item 18** – Submitted by David Greifinger, Rules Committee. 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. The size or number of logos on athletes' attire shall be restricted only when required by the IAAF or USOC. This rule shall be enforced by the Clerk of the Course for track and road events and the Chief Judge of each field event.

**Reason:** *USATF'S National Office has unilaterally imposed IAAF advertising restrictions at domestic competitions it controls, when not required by IAAF rules. Athletes oppose this action. This amendment reflects the athletes' will. This proposal does not conflict with any other rule of competition.*

**Item 19** – Submitted by Dan Pierce, Rules Committee. Amend Rule 143.4 as follows:

... The identifying information on the bib need not be numeric; however it shall be of sufficient font type, size and contrast for easy visual identity from a distance of 30 meters. Not wearing an assigned bib ...

**Reason:** *The printing on the bibs needs to be readable by the officials and even better by the fans in the stands. The fonts were so small at the last Indoor Championship that the names were only readable if the person was standing next to you.*

**Item 20** – Submitted by Dan Pierce, Rules Committee. Amend Rule 143.7 as follows:

In cross country ((;)) and 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 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:** *Race Walk Officials must be able to identify competitors at all times, not just as they are approaching. Race Walk Judges look for numbers after seeing an infraction. The competitor has usually passed the Judge when the Judge looks for a number. Transponder timing devices and other identification issued by the Games Committee should be worn according to instructions in all events not just cross country, long distance runs and race walks.*

**Item 21** – Submitted by Dan Pierce, Rules Committee. Add Rule 143.8 as follows:

In race walks the competitors shall wear a bib on the front and on the back. Both bibs must be visible at all times during the race.

**Reason:** *See reason stated for Rule 143.7 Amendment.*

**Item 22** – Submitted by Dan Pierce, Rules Committee. Add Rule 143.9 as follows:

A transponder timing device and other identification issued by the Games Committee shall be worn according to instructions. Failure to do so may result in disqualification from the event.

**Reason:** *See reason stated for Rule 143.7 Amendment.*

**Item 23** – Submitted by Bob Podkaminer, Rules Committee. Amend Rule 146.4 as follows:

In races where a false start control apparatus is used, if an immediate oral protest is made regarding a decision by the Starter to charge a false start, the Referee may allow an athlete to compete under protest in order to protect the rights of all concerned and provide the time required to determine if the information provided by the apparatus is obviously inaccurate and other evidence is inconclusive with regard to the commencement of the start.

**Reason:** *As a result of the April, 2012 IAAF Starting Guidelines, the detection system can no longer 'detect' a false start since it cannot determine if a hand has lost contact with the ground, or a foot has lost contact with the foot plate of the block. Other evidence must be examined to make a proper determination.*

**Item 24** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 146.4 as follows:

**NOTE:** After being allowed to compete under a false start protest, all future false starts charged to the same athlete in the same race shall be treated independently. If in this case a subsequent false start results in disqualification, the Referee may declare all of the athlete's previous false start protests invalid.

**Reason:** *This addresses the very real scenario that took place at the USA Indoor Nationals and the NY Diamond League meet. An athlete false starts, is shown a red card, is allowed to run under protest, false starts a 2nd time, is shown a red card a 2nd time, requests to run under protest a 2nd time (or a 3rd or 4th time), but is finally told “no” due to the false start being so blatant. What then becomes of the earlier protests? They should be null and void. Even if those previous false start protests were reviewed and eventually upheld, the best the Referee could do is “allow the athlete to run again”... which is exactly what the athlete was granted when he/she ran again under protest, and then false started again. However, if the grounds of the earlier protest were based on the “wrong athlete being charged,” the Referee may choose to review the earlier protests, which would not likely reinstate the disqualified athlete, but could result in additional athletes being disqualified.*

**Item 25** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 160.4 as follows:

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

**Reason:** *Overdue correction addressing straight races run the opposite direction.*

**Item 26** – Submitted by Bob Podkaminer and Raymond Pierre, Rules Committee. Amend Rule 161.4 as follows:

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

**Reason:** *As a result of the April, 2012 IAAF Starting Guidelines, the detection system can no longer ‘detect’ a false start since it cannot determine if a hand has lost contact with the ground, or a foot has lost contact with the foot plate of the block. The resulting action by the Starter includes, but is not limited to, a false start. The hearing of the apparatus tone and resulting recall are actionable item all by themselves.*

**Item 27** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 162.1 as follows:

When starting, all competitors must be behind the starting line and they must not touch the starting line or the surface in front of it with any part of the body. Starting positions in events at all distances shall be numbered (~~((from left to right, facing the direction of running))~~) in order that the lowest number is closest to the inner edge of the track.

**Reason:** *Overdue correction addressing straight races run the opposite direction.*

**Item 28** – WITHDRAWN

**Item 29** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 162.6 as follows:

The commands of the Starter shall be:

- a) In races not exceeding 400 meters, "on your marks" and "set"
- b) In races (~~((longer than))~~) exceeding 400 meters, "on your marks"

~~((The Starter may assemble the competitors at an actual or imaginary line behind the starting line before the command "on your marks." The assembly line is normally between 1m and 3m behind the starting line.))~~ Before the command "on your marks," the Starter may assemble the competitors at an actual or imaginary line between 1m and 3m behind the starting line.

**Reason:** *Consistent and more efficient wording.*

**Item 30** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 162.7 as follows:

... At the "set" command, the competitor (~~((should))~~) shall immediately rise to a final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the starting block.

...

**Reason:** *Per rule 162.9, "should" needs to be "shall"*

**Item 31** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 162.8 as follows:

In races (~~((longer than))~~) exceeding 400 Meters (~~((all starts shall be made from a standing position. Each))~~), each competitor must, immediately after the "on your marks" command, assume a final position behind the start line and if applicable, completely within the assigned lane, (~~((without a starting block))~~) and shall not touch the ground with his/her hand or hands during the start. After the Starter has ascertained that all competitors are steady and in the correct starting position, the pistol/starting device shall be fired.

**Reason:** *It is not necessary to state all starts are from a standing position since it's already described beneath it. Since the rulebook does not actually address leaving the "imaginary assembly line" mentioned in 162.6 and approaching the start line, it needs to be clear that this final starting position must be reached immediately and without delay per 162.9. "Without a starting block" is already explained in 161.2.*

**Item 32** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 162.10 as follows:

The starter shall not fire the pistol/starting device, or give the start command, while any competitor is in motion (~~((after the command "set" when appropriate,))~~) nor before the Starter has ascertained that each competitor is steady and in the correct starting position.

**Reason:** *162.10 is simply another way of stating the last sentence in 162.7 and the last sentence in 162.8, which makes this phrase unnecessary.*

**Item 33** – Submitted by Bob Podkaminer, Rules Committee. Amend Rule 162.12 as follows:

A competitor, after assuming a full and final set position, shall not commence his/ her start until (~~((after))~~) first receiving the report of the pistol/starting device. If, in the judgment of the Starter, the athlete does so any earlier, it will be deemed a false start.

**NOTE 1:** Motion by a competitor that does not include or result in one or both hands leaving contact with the ground, or one or both feet losing contact with the foot plates of the starting blocks, shall not be considered commencement of the start..

**NOTE 2:** When an IAAF approved false start control apparatus is in operation, the evidence of this equipment, coupled with any resulting loss of contact, shall normally be accepted as conclusive by the Starter. See Rule 161.4.

**Reason:** *As a result of the April, 2012 IAAF Starting Guidelines, commencing a start shall include a hand has lost contact with the ground, or a foot has lost contact with the foot plate of the block. This could be the 'result' of a reaction time of less than the legal 0.1 seconds.*

**Item 34** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 162.13 as follows:

~~((Except in Combined Events, any))~~ Any competitor(s) ~~((responsible for the))~~ charged with a false start shall be disqualified and a red card/flag shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s). Exception: For Combined Events, see Rule 200.3(c); For Youth, see Rule 302.2(d); For Masters, see Rule 332.2(c).

**NOTE:** *In practice, when one or more athletes ~~((make))~~ commit a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also ~~((made))~~ committed a false start. The Starter should warn or disqualify only such athlete or athletes who, in the Starter's opinion, was/ were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.*

**Reason:** *Being responsible for a false start and being charged with a false start have different meanings. Also, more appropriate language.*

**Item 35** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 162.15 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. A distance beyond 10 meters shall not be considered "close proximity" to the start line.*

**Reason:** *The only reason this note exists is that the high school and NCAA rules require a recall if anyone falls due to contact within the first 100 meters of a distance race. If a finite distance is named in those instances without any adverse consequences, naming a finite distance in this rulebook is appropriate. Although naming a finite distance was undesirable in the past, starters, competitors and spectators are very comfortable with "10 meters". It's both practical and reasonable. One interpretation at a National Championship was that "close proximity" was as much as 100 meters. This seems absurd, therefore a clarification is needed.*

**Item 36** - Housekeeping change

**Item 37** – Submitted by Bob Podkaminer, Rules Committee on behalf of John Teising. Amend Rule 167.1 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 within the same race, the competitor's finish place as determined by Rule 165.4, or between different races, the actual time recorded by the competitors to not greater than 0.001 seconds accuracy. ~~((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 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, lots shall be drawn to determine who shall be placed in the next round.

**Reason:** *IAAF compliance*

**Item 38** –Submitted by Bob Podkaminer, Rules Committee on behalf of John Teising. Amend Rule 167.1 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 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 Games Committee shall choose from the following options: (a) a run-off between the tied competitors, (b) lots shall be drawn, or (c) a subtraction of the measured reaction times from the event time shall determine who shall be placed in the next round. A competitor choosing to not participate in the tie-breaking procedure shall forfeit any claim to the higher place. Any such procedure shall be included in the meet entry material.

**Reason:** 1. Provide tie-breaking options that are feasible and possibly more acceptable than 'by lot', such as a run-off or 'actual running time'. 2. Provide same forfeiture as in field events.

**Item 39** – Submitted by Jon Drummond, Chair – Athlete Advisory. Add a new Rule 6.3 and re-number as follows:

When the placing of a competition is used for team selection or to qualify athletes to another competition, the system for selection and/or advancement shall be determined in advance of the event, and published in the entry material.

**Reason:** This is a very serious issue for athletes and do not want to feel rushed in the fate of athletes future! The lack of a current rule caused quite a problem this season. This submission, as a placeholder, is to guarantee discussion and provide the opportunity to establish a solution.

**Item 40** – Submitted by Graeme Shirley, Rules Committee. Amend Rule 168.3(a) as follows:

**NOTE:** Hitting the hurdle in another lane is a violation of this Rule.

**Reason:** Provide a clearer understanding of the provisions of the rule.

**Item 41** – Submitted by Al Davis, President – North Carolina USATF. Amend Rule 180.7(b) as follows:

In the vertical jumping events, when the number of competitors exceeds 32, the Games Committee shall select one of the following options:

- i. Utilize a qualifying competition according to Rules 180.5(a) and 180.5(b)
- ii. Utilize two flights. The overall placing will be determined by combining the results of both flights. Ties for first place shall not be broken
- iii. Rotating flights may be used until there are 12 or fewer competitors remaining in competition after the conclusion of jumping at any height. In rotating flights, four or five competitors, ...

**Reason:** 1) Not used in any other part of the world. 2) Survey of officials indicated that most officials do not or prefer not to use this practice. 3) Many officials employ various formats of what they think "five alive" is. 4) High School has confused the situation by implementing a different version of "five alive". 5) Survey of coaches indicated that most were ambivalent to the use of "five alive". 6) The rotating flight section of the rule has not been eliminated allowing those who wish to use, may do so. 7) Other than PV and HJ, no field event uses this practice. 8) Flights with and without finals are already normal practices in other events. 9) Eliminates the confusion exhibited by athletes/coaches as to the order of competition. 10) Will eliminate most interruptions of the coordinator by athletes. 11) Reduction of the significant efforts trying to train current and new HJ and PV officials. 12) Retain officials in the PV and HJ events who currently migrate to other events because of the difficulty learning "five alive". 13) Detractors indicate that athletes will have to sit significant periods of time between attempts. Not necessarily true at beginning and end of competition. Most competing at one height will be around sixty percent at the middle heights.

**Item 42** – Submitted by Bill Hickman, Rules Committee on behalf of Becca Gillespy Peters. 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. See Rule 180.6, which authorizes practice or warm-up when an event is conducted in flights. However, in vertical jumps, in all competitions except the USA Indoor T&F Championships, USA Outdoor T&F Championships and Olympic Trials, a competitor who has not taken an initial trial in at least one hour from the first attempt of the competition shall 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 competition. A maximum of ninety seconds is allowed for the competitor in the high jump. A maximum of two minutes is allowed for the competitor in the pole vault. Such warm-up must occur at height changes.

***Reason:** It is important for our elite athletes to compete under similar rules as the IAAF in order to prepare for international championships, hence the exclusion of our major elite championships, however, the majority of competitions conducted under USATF rules are not elite competitions. It is in the best interest of the safety of our athletes to allow a warm-up period when athletes have waited for extended periods of time. The existing rule is routinely ignored by officials; this will standardize the warm-up procedure while ensuring our top competitions still simulate international championships.*

**Item 43** – Submitted by Bill Hickman, Rules Committee on behalf of Becca Gillespy Peters. 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. See Rule 180.6, which authorizes practice or warm-up when an event is conducted in flights. If an event is delayed for an hour or more due to unsafe weather conditions, equipment failure or other circumstances that fall outside the normal course of competition, all competitors shall be allowed a warm-up period, the length of which shall be determined by the Referee.

***Reason:** Improves the safety of the athletes by making sure they are properly warmed up after an unexpected delay.*

**Item 44** – Submitted by George Kleeman, Rules Committee. Amend Rule 180.14 as follows:

... After applying this procedure, in case of a tie for any place, including first place, the tie shall remain. If the event is being used for qualifying for a subsequent event, then the procedure for determining who will be the team member will be determined as issued in the event guidelines. For vertical jumps, see Rule 181.9.

***Reason:** As far as the meet is concerned it is a tie and remains so. The rational of how to select who will be the representative is an administrative procedure and should not be specified in the rules.*

**Item 45** – Submitted by Bill Hickman, Rules Committee on behalf of Becca Gillespy Peters. Amend Rule 180.19(a) as follows:

No marks shall be placed on a runway, but a competitor may place (~~(one or two)~~) up to three markers, ...

***Reason:** Many athletes need more than two markers. For example, an athlete may use a start mark, a check mark and a mid- mark. Although this is a variation from the IAAF rule, it is unlikely to cause problems for athletes competing internationally as it is not a dramatic change.*

**Item 46** – Submitted by George Kleeman, Rules Committee. Amend Rule 181.9(e) as follows:

If it concerns any other place the competitors shall be awarded the same place in the competition. If the event is being used for advancement to a subsequent event or for team selection, then the procedure for determining who will be the team member will be determined as issued in the event guidelines.

**Reason:** *As far as the meet is concerned it is a tie and remains so. The rational of how to select who will be the representative is an administrative procedure and should not be specified in the rules.*

**Item 47** – Submitted by Bob Podkaminer, Rules Committee. Amend Rule 183.3 as follows:

In order to obtain a better grip, competitors are permitted to use an adhesive substance such as resin, tape, or a similar substance on their hands or on the pole during the competition. Gloves may ~~((not))~~ be used. The use of a forearm cover to prevent injuries shall be allowed. See Rule 183.8 in regard to the use of tape on pole.

**Reason:** *Conform to current IAAF Technical Committee interpretation.*

**Item 48** – Submitted by Bill Hickman, Rules Committee on behalf of Becca Gillespy Peters. Add Rule 183.4 as follows:

The practice of tapping (i.e., assisting the competitor at takeoff) is prohibited during warm-ups and competition by anyone (i.e., coach, teammate, other competitors, officials).

**Reason:** *This is an unsafe practice that is banned by the NFHS, NCAA and USATF Youth rules. It is not practiced at international championships because coaches are physically separated from their athletes. Adding this to USATF Open rules will improve the safety of the event and will not hurt elite athletes. Delete 302.5(m) upon approval, since it would be duplication.*

**Item 49** – Submitted by Don Lawrence, Adirondack Assn. President on behalf of Joe Shufelt. Amend Rule 187.22 Note 1 and Rule 187.24 Note as follows:

**NOTE 1:** *Flags or continuous barriers ~~((should))~~ shall be erected parallel to and at least ~~((3m))~~ 10m outside of the sector lines for their full length, or marshals (proximity guards) shall be stationed to prevent entry.*

**NOTE:** *Flags or continuous barriers ~~((should))~~ shall be erected parallel to and at least ~~((3m))~~ 10m outside of the sector lines for their full length, or marshals (proximity guards) shall be stationed to prevent entry.*

**Reason:** *Using the word 'should' allows the action of emplacing barriers to be optional. Establishing adequate safety barriers should be required. Meet producers can cite this wording deficiency as reason to refuse to place protective sector flags for the javelin or other events being contested in the infield, or at any other location, where there are no marshals or other ways to prevent children or others from crossing through the sector for events such as the relays or 200 meter dash. There is a huge risk that someone will be injured. Making it optional in the Rule Book is a recipe for impending disaster. The change from 3 meters to 10 meters is to eliminate the hazard for the officials by not limiting their lateral movement to 3 meters in order to avoid being stuck by an implement.*

**Item 50** – Submitted by Gary Snyder, Chair Masters T&F on behalf of Jerry Bookin-Weiner. Amend Rule 195.1 as follows:

In making a throw, the competitor may choose to assume any starting position ~~((and shall use both hands))~~, holding the weight exclusively by the handle, and using both hands except at the start of the throw and at the release of the implement.

**Reason:** *The language about both hands does not appear in either the IAAF Rules (with regard to the Hammer Throw), nor in the NCAA Rules (with regard to either the Hammer Throw or the Weight Throw). Evidently this was adopted to prevent throwers using the Scottish Games technique, which is similar to the Discus Throw. What it has created is a situation where officials are attempting to determine when an*



*athlete has released the trailing hand (right for a right-handed thrower and left for a left-handed thrower) in order to determine if this rule is being violated. It is impossible to have both hands in contact with the implement until it is fully released; and there is no advantage to the athlete gained if the trailing hand is released ahead of the lead hand. The proposed change is intended to clarify that release of the trailing hand should not be considered a foul.*

**Item 51** – Submitted by George Kleeman, Rules Committee on behalf of Bob Springer. Amend Rule 195 as follows:

**4. Head -**

(a) All Metal Head - The head shall be a sphere. The head shall be made of solid metal not softer than brass. There shall not be any internal movement. The center of gravity shall not be more than 9mm from the center of the sphere.

(b) Filled Head - The head shall be a shell made of plastic or other suitable polymer material in the shape of a sphere, designed to protect the landing surface. The head shall be filled with lead or other material inserted in a manner that minimizes any internal void or movement and have center of gravity not more than 9 millimeters from the center of the sphere certified by the manufacturer. The head may deform upon impact, but must return to the shape of a sphere.

**NOTE:** *Rubber is not an acceptable material for the shell.*

~~((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 that the material is immovable. The center of gravity shall be not more than 9mm from the center of the sphere as certified by the manufacturer. A filled implement may deform upon impact, but must return to the shape of a sphere after such impact. See table in Rule 195.8 for specifications.))~~

**5. Handle** - The handle shall be made of round steel ~~((or stronger metal rod,))~~ bent in a triangular ~~((or modified triangular))~~ shape with straight sides so that no side exceeds ~~((490mm))~~ 140mm nor is smaller than 100mm, inside measurement. The handle may include an internal brace or loop. A handle with no permanent connection point shall have ~~((two sides of equal length and the third side of less than or))~~ all sides of equal length and shall only be used with the All Metal Head. ~~((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))~~ before, during or after the competition. See Figure 15.

**6. Harness** - If the implement includes a harness, it shall be fabricated from a minimum of four straps sewn together to form a sling. Netting shall not be used for this purpose. The harness must not stretch or show evidence of elasticity or malformation before, during or after the competition. A protective sleeve may be used around the links and/or swivel.

~~((6.))~~ **7. Connection** - The handle shall be connected ~~((either directly))~~ to the head or to a harness in the following manner:

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

(b) For the All Metal Head, ((For the solid implement,)) the handle shall be connected ((to a steel link)) without the use of a swivel. ((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 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.)~~
- (c) For a Filled Head or Harness, the use of links and swivel are optional. However, at least one shall be used and when used in combination, the swivel shall be attached to the head.
- (d) A swivel, when used, may be either plain or ball-bearing, and is not considered an additional link. A protective sleeve may be used around the links and/or swivel.

~~((7.))~~ **8. Length** - The overall length of the complete implement as thrown, from the bottom surface of the head in its spherical shape, or harness, to the inside surface of the middle of the handle (grip) shall not exceed ~~((40.64 cm))~~ 406.4mm at any time.

**NOTE 1:** *The overall length for Masters is ~~((41.00 cm))~~ 410.0mm.*

**NOTE 2:** *An implement presented for inspection must be measured for length with all components at their maximum lengths as designed by the manufacturer. Once the implement has been inspected and approved for competition, the implement shall not be altered or adjusted other than to be repaired by the Inspector of Implements.*

**Item 52** – Submitted by Gary Snyder, Chair Masters T&F on behalf of Jerry Bookin-Weiner. Amend Rule 196.2 as follows:

**Main body:** The main body should be either a solid cylinder or constructed of no more than two solid cylinders (200 lb weight) or three solid cylinders (300 lb weight) stacked and held together so as to form an essentially solid cylinder.

**Reason:** *The cost of acquiring a set of ultraweights is extremely high (more than \$1000). By permitting the construction of ultraweights in segments it will bring down the cost and make staging the Ultraweight Pentathlon easier for meets. This approach has been tested and shown to be a viable means of constructing the ultraweight implements.*

**Item 53** – Submitted by Pat Pretty, President – Wisconsin USATF and George Kleeman, Rule Committee on behalf of Rob Buzaitis. Amend Rule 200.3(a) as follows:

In the Long Jump, Shot Put, Discus Throw and Javelin Throw, each competitor shall be allowed three trials only. These attempts must be taken one at a time in the listed order of competition, which shall also apply to the High Jump and Pole Vault.

**Reason:** *It seems that some current coaches and athletes are following the open procedures when competing in the combined events. This wording is in the NCAA and HS rule books, but does not exist anywhere within the USATF rule book.*

**Item 54** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 200.3(c) as follows:

~~((No penalty shall be imposed for the first false start, but the Starter shall disqualify the offender or offenders on the second false start. False starts are called on individuals, not on the field.))~~ In case of a first false start, the competitor(s) charged with the false start shall be warned and a yellow card/flag shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s). Because the first false start is charged to the field, not the individual, all other competitors taking part in the race shall also be warned with a yellow card raised in front of them. In the case of further false starts the Starter shall follow Rule 162.13

~~((NOTE: In practice, when one or more athletes commit a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also committed a false start. The Starter should warn or disqualify only such athlete or athletes who, in the Starter's opinion, were responsible for the false start.~~

*~~This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.))~~*

**Reason:** IAAF compliance and more appropriate language.

**Item 55** – Submitted by Pat Pretty, President – Wisconsin USATF. Amend Rule 200.4(b) as follows:

In field events of combined competition (~~((for women))~~), when more than one flight is required, a minimum of 30 minutes shall be allowed between the last attempt of the previous flight and the beginning of competition in the next flight. In the hurdles of such competition (~~((for women))~~), where feasible, a minimum of 10 minutes shall be allowed between heats. Competition in a subsequent flight may begin prior to 30 minutes (10 minutes in the hurdles) after the previous flight with the approval of all competitors.

**NOTE:** *This rule is to insure rather than limit adequate warm-up time.*

**Reason:** *It seems that this wording was not updated. It should be the same for both men and women.*

**Item 56** – Submitted by Bob Podkaminer and George Kleeman, Rules Committee on behalf of Shirley Crowe and Rob Buzaitis respectively. Amend Rule 200.5(c) as follows:

In the last event of a Combined Events Competition, (~~((the))~~) heats, if used, should be arranged so that the last one contains the leading athletes after the penultimate event. (~~((The heat containing the leading athletes should be run last. In the 800 Meters the top placers shall be assigned, one per lane in the last heat, the next best placers in another heat, etc., according to Rule 166.4.))~~) The Combined Event Referee shall arrange such heats.

**Reason:** *Current IAAF Rule 200.8 does not have this restriction.*

**Item 57** – Submitted by Gary Snyder, Chair Masters T&F on behalf of Jerry Bookin-Weiner. Amend Rule 203.1 as follows:

The competition consists of throwing the five weights listed for each gender and age group in the table at the end of this Rule. It may be conducted either as an outdoor event or an indoor event.

**Reason:** *An experimental indoor Ultraweight Pentathlon was conducted in February, 2012 in Rhode Island. The “ultraweight” implements (98#, 200# and 300#) were thrown from the square, as dictated by the Rules of Competition. The landing area was a long jump pit. The athletes and meet directors of this meet would like to be able to have it recognized as an official event, with the possibility of conducting regional ultraweight pentathlon championships in the future.*

**Item 58** – Submitted by George Kleeman, Rules Committee on behalf of Ivars Ikstrums. Amend Rule 203.6 as follows:

The measurement of only the 98 lb, 200 lb and 300 lb Ultraweight Throw implements 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. The measurement for the other implements (56 lb and below) shall be as normally defined for them.

**Reason:** *To clarify that only the Ultra Weight implements are thrown and measured from the square. All other throws in the Ultra Weight competition are thrown from the circle per normal practice.*

**Item 59** – Submitted by George Kleeman, Rules Committee on behalf of Ivars Ikstrums. Amend Table following Rule 203.8 as follows:

<del>Age Group</del>	<del>Weight #</del>	<del>Super-Weight #</del>	<del>35#</del>	<del>44#</del>	<del>56#</del>	<del>98#</del>	<del>200#</del>	<del>300#</del>
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**MEN**

<u>Age Group</u>	<u>Weight #</u>	<u>Super-Weight #</u>	<u>35 lb</u>	<u>20 kg</u>	<u>56 lb</u>	<u>98 lb</u>	<u>200 lb</u>	<u>300 lb</u>
Open-49	35	56				x	x	x
50-59	25	56				x	x	x
60-69	20	<del>44</del> <u>20 kg</u>			x	x	x	
70-79	16	35		x	x	x		
80 +	12	25	x	x	x			

<del>Age Group</del>	<del>Weight #</del>	<del>Super-Weight #</del>	<del>25#</del>	<del>35#</del>	<del>44#</del>	<del>56#</del>	<del>98#</del>	<del>200#</del>
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**WOMEN**

<u>Age Group</u>	<u>Weight #</u>	<u>Super-Weight #</u>	<u>20 lb</u>	<u>25 lb</u>	<u>35 lb</u>	<u>20 kg</u>	<u>56 lb</u>	<u>98 lb</u>
Open-49	20	35				x	x	x
50-59	16	25			x	x	x	
60-74	12	20		x	x	x		
75 +	4 kg	<del>16 &amp; 20</del> <u>x</u>	<u>x</u>	x	x			

**Reason:** 1. Reformat & reposition the headers for readability. 2. Fix the W75+ superweight and ultraweight callouts for readability. 3. Change the 44 lb weight callouts to 20 kg for correctness, the 20 kg weight is 20 kg, not 44 lb.

**Item 60** – Submitted by Dan Pierce, Rules Committee on behalf of RW Executive Committee. Amend Rule 230.1(b) as follows:

The appointed Judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.

**Reason:** Conform to current practice and IAAF language.

**Item 61** – Submitted by Dan Pierce, Rules Committee. Amend Rule 230.1(d) as follows:

At International Selection Competitions 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:** Shall is used in the IAAF language. The IAAF needs to be much more concerned with large audiences on television, in stadiums and on road courses than we do. There can be situations (e.g. six Junior competitors in a 10000m track race with a limited number of Officials/Race Walk Judges) when a qualified Chief Judge's Assistant is not reasonably available.

**Item 62** – Submitted by Dan Pierce, Rules Committee on behalf of Gary Westerfield. Amend Rule 230.2 as follows:

**Yellow Paddle**

- (a) When a Judge is not completely satisfied that the ~~((athlete))~~ competitor is fully complying with Rule 232.2, or observes a competitor who, for the first time, fails to comply with Rule 232.2, the Judge should, where possible, show the ~~((athlete))~~ competitor a yellow paddle indicating the offense.  
~~((offence. An athlete cannot be given a second yellow paddle by the same judge for the same offense. Having shown a yellow paddle to an athlete, the Judge shall inform the Chief Judge of this action after the competition.))~~
- (b) A competitor cannot be given a second yellow paddle by the same judge for the same offense. Having shown a yellow paddle to an athlete, the Judge shall inform the Chief Judge of this action after the competition.
- (c) Each Judge shall use a yellow paddle for signaling cautions. Each paddle should have the symbol ^^ indicating "Loss of Contact" on one side and the symbol > indicating "Bent Knee" on the reverse side to show the reason for the caution.

**Reason:** *To conform to unwritten IAAF policy.*

**Item 63** – Submitted by Dan Pierce, Rules Committee on behalf of Gary Westerfield. Amend Rule 230.2(b) as follows:

Each Judge shall use ~~((a yellow paddle))~~ two yellow paddles for signaling cautions. ~~((Each))~~ One paddle should have the symbol ^^ indicating "Loss of Contact" on ~~((one side))~~ both sides and the other paddle should have the symbol > indicating "Bent Knee" on ~~((the reverse side))~~ both sides to show the reason for the caution.

**Reason:** *To conform to current IAAF practice.*

**Item 64** – Submitted by Dan Pierce, Rules Committee on behalf of Gary Westerfield. Amend Rule 230.3(a) as follows:

When a Judge observes a competitor who, after having been shown a yellow paddle, fails to comply with Rule 232.2, or observes a competitor who, for the first time, fails to comply with 232.2 and the Judge does not expect to observe that competitor again during the competition, the Judge shall issue a red card. A red card is that Judge's proposal for disqualification of a competitor.

**NOTE:** A yellow paddle must be shown to a competitor before a Judge can issue a red card except in the second circumstance in Rule 230.3(a).

**Reason:** *To conform to unwritten IAAF policy.*

**Item 65** - Housekeeping change

**Item 66** – Submitted by John Blackburn, Rules Committee on behalf of Bob Hersh. Amend Rule 261.3 as follows:

Each athlete who achieves an American Record ~~((or American Junior Record))~~ in any event recognized for a World Record by the IAAF, or in the 5km Road Race, and excluding the Marathon Relay and the 100km, shall submit to a doping control at the end of the event, to be conducted in accordance with IAAF Rules and Procedural Guidelines currently in force. In the case of a relay record, all members of the team shall be tested. The sample(s) collected shall be sent for analysis to a WADA accredited laboratory and the results sent, as indicated in Rule 261.2, to be added to other information required for the ratification of the record. If such testing results in a doping violation, or if such testing is not conducted, USATF will not ratify this record. ~~((The provisions of this rule are effective as of January 1, 2010.))~~

**Reason:** *To simplify the record process.*

**Item 67** – Submitted by Don Lien, Chair Masters LDR on behalf of Bill Quinlisk. Amend Rule 261.5 as follows:

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

**Reason:** *This change would facilitate the approval process for Masters LDR Records set at USATF National Masters LDR Championship events, while still providing for further documentation and/or the record application process if doubt arises regarding the official results.*

**Item 68** – Submitted by George Kleeman, Rules Committee on behalf of Mark Heckel. Amend Rule 264.3 as follows:

When an electronic measurement device is used for a record, the Electronic Measurement Judge shall verify the accuracy of the sighting of the measurement device, read and verify the measurement as displayed on the electronic recording or measurement device, and report the distance to the Chief Field Judge of that event and the ~~((Field Event Referee or Head Field Judge))~~ Chief Electronic Measurement Judge. The Chief Field Judge of that event and the Chief Electronic Measurement Judge shall ~~((also read))~~ verify the mark in the field and the distance as it is displayed on the electronic recording or measuring device and report it to the Field Event Referee or Head Field Judge.

**Reason:** *Specifies, for electronic measurement, who are the three field officials required in 264.2.*

**Item 69** – Submitted by Bill Hickman, Rules Committee on behalf of Becca Gillespy Peters. Add Rule 264.4(b) as follows:

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

**Reason:** *This language no longer appears in the IAAF rules. It should not be harder to set an American record than a World Record. If a runway meets all technical and record requirements (surveyed, not sprung, etc.) the material it is constructed of should not matter.*

**Item 70** – Submitted by Don Lien, Chair Masters LDR on behalf of Bill Quinlisk. Amend Rule 265.10 as follows:

Properly rounded net times provided by transponders may be used for American Masters LDR ~~((age group))~~ records provided: the competitor wins his/her division as defined for the Masters age groups listed in Rule 320 beginning at age 40 and only including other record eligible competitors; the transponder mat defining the start time is placed completely before the start line; and the transponder mat defining the end time is placed completely after the finish. The provision for winning the age group shall not apply for single-year records.

**Reason:** *This proposal would allow net times from transponder systems with sensor mats at both the start and finish lines to be used for American Masters LDR record purposes. American Masters records are defined in Rule 261.1c. The caveat that the runner must win their age division is now reserved only for the defined 5-year age group records. Winning the age group is only important for Masters 5-year age group records. It has no bearing on Master single-year age records. A runner who sets an age 44 single-year record may not win the 40-44 age division in a race. American Master's runners in large open or*

*international races may not win their age group when competing against foreign runners who are ineligible to set an American Masters record. Also, some races have unique and/or poorly defined age divisions, such as 40 and over only or 40-49, etc.*

**Item 71** – Submitted by Steve Vaitones, Rules Committee on behalf of Justin Kuo. Amend Rule 267 as follows:

**JUNIOR RECORDS – OUTDOOR**

**Track Events**

1000 meters

**Reason:** *To match IAAF Rule 262*

**Item 72** – Submitted by Phil Greenwald, Rules Committee. Amend Rule 267 as follows:

**Men's Long Distance Running**

**Women's Long Distance Running**

**Masters Long Distance Running (Men and Women)**

((~~Men's and Women's LDR only: Marathon Road Relay (5 member)~~  
~~Marathon Road Relay (6 member))~~))

**Reason:** *The Marathon Road Relay (or Ekiden) is not being actively contested at the highest level of the sport, therefore the existing records will remain unbroken not as a monument to those who achieved them, but because nobody is trying to better them. In addition, the rule book does not adequately describe the event, for instance the leg lengths and exchange zone protocol are not specified.*

**Item 73** – Submitted by Glenn Fortune, Rules Committee. Amend Rule 300.1(b) as follows:

((~~Sub Bantam Division~~)) 8 and under Division

((~~Bantam Division~~)) 9-10 Division

((~~Midget Division~~)) 11-12 Division

((~~Youth Division~~)) 13-14 Division

((~~Intermediate Division~~)) 15-16 Division

((~~Young Men's/Young Women's Division~~)) 17-18 Division

Rename divisions where applicable within Rule 300 through Rule 306.

**Reason:** *Continued pressure from outside groups regarding use of the current lower age group names.*

**Item 74** – Submitted by Steve Vaitones, Rules Committee. Amend Rule 300.1(b) as follows:

... The athlete's year of birth shall determine the division in which the athlete shall compete. Sub Bantam and Bantam competitors may compete through the Regional level, but not on the National level. With each ..

**Reason:** *Including youth this young at National events seems counter to development concepts presented in the Youth Level II Coaching School as to when higher level competitions should begin. Is development served with 6 year olds at National Championships?*

**Item 75** – Submitted by Steve Vaitones, Rules Committee. Delete Rule 300.1(c); Amend Rule 300.1(b) as follows:

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

300.1(b): Modify chart by listing specific 2 year age groups for the Sub-Bantam division rather than allow any age for the youngest division (YYYY+). For example, 2004-2005 instead of 2004

**Reason:** *Common sense. Reduction of liability for event directors and officials by removing participants who are not old enough to understand fundamental rules of event conduct. To reconsider the purpose of youth track and field nationals by removing athletes who may only become 4, 5 or 6 years old during a year. It is doubtful we will lose any potential Olympians by restricting championship participation for the youngest youth division to a 2 year birthdate block vs. anyone 8 years of age or younger.*

**Item 76** – Submitted by Glenn Fortune, Rules Committee on behalf of Kim Haines. Amend Rule 301 as follows:

**BANTAM DIVISION** - Triathlon:

Shot Put (6 lb.); High Jump; ~~((200))~~ 100 Meter (G); ~~((400))~~ 200 Meter (B)

**MIDGET DIVISION** - Pentathlon:

80 Meter Hurdles; Shot Put (6 lb.); High Jump; Long Jump; ~~((800))~~ 400 Meter Run (G); ~~((1500))~~ 800 Meter Run (B)

**YOUTH DIVISION** - Pentathlon:

100m H; Shot Put (B 4kg/G 6 lb); High Jump; Long Jump; ~~((800))~~ 400 Meter Run (G); ~~((1500))~~ 800 Meter Run (B)

**Reason:** *With the existing distances, there are a lot of participants who do not score any points because the scoring charts don't go low enough based upon their times to score any points.*

**Item 77** – Submitted by Shane Cleveland, President – New Mexico USATF on behalf of Paul Gooris. Amend Rule 301 as follows:

**INTERMEDIATE DIVISION**

~~((Decathlon (B)))~~ Octathlon (B):

Day 1: 100 Meters, Long Jump, Shot Put, 400 Meters

Day 2: 110 Meter Hurdles, High Jump, Javelin, 1500 Meters

**Reason:** *The current progression of the combined-event from the Youth Boys to the Intermediate Boys division entails a doubling in both the number of events and the number of days competing. The transition includes the introduction of three technique intensive events, an increase in difficulty in the hurdles and the addition of two sprint events. The development overload created by this progression hinders the proper and safe mastery of the individual events. Changing the Intermediate Boys combined-event to the Octathlon would allow a safer and developmentally more rationale progression to the Decathlon in the Young Men age group. In IAAF World Youth competition, ages 16 to 17, the combined-event competition is the Octathlon. The change would provide consistency with that format, while maintaining USATF event specifications.*

**Item 78** – Submitted by Kenny Emerick, Rules Committee on behalf of Becca Gillespy Peter. Amend Rule 301 as follows:

**INTERMEDIATE DIVISION**

Decathlon (B, G)

**YOUNG MEN'S/WOMEN'S DIVISION**

Decathlon (B, G)

**Reason:** *None provided*

**Item 79** – Submitted by Glenn Fortune, Rules Committee and Ed Neighbour, President –New Jersey USATF on behalf of Bill Eisenring. Amend Rule 301 as follows:

**INTERMEDIATE DIVISION**

Hammer (B ~~((12 lb))~~ 5kg – G 4kg); Shot Put (B ~~((12 lb))~~ 5kg – G 4kg)

**YOUNG MEN'S/WOMEN'S DIVISION**



Hammer (B ~~((12-14))~~) 5kg – G 4kg); Shot Put (B ~~((12-14))~~) 5kg – G 4kg)

**Reason:** IAAF conformity. As Youth has entered the arena of International Competition, the USATF Youth Events should begin to reflect the International Standards to make our Youth more competitive at the International Championships. Changing the Intermediate and Young Men's shot and hammer can be done at virtually no cost since almost all 12 pound shots and hammers currently in use would pass inspection using the 5kg standard. The Intermediate and Young Men's and Women's Javelin and Hurdles, and the Intermediate and Young Women's Shot and Hammer should also change to IAAF conformity, but those would require significant additional cost.

**Item 80** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 302.2(d) as follows:

~~((For the Sub Bantam, Bantam, Midget and Youth age divisions,))~~ For the Youth and younger age groups, no penalty shall be imposed for the first false start by an individual, but the Starter shall follow Rule 162.13 thereafter. ~~((shall disqualify the offender or offenders for the second false start.))~~ False starts are called on an individual ~~((individuals))~~, not on the field.

**NOTE:** *Intermediate, Young Men/Women's age divisions follow Rule 162 13 for the first false start.*

**Reason:** *Correct rule reference and add consistency with the same reference in all start rules.*

**Item 81** – Submitted by Lionel Leach, Youth Chair. Amend Rule 302.2(e) as follows:

Starting blocks: Athletes in the Intermediate and Young Men/ Women divisions shall, in accordance with Rules 161, be required to use starting blocks and a crouch position for all events up to and including the 400 Meter Runs and the first leg of all relays where that leg does not exceed 400 meters. For athletes in the Sub Bantam, Bantam, Midget, and Youth divisions, the general rules regarding the use of starting blocks and stance are waived; the use of starting blocks and stance is within the discretion of the competitor. At the National Youth Athletics and National Junior Olympic Championships for the Sub Bantam and Bantam Divisions, starting blocks will only be allowed and optional for the Final for those events allowing the use of starting blocks.

**Reason:** *A lot of the younger athletes do not use them and we have a lot who have not used them but try to use them because the lane next to them is using them. With the growth of the competition at the National Championships it becomes a time element and resource element in getting enough people to assist these younger athletes in setting the block adjustments.*

**Item 82** – Submitted by Kenny Emerick, Rules Committee on behalf of Inez Finch and Henry McCallum. Amend Rule 302.3 as follows:

**Youth Athletics Nationals and Junior Olympics**

(f) Any athlete entered and listed in the USATF membership database with the club in the same division/sex is eligible for that relay team roster. The deadline for membership entry is the entry deadline of the meet, whether it is the Association championship or preliminary meet, as specified in the entry material but not later than the first (1st) round of competition.

~~((Junior Olympics))~~

(g) ~~((To enter a relay in the Junior Olympics a relay roster is required.))~~ Relay team entry requires a minimum of 4 and a maximum of 6 listed eligible athletes.

~~((h) The procedure for submitting a relay roster is given in the Youth Guide. The relay roster must be submitted by the entry deadline of the meet, whether it is the Association championship or preliminary meet, as specified in the entry material but not later than the first (1st) round of competition.))~~

~~((i) Any athlete listed on the club's relay roster in the same age division/sex is eligible for that relay team.))~~

(h) All competitors listed on the official on-line roster are eligible to compete if they are entered in the meet in individual events or other relays. If an individual ~~((in))~~ is not entered in the meet by either of the

above methods stated above, that individual (~~((must complete and submit an entry form placing the word “roster” in the event section.))~~) shall be entered in the on-line entry as ‘other’ in the event section. An additional cost equal to the cost of a single event entry may be charged for each member entering by this method.

**Reason:** *We no longer use the roster forms for Relays in the Junior Olympic Program. All Relays rosters are processed through the USATF Membership data and are done using the online registration process*

**Item 83** – Submitted by Steve Vaitones, Rules Committee on behalf of Josiah Novack. Amend Rule 302.5(b) as follows:

The horizontal jumps and throws may be contested using flights. Flights will be composed on the basis of submitted qualifying marks and shall be arranged with the highest qualifying flight competing last. Each flight shall consist of a maximum of 18 competitors.

**Reason:** *Currently, the Competition Rules do not have any guidelines or recommendations governing the numbers of competitors for flights of field events in youth athletics. During the 2012 USATF National Junior Olympic Track & Field Championships, the organization of the various field events varied from 12 competitors in a flight of the hammer throw to 21 competitors in a flight of the horizontal jumps. This meant inconsistent competition schedules for prelims and finals, resulting in some field events requiring more than four hours for completing trials and finals in some age groups.*

**Item 84** – Submitted by Kenny Emerick, Rules Committee. Amend Rule 302.5(b) as follows:

In field events when the number of entries exceeds 48, a qualifying round will be held according to Rule 180.5; however 16 will advance to the competition proper. The horizontal jumps and throws, in qualifying or the competition proper, may be contested using flights (~~((Flights will be))~~) composed on the basis of the submitted ...

**Reason:** *To bring some order to the field events with the size of the field events going to a possibility of 80 athletes per event. Some sort of control needs to happen.*

**Item 85** – Submitted by Glenn Fortune, Rules Committee on behalf of Bruce Young. Delete Rule 302.5(f):

~~((In throwing events, the use of tape on finger(s) and/or hand, unless used to cover an open wound, is strictly prohibited. No device may be used for the purpose of joining fingers together. As a support, tape may be used on the wrist only.))~~

**Reason:** *To conform to IAAF rules. Also Delete the NOTE for Youth Athletics from Rule 187.3(a).*

**Item 86** – Submitted by Steve Vaitones, Rules Committee on behalf of Tom Petranoff. Delete Rule 302.5(i).

~~((In the Javelin Throw, the measurement of the throw shall be made from the nearest edge of the first point of contact made by the javelin in the sector to the inside circumference of the arc or foul line, measured along a line from the contact point of the tip, tail, or grip to the center of the circle of which the arc is a part.))~~

**Reason:** *To have the javelin landing and measurement consistent across the USA and IAAF Rulebooks – tip down, not landing any which way – which will encourage proper throwing technique and coaching from the time an athlete first learns to throw the implement. Also Delete the NOTE for Youth Athletics from Rule 101.3(c).*

**Item 87** – Submitted by Steve Vaitones, Rules Committee. Add Rule 302.5(i).

Should the nature of the facility restrict use of standard javelins, a rubber tip javelin meeting National High School specifications may be used at Association or Regional Championship events, but not at National Championships.

**Reason:** *With full regulation facilities being increasingly more difficult to secure for Association and Regional championships, particularly with the increasing use of artificial turf at high school facilities, access to adequate space for conducting the javelin competition on natural turf becomes problematic. Allowing rubber tip javelins reduces the expense factor required by javelin throwers in states where rubber tip javelins are the only implement a thrower may use in scholastic competitions, particularly because javelins are exempt from the loss-of-identity rule. The rubber tip javelin produces throws shorter than when using the regulation javelin, so use of rubber tip implements gives no advantage while allowing participation by more athletes.*

**Item 88** – Submitted by Steve Vaitones, Rules Committee. Add Rule 302.5(i).

The rubber tip javelin may not be used in Junior Olympic competitions at any level

**Reason:** *Use of rubber-tipped javelins is not otherwise prohibited. This submission is the opposite argument of the previous submission*

**Item 89** – Submitted by Kenny Emerick, Rules Committee on behalf of Becca Gillespy Peter. Amend Rule 302.5(l) as follows:

In the Pole Vault, movement of the uprights, Rule 183.1(a), shall be limited to the area between ~~((40cm))~~ 45cm and 80cm from the stop board in the direction of the landing surface.

**Reason:** *This is in line with the NFHS rule change and is a safety improvement for the vault.*

**Item 90** – Submitted by Glenn Fortune, Rules Committee. Add Rule 302.5(l) as follows:

At the National Youth Athletics and National Junior Olympic Championship the appropriate referee may establish a coach's box for the Pole Vault within the competition area for those instances where an area in the stands cannot be established. Verbal communication will be allowed between athlete and coach. Coaches are to remain within the coach's box and athletes without during the competition. All other provisions of Rule 144, Assistance to Athletes, shall apply.

**Reason:** *Attempt to define a coach's box and clarification of assistance with a coach's box inside the area of competition.*

**Item 91** – Submitted by Kenny Emerick, Rules Committee on behalf of Becca Gillespy Peter. Amend Rule 302.5(n) as follows:

... It is the responsibility of the coach or parent to verify the competitor will use a legal pole rated at or above ~~((his/her))~~ the competitor's weight. No other verification shall take place.

**Reason:** *None provided*

**Item 92** – Submitted by Glenn Fortune, Rules Committee on behalf of Bruce Young. 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 30cm, respectively, below the Youth Outdoor Performance Standard established by the Youth Athletics Committee at the USATF Annual Meeting. In the Regional Junior Olympics Championships the starting heights in the High Jump and Pole Vault shall be 15cm and 45cm, respectively, below the Youth Outdoor Performance Standard. Increment increases in ~~((both))~~ all stated Championships shall be 5cm in the High Jump and 15cm in the Pole Vault.

**Reason:** *To add conformity through the Regional Championships at a height at which an athlete should be able to attain if they are to be competitive at the National Championship.*

**Item 93** – Submitted by Kenny Emerick, Rules Committee on behalf of Becca Gillespy Peter. 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.

In the PV, a competitor who has passed three consecutive heights and has not entered the competition, may be permitted a maximum of two minutes of warm-up without the crossbar in place. Such warm-up must occur at a height change. The competitor shall enter the competition at that height.

**NOTE:** When more than one competitor is eligible for additional warm-up, the total time is two minutes per competitor and each has a maximum of two minutes within the total time.

**Reason:** None provided

**Item 94** – Submitted by Kenny Emerick, Rules Committee on behalf of Ivars Ikstrums. Add Rule 302.5(s) as follows:

In meets where Youth athletes are given the opportunity to compete in the Weight Throw as an exhibition event, the 25 lb weight is the appropriate implement for Intermediate Boys and Young Men, and the 20 lb weight is the appropriate implement for Intermediate Girls and Young Women.

**Reason:** *In those cases where Youth athletes, competing unattached in Open, or similar, meets are able to participate in the weight throw event, the rules provide no guidance for the size of implements that they should be using. This recommendation codifies an unofficial practice where the above-mentioned implements are used. This change does NOT add the weight throw to the national championship list; hence, its placement in Rule 302.5 rather than Rule 301.*

**Item 95** – Submitted by Ed Rowold, President – Ozark USATF on behalf of Andrew Amsden. Add Rule 302.5(s) as follows:

During the course of competition, in the completion of a pole vault attempt, the vaulter must land so that first contact of his/her entire body, including head, arms, hands, legs and feet, must be within a fifteen foot wide by fourteen foot six inch deep (15' x 14'6") caution zone sector clearly marked on top of the landing surface. The front edge of the safety zone shall be not more than six (6) inches behind the zero line as defined by the top of the strike plate at the back of the planting box. It is suggested that the sector be marked using two (2) to three (3) inch lines of a contrasting color, so that inside dimensions of the zone are as specified. The size of the safety zone area shall be standard for all landing pads. A vaulter who does not land within this area will be awarded a yellow caution flag; the score keeper shall make a record of all caution flags on the scoreboard. A maximum of two caution flags are allowed during the course of a contest, with elimination from the contest on the third. The vaulter's best height cleared will be used as his/her final mark.

**Reason:** *This change will improve pole vault safety by bringing greater attention to landing in or near the middle of the landing system by penalizing vaulters who land too close to the edges or in front of the zero line. This rule will effectively minimize wild and out of control jumps which often result in the athlete landing in the area outside of the proposed caution zone.*

**Item 96** – Submitted by Shane Cleveland, President – New Mexico USATF on behalf of Paul Gooris. Amend Rule 302.6(e) as follows:

The heptathlon, octathlon and decathlon must be contested over two days.

**Reason:** *This clarifies all those that must be two-day combined events.*

**Item 97** – Submitted by Pat Pretty, President – Wisconsin USATF. Amend Rule 302.6(d) as follows:

The increments for the Pole Vault will be 15cm and the High Jump 5cm. A warm-up jump will be permitted without the crossbar in place at the height the athlete is entering the competition.

**Reason:** *There is no provision within the combined events as to what they are allowed to do, especially for the Youth. This is the current procedure being followed and therefore should be in the Youth Combined Events section.*

**Item 98** – Submitted by Pat Pretty, President – Wisconsin USATF. Add Rule 302.6(h) as follows:

At the National Junior Olympic Championship, when more than one flight is required in the Long jump, Shot Put, Discus and Javelin, a minimum of 20 minutes be allowed between flights.

**Reason:** *Due to the entry numbers and time constraints at this meet, we have been following this time schedule when we move from discus to pole vault for the decathletes, long jump to javelin for the heptathletes, high jump to long jump for the pentathletes. This is usually required when the opening ceremony is at 7:00pm or earlier! This is the current procedure being followed and therefore should be in the Youth Combined Events section.*

**Item 99** – Submitted by Steve Vaitones, Rules Committee. Add Rule 303.1(a).

The performance used for seeding purposes at Junior Olympic Nationals shall be the better of the performance achieved at the association meet or the regional meet. The athlete or coach must submit the updated mark to a designated National Championship Games Committee representative after entering the National Championships and no later than 10 days before the opening of the National meet. A website link to the results of the Association championship where the better performance was achieved must be included with the request. Those individuals receiving waivers to the Junior Olympic National Championship meet based on participation in the USA Junior Nationals shall be seeded solely on the basis of their performance at Junior Nationals.

**Reason:** *With up to a month between the Association and Regional Championship meets, some parts of the country may be contesting Regional meets in extreme weather conditions. This allows the better of the two performances to be used.*

**Item 100** – Submitted by Glenn Fortune, Rules Committee. Amend Rule 303.1(c) as follows:

The 800 Meters and the 4x800 Meter relay shall be run with a one-turn stagger. The maximum number (~~(per heat)~~) in a race prior to the final shall be 12. When the number of competitors exceeds the number of lanes, the excess competitors shall share the even-numbered lanes starting from lane 8 and working into lane 2. Eight (8) competitors (9 on a 9-lane track) shall advance to the final of the 800 Meters. At Association and Regional meets, timed finals may be run with no more than 12 per section.

**Reason:** *Clarification for allowing 12 per semi-final.*

**Item 101** – Submitted by Lionel Leach, Youth Chair. Add Rule 303.1(d) as follows:

At the National Youth Athletics and National Junior Olympics Championship in the Sub Bantam, Bantam and Midget Divisions, the 800 Meter Run, without regard to the number of athletes entered, shall be contested as two rounds with the top 8 times advancing from the semi-final round to the final round.

**Reason:** *This is to cut down on the number of races these younger athletes run at the National Championship.*

**Item 102** – Submitted by Steve Vaitones, Rules Committee on behalf of Josiah Novack. Amend Rule 303.1(e) as follows:

In the Sub Bantam, Bantam and Midget divisions, events of 1500m and longer shall be contested as timed finals, with no more than 18 participants per section.

**Reason:** *This follows practices from the 2012 USATF National Junior Olympic Track & Field Championships, where competitors in Sub Bantam, Bantam, and Midget divisions had timed finals in the 1500 meters. Establishing a maximum number for this will ensure consistency with Rule 303.1(d) which*

*governs competition in the 1500 meters consisting of heats and finals.*

**Item 103** – Submitted by Steve Vaitones, Rules Committee on behalf of Josiah Novack. Amend Rule 305.2(b) as follows:

Athletes who compete in the Junior National Championships, World Youth Trials or World Youth Championships may be entered in the National Junior Olympic Championships without having to compete in the Association or Regional meet provided that they meet the Youth Athletics age limits. ...

**Reason:** *During the 2009 and 2011 seasons, the National Youth Committee issued waivers for those competing in the World Youth Trials allowing those competitors to enter the National Junior Olympic Championships. This will establish consistency.*

**Item 104** – Submitted by Glenn Fortune, Rules Committee on behalf of Inez Finch. Amend Rule 305.2(b) as follows:

Athletes who compete in the Junior National Championships, World Youth Track and Field Trials, United States Olympic Trials or the World Youth Championships may be entered in the National Junior Olympic meet without ...

**Reason:** *The National Youth Division has voted to accept these championships as waivers. Acceptance of these waivers has taken precedence.*

**Item 105** – Submitted by Lionel Leach, Youth Chair. Amend Rule 305.2(d) as follows:

Track and field shall advance ~~((five))~~ six individuals and ~~((five))~~ six relay teams from each Regional to National. These shall be the top ~~((five))~~ six (6) finishers in each event. The combined events shall advance the top ~~((two))~~ three (3) placed individuals 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.

**Reason:** *Opening up the Youth program to allow more athletes across the country to participate at the national level.*

**Item 106** – Submitted by Glenn Fortune, Rules Committee. Amend Rule 305.3 as follows:

(a) It is suggested that ~~((25))~~ 40 individual and ~~((3))~~ five (5) teams advance from preliminary meets to ...

(d) ... The regions may vote for one, but not both, of the following means of qualifying: (i) qualify the top ~~((three (3)))~~ five (5) teams and the top ~~((20))~~ 40 individuals from the regional meet, or (ii) qualify the top ~~((team))~~ two (2) teams and the top ~~((ten (10)))~~ fifteen (15) individuals directly from the Association Championship.

(e) The number of qualifiers from Regional meets is fixed and no alternates may advance. Individuals finishing in the top ~~((twenty (20)))~~ forty (40) places and who are also members of the qualifying teams are not displaced so that additional finishers beyond twentieth may not advance. Any team may advance if it has five (5) or more individuals placing in the top ~~((twenty (20)))~~ forty (40) in the Regional meet. No team finishing beyond ~~((third))~~ fifth place may advance based solely upon either or both of the first two teams' choosing not to advance.

**Reason:** *We have increased the number of participants in the Junior Olympic Track & Field to increase and grow our program but we have not offered this increase participation in our Junior Olympic Cross Country program. There are a good number of athletes that compete only in Cross Country.*

**Item 107** – Submitted by Latashia Key, President –Indiana USATF on behalf of Robert Thomas. Delete Rule 320.3.

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

~~—AGES—MEN—WOMEN~~

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

**Reason:** Documentation of American records is to coincide with the events contested at World Masters Championships in five year age divisions. The current records kept in ten year age band will be moved to the lower age division. Starting in the 2012-2013 season the fastest times in the higher age divisions of each age band will become the new American record for that division.

**Item 108** – Submitted by Gary Snyder, Chair Masters T&F. Amend Rule 331.1(b) as follows:  
((Shuttle Hurdle Relay))

**Reason:** Remove as a championship event pending an event definition.

**Item 109** – Submitted by Gary Snyder, Chair Masters T&F on behalf of Mark Cleary. Amend Rule 331.2(a) as follows:

National Championship: Scoring in individual events shall be in each five-year age group, in each 10 year age group in relay events, and shall be eight (8) points for each first place scored, six (6) points for each second, four (4) points for third, three (3) points for fourth, two (2) points for fifth, and one (1) point for sixth. Only one relay team for a club may score within each age/sex division. Scoring in the different age groups, for both men and women, shall be added together to determine club champions. Awards shall be given to the top three clubs.

**Reason:** This rule change would pertain to the relays run at our Indoor and Outdoor National championships. It is specific to team scoring. The rule book only refers to scoring in 5 year age groups for the individual events. We score in 10 year age groups for the relay. This proposed rule change would restrict teams to one men's and one women's relay team in a given relay event to be eligible to score. The rationale for this rule change is to take away the advantage of a local team putting several teams in one 10 year age group and taking all the points, a leveling of the playing field if you will.

**Item 110** – Submitted by Gary Snyder, Chair Masters T&F. Add Rule 331.2(b) as follows:

Scoring Eligibility: The Masters Track and Field Executive Committee shall define who is eligible to score and publish that within the entry material of the National Championship.

**Reason:** This needs to be defined for Masters T & F. This submission is in anticipation of a permanent rules book inclusion.

**Item 111** – Submitted by Raymond Pierre, Rules Committee. Amend Rule 332.2(c) as follows:

No penalty shall be imposed for the first false start by an individual, but the Starter shall ~~((disqualify the offender or offenders for the second false start))~~ follow Rule 162.13 thereafter. False starts are called on an individual ((individuals)), not on the field.

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

**Reason:** Add consistency with the same reference for all start rules.

**Item 112** – Submitted by Don Lien, Chair Masters LDR on behalf of Bill Quinlisk. Amend Rule 341.1 as follows:

Team scoring for cross country shall be as follows:

M40+ ~~((and M50+))~~, M50+ and M60+ five (5) individuals shall score with a maximum of ~~((eight (8)))~~ nine (9) individuals declared per team;

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

**Reason:** *Increasing the M60+ teams at Masters LDR Cross Country Championships to five scorers with a maximum of nine declared would align the M60+ team structure with the current M40+ and M50+ team structure. With the 'baby boomer' generation maturing, we have seen an increase in the numbers of M60+ runners at the Masters LDR Cross Country Championship events. This proposal would adjust for that increase.*

*Increasing the number of allowable declared runners for teams with five runners scoring from the current maximum of eight runners to a maximum of nine runners would only affect M40+, M50+ and M60+ teams at Masters LDR Cross Country Championships. Currently, the ninth runner for a club team cannot be declared as a potential scorer for their club's "A" team which is now allowed a maximum of eight declared members. The ninth runner is in limbo. The club is unable to create a "B" team unless they have a minimum of ten runners. Ten runners would allow a club to enter two 5-runner teams. While we encourage clubs to recruit more runners to create "B" teams, we should not penalize the ninth runner.*

**Item 113** – Submitted by Don Lien, Chair Masters LDR on behalf of Bill Quinlisk. Add Rule 341.8 as follows:

Teams shall represent current member clubs of USATF, verified through the national office. USATF Association, Regional, or National "all-star" teams are not eligible to compete in Masters Long Distance Running Team competition. Team members shall be affiliated with the club they are representing on their USATF membership record prior to entering the competition. One athlete per team (i.e., Club M50+ team) who is a non-resident member of an Association is eligible to compete for a team in that Association.

**Reason:** *What works for Open LDR Championships doesn't always work for Masters LDR Championships. Current Rule 4.2 on Team Eligibility involving the use of MSA's has proven difficult to enforce fairly. Masters LDR is attempting to increase membership by increasing team opportunities at Championships. Current Rule 4.2 makes it difficult to form teams for Masters LDR Championships. This proposal would allow Master teams at Master LDR Championships to add one athlete who is a non-resident Association club member per team (i.e., Club Northwest M50+ team can add one, Club Northwest M60+ team can add one, etc.).*

**Item 114** – Submitted by Don Lien, Chair Masters LDR on behalf of Bill Quinlisk. Amend Rule 341.9 as follows:

For team scoring, see Rule 7. Unless the Championship event has issued items such as letters or distinguishing numbers to identify teams, see Rule 253 for apparel requirements in team-scored Championships.

**Reason:** *This proposal would apply the team uniform rule that currently governs cross country to all Masters LDR Championship events that are team scored. There is no current team uniform rule for road race Championships. With the introduction of team scoring at Masters LDR Championships and growth of the Masters LDR Championships Club Grand Prix there is also a need for a team uniform rule. This*



*proposal would allow Championship events the option of issuing their own team identification bibs in lieu of following the cross country team uniform rule.*

**Item 115** – Submitted by Don Lien, Chair Masters LDR on behalf of Bill Quinlisk. Amend Rule 341.10 as follows:

An event chosen as a Masters Long Distance Running Championship must use a transponder timing system as the primary timing and recording system. In addition, a fully automatic timing camera or video system placed on the finish line must be used to validate places, times and possible records. Non-championship events may use "select timing" to validate times and records. For transponder timing, FAT camera, video timing requirements and timing practices, see Rule 165. For records, see Rule 265.1. ((For timing practices, see Rule 165.))

**Reason:** *This proposal puts teeth into the current Masters LDR championship guideline regarding the use of transponder timing as the primary finish line system. It requires the use of a camera/video system at the finish line of Masters LDR Championships. With the advent of increased prize money, the growth of the Masters LDR Championship Club Grand Prix and subsequent team scoring issues, and the possible plethora of Masters age group record applications; the use of both systems is a necessity. Current Rule 265 state that no non-winning performance can be accepted as a record unless it can be verified (independently of the primary timing systems) that a specific time was recorded for that particular runner. It is not unusual for a Master runner to finish in the middle of the pack and set a Masters LDR record. Current select timing procedures often miss verifying these runners' times. A camera/video system will be able to verify times (and places) for all runners at Masters LDR Championships thus assisting both the team scoring and the record application process. Most current Masters LDR Championships events have three redundant timing systems including a transponder system but not all use a camera/video system.*

**Item 116 - Housekeeping Change**