

USATF RULES COMMITTEE SCORECARD – 2006 Annual Meeting, Indianapolis, IN
 Committee Actions as of Committee Conference Call

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

Conference Call Determinations:

1=Grammar / Punctuation * 2=Housekeeping * 3=Current Practice * 4=Recommend Acceptance
 5=Discuss / Refer 6=Recommend Reject 7=Recommend Table W=Withdrawn a=amended
 * Unless specifically requested for discussion at the annual meeting, designations of 1, 2 or 3 are recommended for acceptance.

Final Actions: A=Accepted AA= Accepted As Amended R=Rejected T=Tabled W=Withdrawn

Item 1 – Tabled 2005 Item 2 – Submitted by Rules Committee

Reorganize the USATF Competitions Rules to follow the IAAF Handbook specifically by creating an Indoor Competition section of the Rules. Pattern each Rule to follow the current IAAF Rule. Delete indoor sections from current rules. Renumber as appropriate.

See Appendix A for full text of new section.

((Delete Rule 11.3(d))); ((Delete Rule 160.3(b))); ((Delete Rule 160.8(c))); ((Delete Rule 160.9)); ((Delete Rule 168.2)); ((Delete Rule 188.4))

((Delete Rule 200.1(c))); ((Delete Rule 200.1(d))); ((Delete Rule 200.2(b)))

Amend Rule 332.2(a) – Include Indoor Table reference: ... that of Rule 166.1(h) or Rule 214.1(a), as long as

...

Item 2 – Tabled 2005 Item 28 – Amend Rule 163.13 as follows: (IAAF 106)

To insure an accurate reading of only the wind component in the direction of running, a mechanical wind gauge should have some type of protection which reduces the impact of any cross-wind component. Where tubes are used, their length on either side of the measuring device should be at least twice the diameter of the tube. The accuracy of all wind gauge equipment used shall be certified by an appropriate independent agency.

Item 3 – Submitted by David Katz, Rules Committee, on behalf of Lloyd Stephenson, Pacific Assoc.

Amend Rule 1.1(c) as follows:

The Masters Long Distance Running Championships are open to all member athletes of USATF, including permanent resident aliens. However, only U.S. citizens shall be awarded individual championship awards or score for a team.

Item 4 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 5.1(d) as follows:

Unless otherwise determined by the national Sport Committee, patches shall be awarded to the individual winners. Patches ((shall)) may be awarded to the scoring members of the team finishing first except in Track and Field Championships.

Reason: Awarding patches is archaic, and seldom if ever followed in practice.

Item 5 – Submitted by George Kleeman, Rules Committee, on behalf of Pacific Assoc. Masters Committee

Amend Rule 7.2 as follows:

The team Championships in Long Distance Running and Race Walking shall be scored by time. The team Championships for Open, Masters, Junior and Youth Cross Country shall be scored by place. When it is desired to have team scoring/championships in track meets at the Association or Regional at any level, the scoring events and the place points shall be spelled out in the meet entry information. For Masters see Rule 331.2. For Youth JO's see [new] Rule 300.3(e).

Reason: To allow and define team scoring for Association and regional meets if it is wanted.

Item 6 – Submitted by John Blackburn, Rules Committee, on behalf of Ann Gaffigan

Amend Rule 10.4(a) as follows:

Together with the National Track and Field Committee Chair or the Chair's appointed representatives(s), finalize each event, form the heats for competition, present them to the Track and Field Committee, coaches, officials or other concerned persons ((by 9p.m. on the evening prior to the competition)) at least 24 hours prior to the time of competition for each event.

Reason: At the 2006 Championship, the women did not know until 15 minutes prior to the start of the event if they were going to run preliminary heats. The Steeplechase has been run to only eliminate 2 people. The problem is not running, but not knowing if we have to run until late the night before. It would be beneficial to know 24 hours in advance, and then that decision would remain in effect even if several competitors scratched. The athletes could plan their workouts and schedule accordingly for optimum performance and reducing mental stress.

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Item 7 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 12.1 by adding:

All Participants shall be a member of a USATF member club.

Reason: *To clarify that membership has its privileges; it is not the ‘Club and Unattached Championships’.*

Item 8 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 12.2(d) as follows:

... ((The finishing positions of unattached athletes and that of athletes, who represent organizations ineligible for team Championships as provided in Rule 4, shall not be scored in computing the points scored by other athletes or teams eligible for team Championships.)) When two or more ...

Reason: *If it is a Club Championship, then these individuals should not be participating in the first place.*

Item 9 – Submitted by George Kleeman, Rules Committee, on behalf of Mark Winitz, Irene Herman, Lloyd Stephenson and David Coyne for the LDR Committees

Amend Rule 13.4 by adding:

Pursuant to USATF Regulation 7-B-2, for purposes of team scoring in long distance running competitions, an athlete who is a bona fide resident of one Association may be a member of another Association pursuant to the following rules and procedures:

1. Upon application of the athlete, he or she may be a member of an adjoining Association by agreement of the two Associations;
2. Upon application of the athlete, he or she may be a member of a non-adjoining Association by agreement of the two Associations, if and only if the athlete’s Association of bona fide residence and all adjoining Associations do not conduct team long distance running competitions in the relevant category;
3. If the athlete has submitted a written request for membership in another Association pursuant to subsection 1 or 2 above, and neither Association has denied that request, and one or both Associations have failed to respond to the request with an approval or denial within 30 days of the date on which the athlete submitted the request, the request shall be deemed to be approved upon the date of the athlete’s submission of the request and all supporting documentation to the National Office;
4. The athlete or one or both of the Associations involved may appeal an adverse determination to the NABR pursuant to Regulation 11-P, which shall make its determination on the basis of the best interests of the athlete and the sport;
5. An agreement between Associations pursuant to subsection 1 or 2 above shall become effective 30 days after the date on which the athlete submitted the request. This 30-day period may be reduced or waived by agreement of the two Associations.

An agreement between Associations may concern an individual athlete or all athletes who reside in a designated area. In the event of an agreement between Associations concerning all athletes who reside in a designated area, that agreement shall become effective immediately upon announcement of the agreement.

Reason: *To foster, in USATF LDR competition, geographically oriented, homogeneous clubs composed of athletes with strong local ties, and to prohibit geographically disperse “all-star” teams composed of across-Association athletes in these competitions. Note: Pursuant to Reg 7-B-2, the Men’s LDR, Women’s LDR, and Masters LDR Committees adopted the above as committee policies at the 2006 Annual Meeting.*

Item 10 – Submitted by Bob Podkaminer, Rules Committee, on behalf of John Turek

Amend Rule 13.4 by adding:

The entry form for any National Combined Event Championship shall include provision to enter best individual performances for each event of the Combined Event during the defined qualification period.

Reason: In order to implement the provisions of Rule 200.5(b), this information is essential.

Item 11 – Submitted by Steve Vaitones, Rules Committee

((Delete Rule 15.8))

Amend Rule 15.5 as follows:

((Open 4000m 4000m 6 4))

Reason: This removes the 4000 meter "short course" from the distances contested by both men and women at the Winter Nationals. IAAF has returned to one distance at the world cross country championships.

Wording in 15.4 already reflects that the USA will contest distances similar to those contested at the World event.

Item 12 – Submitted by Kenneth Brinker, President New Jersey Assoc.

Amend Rule 20.3 as follows:

The maximum number of entries for a team shall be five women and only the first three members of each team to finish shall count in the team scoring. In Association championships, the maximum number of entries for a team, and the number of members of each team to finish for scoring shall be determined by the Association's LDR committee.

Reason: In Associations with large numbers of members in clubs, requiring more members for scoring adds value to those members and will increase participation of all club members that heretofore were excluded.

The number of women runners have increased and the number being required for team scoring is not in sync with said populations. This change would give those Associations with such numbers to better balance their team requirements to fit their populations.

Item 13 – Submitted by Steve Vaitones, Rules Committee

Add new Rule 27.2(e) as follows:

No individual who has committed an adjudicated doping offense in their athletic or coaching career shall be eligible to serve in any positions described in this Rule.

Reason: Put teeth into the concept and consequences of a 'Zero Tolerance' policy.

Item 14 – Submitted by George Kleeman, Rules Committee

Add a new Article as follows and renumber

Article II – Doping (prior to Rule 32)

Reason: This rule is more general than for Championships

Item 15 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 32.6 by adding:

Individuals who have committed an adjudicated doping offense are ineligible for any future international competitions of any level where competitors represent the USA or are nominated or supported by USATF. They are also ineligible to serve on any USATF National teams in any capacity including, but not limited to coach, manager, medical staff, and athlete liaison for Athletes Advisory Committee.

Reason: Put teeth into the concept and consequences of a 'Zero Tolerance' policy

Item 16 – Submitted by Ken Emerick, Rules Committee

Amend Rule 119.4 as follows:

The Jury of Appeal shall consult with all relevant officials. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld. The decision of the Jury of Appeal shall be final. The Jury of Appeal may, however, reconsider decisions if new conclusive evidence is presented. In Youth Athletic meets, only video designated as official by the Games Committee before the competition may be used.

Reason: At Youth meets we have had to look at parent's home video even if it does not show anything, when they think it does.

Item 17 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 127.1 as follows:

The Chief Umpire, who is directly responsible to the Referee, shall generally supervise Umpires and Lap Scorers. The Chief Umpire shall:

(e) instruct, supervise and receive reports from those appointed to serve as lap counters.

Reason: With automation at the finish, frequently, there is no Head Finish Judge at the finish line. Someone on the field must have the responsibility to set-up and receive reports from the lap scorers.

Item 18 – Submitted by George Kleeman, Rules Committee, on behalf of Mark Heckel, Three Rivers Assoc.

Amend Rule 137.2, Rule 137.4 and Rule 137.5 as follows:

2. Before the meet, this Judge shall meet with the technical staff ((involved with operating the equipment)) and the operators of electronic distance measuring and data recording devices to become familiar with ((it)) the specific equipment and the personnel.
4. To ensure that the equipment is operating correctly, the Judge shall, before and after each event, supervise or conduct a set of measurements in conjunction with the ((judges)) equipment operator and the Field Events Referee ((referee)) to confirm agreement with results achieved using a certified steel tape, and shall report and certify the accuracy of the instrument to the Field Events Referee, particularly in the event of a record.
5. During the competition the Judge shall remain in overall charge of the operators and equipment operation so that the Judge can report to the Field Events Referee that the equipment is accurate and operating properly during the competition.

Reason: This brings the rule into compliance with the supervisor aspect of the Electronic Measurement Judge's role. The EMJ must be familiar with the equipment, but must also be familiar with the individuals who will be doing the actual measurements. This establishes that the EMJ has responsibility for overseeing the conduct of these measurements with the actual equipment operator, not an event judge, and the proper referee. This established that the EMJ has the sole and continuing responsibility for the supervision of both operators and equipment.

Item 19 – Submitted by George Kleeman, Rules Committee, on behalf of Bill Hawkes, Pacific Assoc.

Amend Rule 137.4 as follows:

To ensure that the equipment is operating correctly, the Judge shall, before and after each event, supervise or conduct a set of measurements in conjunction with the judges and referee to confirm agreement with results achieved using a certified steel tape and shall report and certify in writing the accuracy of the instrument before and after the event to the Field Event Referee. ((, particularly in)) In the event of a record, such certification is mandatory.

Reason: Verification that the instrument is working properly and was not moved during the event which would cause errors.

Item 20 – WITHDRAWN

Item 21 – Submitted by David Katz, Rules Committee, on behalf of Lloyd Stephenson, Pacific Assoc.

Add new Rule 143.8 as follows:

Back bibs for Masters LDR National Championships shall be designed to indicate the competitor's age group eligibility for awards and scoring.

Reason: To allow competitors in the same race to know who they are competing against. The wording allows for the indication may be in any form, such as a letter, number, bib color, etc

Item 22 – Submitted by George Kleeman, Rules Committee, on behalf of Mark Winitz, Men's LDR

Amend Rule 144.3(b) as follows:

The visible possession or use by athletes of video or audio cassette recorders or players, TV's, CD or DVD players, radio transmitters or receivers, mobile phones, computers, or any similar devices in the competition area shall not be permitted. ((In long distance running, this is not a mandatory rule, but is a strong suggestion as a guideline for safety reasons.))

Reason: The huge proliferation of MP3 players and other audio devices using headphones by road race participants constitutes a safety hazard. These devices can prevent runners from hearing critical instructions from course monitors, police, and other race officials. Many race directors are reluctant to prohibit these devices in their races for fear of losing entrants. A firm prohibition by USATF will make it easier for these directors to justify bans on these devices in their races.

Item 23 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 146.2 as follows:

Protests relating to matters which developed during the conduct of the competition must be made to the Referee at once and not later than 30 minutes after a result has been announced, except in the case of long distance ((and cross country)) races, where the time period shall be 24 hours. ...

Reason: In cross country, results are generally available and posted onsite far more quickly than after road races, and the track and field 30 minute protest period is more appropriate than the 24 hour LDR period.

Item 24 – Submitted by Ken Emerick, Rules Committee

Add new Rule 146.3 as follows and renumber:

Only rules that have been misapplied or misinterpreted may be protested. Judgment decision by officials may not be protested.

Item 25 – Submitted by Bob Podkaminer & George Kleeman, Rules Committee, on behalf of Tony Wayne, North Carolina Assoc.

Amend Rule 148.1 as follows:

All measurements, except as otherwise herein provided, must be made with a certified steel, ((or)) fiberglass tape, ((or)) a bar graduated in centimeters, or a certified electronic measuring instrument. ((, and all implements must be weighed on a governmentally approved scale or balance.)) Measurements made with fiberglass tapes shall not be acceptable for records.

Replace ((Rule 148.3)) with the following:

All implements used on the field of play shall be weighed on a governmentally approved scale, or a scale that has a known calibration and linearity, and measured to ensure they meet other specifications required herein. Implement certification devices shall be constructed such that the gauges are within acceptable tolerances to assure the legality of the implements for the specified competition. In the case of a record, implements shall be impounded and remeasured prior to continued competition use to assure it meets the specifications for a record.

Note: It is advisable to have at least one and preferably two calibration weights which are traceable to government standards in order to routinely confirm calibration and linearity from 1 kg to 8 kg.

Reason: Combine all rules that deal with straight line measuring. A scientific device (laser) is no longer an oddity. Create a section specifically for certification of implements.

Item 26 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 148.2(b)ii as follows:

((In the High Jump and the Pole Vault, all measurements shall be made perpendicularly from the ground with a certified steel or fiberglass tape or bar to the lowest part of the upper side of the crossbar.)) For methods of measurement specific to events, see Rule 181.2, Rule 185.3 and Rule 187.9.

Reason: This is duplicated, and more specific, in Rule 181.2. The methods for measurement pertaining to specific events exist within each field event group.

Item 27 – Submitted by George Kleeman, Rules Committee, on behalf of Bill Wright, Oklahoma Assoc.

Add new Rule 148.2(c) as follows:

Any attempts judged to be foul shall not be measured, except if an immediate protest is made per Rule 146.6.

Reason: To make it clear that only fair attempts are measured.

Item 28– WITHDRAWN

Item 29 - Submitted by David Katz and Phil Greenwald, Rules Committee

Amend Rule 165.7 and Rule 165.11 as follows:

165.7

(a) For all hand-timed races on the track, the times shall be recorded to 1/10th second.

(b) For road races, the times shall be recorded to 1/10th second.

(c) For race walk races partly or entirely outside the stadium, for trail races, and for cross-country races the time shall be converted and recorded to the next longer full second, *e.g.*, for ((the Marathon 2h.09:44.3 shall be recorded as 2:09:45.)) a 50 km race-walk that is partially or fully on a road, 4h.09:44.3 shall be recorded as 4:09:45

(d) If the hand of the watch stops between two lines indicating the time, the longer time shall be accepted.

(e) When the time displayed on electronic, manually operated digital timers includes decimal place values greater than zero, the recorded time shall be the displayed time rounded up to comply with the provisions of ((8(a))) 7(a), above. *e.g.*, for ((the Marathon, displayed times of 2:09:44.001 or 2:09:44.01 shall be recorded as 2:09:45)) a 50 km race-walk that is partially or fully on a road, 4:09:44.01 or 4:09:44.001 shall be recorded as 4:09:45. For the track and road running races, a displayed time of 15:45.209 shall be recorded as 15:45.3 and a displayed time of 47.31 shall be recorded as 47.4. ((A displayed time of 31:00.00 is rounded to and recorded as 31:00 and a displayed time of 31:00.01 is rounded to and recorded as 31:01.))

165.11. Recording Times:

(a) Fully automatic timing for races on the track up to and including 10,000 meters and for road –running races up to and including 10 kilometers shall be read to 1/1000th of a second, when possible. When the last digit is zero, that digit shall be dropped and the official time recorded in hundredths of seconds. Otherwise, the time shall be rounded to the next longer hundredth of a second and so recorded. When the fully automatic timing device cannot be read to 1/1000th of a second, it shall be read and recorded in hundredths of seconds, rounded up to the next longer hundredth when the time is between hundredths indicators.

(b) The result for fully automatic timed races on the track longer than 10,000 meters and for road-running races longer than 10 kilometers shall be read in 1/100th second and shall be converted to the next longer 1/10th second and recorded in 1/10th, *e.g.*, for the 20,000 Meters Run , 59:26.32 shall be recorded as 59:26.4 and, for the Marathon, 2h.09:44.32 shall be recorded as 2.09:44.4.

(c) The times for race-walk races conducted partly or entirely outside the stadium (off the track), for trail races, and for cross-country races shall be read in 1/100th second and shall be converted to the next longer whole second, *i.e.*, for ((the Marathon, 2h.09:44.32 shall be recorded as 2.09:45.))) a 50 km race-walk that is partially or fully on a road, 4:09:44.01 shall be recorded as 4:09:45

Item 30 – Submitted by George Kleeman, Rules Committee, on behalf of James Fields

Amend Rule 169.4(a) as follows:

Does not jump or clear the top of any hurdle;

Reason: *To make it clear that you can jump, vault or place your foot or hand on the hurdle as long as the whole body goes over the height of the hurdle.*

Item 31 – Submitted by George Kleeman, Rules Committee, on behalf of Carroll DeWeese, Michigan Assoc.

Amend last sentence of Rule 169.4 as follows:

((Provided)) If this Rule is observed, an athlete may go over each hurdle in any manner, provided it is in a continuous motion with both feet off the ground at least for an instance.

Reason: *To provide consistency with definition in WMA rules and make it clear that stepping over the hurdle is not legal. If this is passed addition of 332.2(i) may not be necessary.*

Item 32 – Submitted by Ken Emerick, Rules Committee

Amend Rule 170.25 as follows:

The baton shall be a smooth hollow circular tube made of wood, metal or other rigid material in one piece. Its length shall be between 28 and 30cm. Its circumference shall be 12-13cm and it shall weigh not less than 50g. No material or substance, apart from that applied by a commercial manufacturer, may be applied to the baton.

Reason: *At the youth meet we had athletes putting hip numbers on the batons for a better grip.*

Item 33 – Submitted by George Kleeman, Rules Committee, on behalf of Bill Wright, Oklahoma Assoc.

Add new Rule 180.4(g) as follows:

All fair attempts in horizontal jump and throw competitions should be measured immediately after each attempt.

Amend Rule 187.9 as follows:

The measurement of each throw shall be made ((immediately after the throw.)) as follows:

Reason: *To make the same requirement for jumps and throws field events and to have it only in one place since common to both.*

Item 34 – Submitted by Bob Podkaminer, Rules Committee

((Delete Rule 180.19))

Reason: *The time period for this 'experiment' has lapsed. This method is not used.*

Item 35 – Submitted by Bob Podkaminer, Rules Committee

((Delete Rule 181.3(c)); ((Delete Rule 185.5(b)); ((Delete Rule 185.5(c)))

Reason: *These rules do not have counterparts within IAAF.*

Item 36 – Submitted by Bob Podkaminer, Rules Committee

((Delete Rule 181.3(a)); ((Delete Rule 181.3(b)); ((Delete Rule 185.5(a)); ((Delete Rule 193.4))

Add new Rule 180.16(b) as follows:

No marks shall be placed on a runway, but a competitor may place one or two markers, supplied or approved by the Games Committee, alongside the runway to assist in the run-up or take-off. If such markers are not supplied, a competitor may use adhesive tape but not chalk or similar substance or anything that leaves indelible marks. For the High Jump, markers may be placed in the runway apron.

NOTE: *For Youth Athletics exception, see Rule 302.5k.*

Reason: *Combine all runway marker rules into one following the IAAF model. See submission for Rule 302.5(k).*

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Item 37 – Submitted by George Kleeman, Rules Committee

((Delete Rule 182.4)); ((Delete Rule 183.8))

Reason: These are duplicates of Rule 181.6.

Item 38 – Submitted by George Kleeman, Rules Committee

Add new Note after Rule 183.5(d) as follows:

NOTE 2: *It is not a foul solely because the pole touches the vaulting pad, in the course of an attempt, when planted in the box.*

Reason: If the pole bends enough for the bottom to hit the pad, or bounces out of the box, while the vaulter is going up, it could be considered a foul under 183.5(b). This was never the intent of the rule.

Item 39 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 185.4(b) as follows:

With approved video technology at National Championships or if no plasticine or other marker material is being used, breaks the plane of the take-off line with the foot; or

Reason: Technology currently exists to record, replay and review the activity at the take-off board. The Sport Chairs or Games Committee should be allowed to approve the use of such a device.

Item 40 – Submitted by George Kleeman, Rules Committee

Add new Note after Rule 187.24 as follows:

NOTE 2: *For exception on limited space indoors, see Rule 221.3.*

Item 41 – Submitted by George Kleeman, Rules Committee, on behalf of Tony Wayne, North Carolina Assoc.

Amend Rule 189.2(c) by adding:

The sides and rim of the discus shall be intact, showing no signs of significant cracks, gouges or breakage that would reduce the integrity of the side or discus as a whole or provide the athlete with an improved grip.

Reason: There is a need to be more specific in the definition of the smoothness of the discus.

Item 42 – Submitted by George Kleeman, Rules Committee, on behalf of Masters Track & Field

Amend Rule 189.3 to add a new implement as follows:

Name	<u>0.75kg</u>
Nominal Wt kg	<u>0.75</u>
Minimum Record Wt. kg	<u>0.750</u>
Outside Diameter min. mm	<u>166</u>
Outside Diameter max. mm	<u>169</u>
Diameter of Flat Area min. mm	<u>50</u>
Diameter of Flat Area max. mm	<u>57</u>
Thickness at center min. mm	<u>33</u>
Thickness at center max. mm	<u>37</u>
Thickness of Rim at 6 mm from edge, min. mm	<u>10</u>
Thickness of Rim at 6mm from edge, max. mm	<u>13</u>

Reason: Conformance to WMA specifications.

Item 43 – Submitted by George Kleeman, Rules Committee

Amend Rule 193.1(d) as follows:

Competitors may not ((cross either of the parallel lines)) in the course of an attempt, touch with any part of their body, the lines which mark the boundaries of the throwing area or the ground outside.

Reason: To clarify what is meant, to be consistent with (e), and to conform to IAAF 187.14d.

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Item 44 – Submitted by George Kleeman, Rules Committee on behalf of David Post, New England Assoc.
Amend Rule 195 as follows:

4. **Head** - The head shall be a solid sphere ((or a spherical bladder)).

((a)) The solid sphere shall be made of a metal not softer than brass, or of a shell of such metal or ((plastic)) suitable polymer filled with lead or other material. ((, which will not deform on impact.)) The polymer shell implement must deform on impact and then return to an approximate spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable ((and that the center of gravity shall be not more than 9mm from the center of the sphere)) to the degree that the center of gravity is located at the center of the sphere as determined by sight and feel. If the center of gravity can be measured, then it should be and shall not be more than 9 mm from the center of the sphere. Only one type of fill material is allowed per implement. The maximum diameter of a sphere with a polymer shell ((of plastic)) shall be no more than 15mm larger in diameter than the corresponding all metal implement and may only be used for indoor competitions. See table in 195.8 for specifications.

((b)) Where indoor facilities dictate and for weights lighter than 56 lbs., a spherical bladder head may be used. The spherical bladder shall be made of a synthetic material which will return to its shape after impact. The bladder shall be filled with lead shot or other suitable material. The bladder shall be surrounded by a harness and have no maximum diameter requirement.))

NOTE: *Changes in this section become effective January 1, 2008.*

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

((a)) The direction connection shall be by means of no more than two steel links (loops), whose diameters shall not exceed 9.5mm. The handle shall be connected to the steel links by a loop; a swivel may not be used. The head may be connected to the links by means of a swivel that may be either plain or with ball bearings for the solid sphere implement. For the polymer shell ((plastic filled)) implement, a swivel is allowed between the ball and the handle.

((b)) The connection to a harness for the bladder type implement shall be by means of no more than two steel links (loops), whose diameter shall not exceed 9.5mm and a swivel may be placed between the two links. The harness shall have a minimum of four straps, sewn together to form a sling. Netting of any kind shall not be used to form the harness. The harness must not show evidence of elasticity or malformation after the implement has been thrown.))

NOTE: *Changes in this section become effective January 1, 2008.*

Reason: *Since we have allowed the use of the bladder we have had continuing problem. It can continue to be used for practice but not in competition. To make clear what has been common practice but not covered in the rules.*

Item 45 – Submitted by George Kleeman, Rules Committee, on behalf of Bob Springer, Pacific Northwest Assoc.

Add at the beginning of Rule 200 as follows:

Appropriate implement weights, hurdle heights and hurdle spacing must be used for the age classifications entered in the competition. For Youth, see Rules 301, 302.4 and 302.6. For Junior, see Rule 10.2(a). For Masters, see Rules 332.1(i) and 332.3(g).

Reason: *To clarify that there are different implements and hurdle specifications for different age groups.*

Item 46 – Submitted by George Mathews, Chair, Masters Track & Field

Amend Rule 202.3 as follows:

Add a new column for 44#. Indicate availability to Men 70-79, Men 80+, Women 60-79

In the row for Men 60-69: Superweight column: ((Delete 56)), Add 44.

In the row for Men 60-69: Indicate the availability of 56# for this group.

In the row for Men 60-69: Delete the availability of 300# for this group.

In the row for Men 70-79: Delete the availability of 200# for this group.

In the row for Men 80+: Delete the availability of 98# for this group.

In the row for Women 60-79: Delete the availability of 98# for this group.

In the row for Women 80+: Delete the availability of 98# for this group.

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Reason: The reduction in weight for the 60-69 and older groups will encourage more participation in the weight throws. The addition of the 44# is also seen as a benefit. See Item for Rule 332.3(g).

Item 47 – Submitted by Steve Vaitones, Rules Committee on behalf of Dave Gwyn, Gulf Assoc.

Amend Rule 230 as follows:

In all occurrences in the Rule Book, change the two words ‘Race Walking’ to the one word ‘Racewalking’, and ‘Race Walk’ to ‘Racewalk’.

Reason: Grammatically this is two nouns, not an adjective and a noun. Both one and two word terms are used interchangeably, but the single word will be a better descriptive term.

Item 48 – Submitted by Steve Vaitones, Rules Committee on behalf of Bill Pollinger, New Jersey Assoc.

Amend Rule 230.2(b) as follows:

Each Judge shall use a yellow paddle for signaling cautions. Each paddle should have the symbol ^^ indicating "Loss of Contact" ((or)) on one side and the symbol > indicating "Bent Knee" ((on each)) on the reverse side to show the reason for the caution.

Reason: Return to pre-2004 Rule so only a single paddle with one symbol on each side is required. We believe the proposal to require "each" paddle to have the same sign on both sides (i.e. two double sided paddles being required) was rejected by the RW Committee the last time there were rule changes.

Item 49 – Submitted by Gary Westerfield, President Long Island Assoc.

Amend Rule 232.2 as follows:

((Definition of Race Walking. Race Walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position.))

Race Walking Rules:

(a) All calls in race walking are made by judges, who make their decisions based on their observation of a progression of steps. Observation is by the human eye alone.

(b) Judging calls are made independently and may not be appealed.

(c) With each stride, race walkers must demonstrate a momentary period of double support, where the toe of the rear foot and the heel of the front foot are in contact with the ground at the same time.

(d) When in single support, the stance leg must be extended at the knee and remain extended until past the vertical position. Once past the vertical position, the stance leg may flex at the knee.

(e) A race walker is in violation when loss of contact occurs.

(f) A race walker is in violation in single support when the stance leg flexes at the knee at any moment prior to the vertical position.

Disqualification for failure to adhere to the above definition is governed by Rule 230.3.

Reason: Currently the event is judged by interpreting a definition. The definition is contradictory. Using correct biomechanical terms clears up problems of interpretation. Why replace the definition? What other event has a definition rather than a set of rules?

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Item 50 – Submitted by George Kleeman, Rules Committee, on behalf of Mark Winitz and Charles DesJardins
Add new Rule 247 as follows:

In long distance and road running events:

1. In accordance with Rule 144, officially designated pacesetters shall not convey assistance to competitors in any manner whatsoever.
2. Official pacesetters, designated by the race director or race committee, may be entered solely for the purpose of non-verbally leading competitors through intermediate splits at a pace, or paces, predetermined by the race committee. Each official pacesetter must carry, or wear on the back of the uniform, a sign clearly indicating the designated pace, and must serve *all* competitors desiring to achieve the designated pace, so no unfair advantage is provided to any individual competitor. All official pacesetters must start in the race at the official starting time and location, but are not obligated to finish.
3. The Referee may disqualify a competitor who has received illegal pacing assistance which constitutes an unfair advantage following a Referee's warning to the competitor and (official or unofficial) pacer. The warning and/or disqualification may result from (1) the Referee's observation, (2) a report from an on-course race official, or (3) a protest that is made in accordance with Rule 146.

Reason: To clarify the acceptable use of pacesetters in road racing and accommodate the phenomenon of pace groups that now occur in numerous road races, especially marathons.

Item 51 – Submitted by George Kleeman, Rules Committee

Add new Rule 250.4 as follows:

The general rules of Long Distance Running apply unless otherwise modified in this section.

Reason: To make it clear what has been common practice but not covered in the rules.

Item 52 – Submitted by George Kleeman, Rules Committee

Add new Note to Rule 255 as follows:

NOTE: The general rules of Long Distance Running apply unless otherwise modified in this section.

Reason: To confirm what is common practice and indicate which rules apply.

Item 53 – Submitted by Glenn Fortune, Rules Committee, on behalf of Dave Clingan, Oregon Assoc.

Amend Rule 262.3(a) as follows:

No record shall be acceptable unless it is made in a ((bona fide scratch running competition, or)) bona fide handicap or scratch competition ((in a field event)), open to two or more clubs, schools, or organizations, which has been fixed and advertised before the day of competition, and which is included in the printed program together with the names of the entrants for the events. At least three competitors, and in relays at least two teams, shall be bona fide and have participated in the event in which the record purportedly was established. ((In field events, a)) A handicap competition may be combined with the scratch competition. In Men's and Women's Track and Field, no record shall be acceptable unless it was made in an event that has been sanctioned by USATF, a member organization of USATF or another Federation of IAAF by competitors eligible to compete under IAAF rules.

Reason: Allows for records in running events in which a competitor runs a bona fide scratch race within a handicapped event. For example, any runner who begins a race on the start line at the starters pistol, crosses the designated finish line and is timed in accordance with the rules, is considered a scratch athlete even though other athletes in the same event may start at different locations on the track or at different start times.

Item 54 – Submitted by George Kleeman, Rules Committee

Amend Rule 262.5 as follows:

No record shall be accepted unless the course, distance, or height has been checked with a certified steel tape or bar graduated in centimeters, or by an approved scientific apparatus (((e.g., datum line measurer - Rule 148.3))). In the case of road records, the course must be certified before the race and must meet

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

certification standards as stated in USATF Operating Regulation 6, ((at the time the race is held)). Those standards may include the requirement of a certified steel tape measurement.

Reason: To make it clear that the course must be certified before the race for a record to be approved. This has been an issue with the existing wording. Add 'certified' to clarify intent. Delete 'datum line measurer' to match submittal for deletion of Rule 148.3.

Item 55 – Submitted by Glenn Fortune, Rules Committee, on behalf of Dave Clingan, Oregon Assoc.

Add new Rule 263.10(d) as follows:

Masters and Youth Athletic national records shall be accepted provided the inside of the track is marked in compliance with Rule 160.3(b).

Reason: The majority of regulation tracks available for grass roots competition do not have rails. This rule change would enable records to be set on such tracks. The use of cones, acceptable as a substitute for rails on indoor tracks, should be equally acceptable on outdoor tracks.

Item 56 – Submitted by George Kleeman, Rules Committee

Amend Rule 264.2 as follows:

Measurements for records in field events shall be made by three field judges, including the Chief Field Judge of that event, under the supervision of the Field Event Referee or Head Field Judge and shall be made using a certified steel tape, certified graduated bar in centimeters or approved scientific measuring device and submitted in meters and centimeters in accordance with Rule 148.

Reason: Make it clear that a certified device is supposed to be used.

Item 57 – Submitted by George Kleeman, Rules Committee

Amend Rule 265.3 as follows:

Road running performances will not be accepted if ((the)) a remeasurement shows that the actual course distance was shorter than the stated record distance. ((Note)) Course remeasurement is ((a requirement in the case of)) mandatory for a record to be accepted.

Reason: Clarify that a course must be remeasured if a record is to be accepted, since there is some confusion with the current wording in some people's mind.

Item 58 – Submitted by George Kleeman, Rules Committee

Amend Rule 267 as follows:

Women's Track and Field – Combined Events

Pentathlon Heptathlon Weight Pentathlon

Reason: To be consistent with Open Men and current practices.

Item 59 – Submitted by George Mathews, Chair, Masters Track & Field on behalf of Dave Clingan, Oregon Assoc.

Amend Rule 267 as follows:

Masters Track and Field

1. All events listed in Rule 331 ((and those listed in this rule for Men's Race Walking, plus the 3000 Meters)).
2. All events listed in this rule for Men's Race Walking.
3. Additional event for Indoor Track and Field: Mile.
4. Additional events for Outdoor Track and Field: Mile, 3000 Meters.

Note: See Rule 320.8 for additional requirements.

Reason: The purpose of identifying each event for which records are recognized is to protect and insure the longevity of those records. Removing records from the list can only be done by a rule change, not by decree of an individual or a subcommittee. The events listed above are the events currently recognized by the Masters Track and Field Committee.

Item 60 – Housekeeping

Item 61 – Submitted by Ken Emerick, Rules Committee, on behalf of Inez Finch, Georgia Assoc.

Amend Rule 300.1(g) as follows:

An athlete participating in Youth Athletics/Junior Olympics activities who is a temporary resident, such as summer vacation, of one Association and a permanent resident of another Association, may apply for the purpose of individual competition to the Association of temporary residence. With the approval of both Associations, the athlete shall be able to participate in the Youth Athletics/Junior Olympics activities in the Association of temporary residence only as an unattached athlete. The "Association of Permanent Residency," ((for the purpose of participation in Youth Athletics, shall be the address of residency on file with the athlete's local school district 30 days prior to the Association Junior Olympic Championship meet)). for the purpose of permanent residency, is the residency of the athlete's custodial parents/ legal guardian at the time of entry deadline. Proof of residency can be provided by Tax Statements, or utility bills at the place of residency. Athletes that live with one custodial parent/legal guardian in the summer and another custodial parent/legal guardian during the school year, may be considered dual permanent residents of both Associations. These athletes may only have one membership number under one Association and have all rights and privileges of that Association. Proof of legal guardianship may be requested for proof of residency. It shall be the sole responsibility of the applying athlete's parents/ legal guardian to secure and furnish all necessary documentation to substantiate any request for consideration of a waiver of this rule. Athletes who have not established permanent residency as described herein may compete as "Temporary Residents." Temporary status athletes may not participate on club relay teams, wear club uniforms nor be listed as representing a member club. Historical affiliation shall have no bearing on club status. (For information about representation, see USATF Operating Regulation 7. For information about clubs, see USATF Operating Regulation 8.)

Reason: We have so many athletes of divorce or other separations that live in one place during the school year, but live in another during the summer. They should be allowed to run on a team/ club especially if they go to the same place every summer.

Item 62 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 300.3(b) as follows:

The Championships shall be contested in accordance with Rules 300.2 (((d))) (e), (f), and (g). Where possible, the meet shall be contested on tracks that comply with Rule 300.2 (d). However, tracks without a curb may have cones laid out as described in Rule 160.3(a). Such coned tracks remain ineligible for U.S. records.

Reason: As facilities become increasingly difficult and expensive to secure and use, youth committees cannot always obtain the use of tracks with curbs for the lower level championship meets. Some sites, particularly schools and colleges, may have curbs but remove them after the school's season is complete for safety and maintenance reasons, but without the meet having the ability to have the site replace the curb. And, some Associations may simply not need an 8 lane track for their meet.

Item 63 – Submitted by George Kleeman, Rules Committee

Add new Rule 300.3(e) as follows:

Team scoring at the Association or regional level in Track and Field is allowed. The Games Committee shall specify the events and point for each scoring place in the event entry information. Only registered Youth Teams can compete in such competition.

Reason: To clarify that is allowed since it not now covered and what is expected if Team scoring is used.

Item 64 – Submitted by Ken Emerick, Rules Committee, and George Mathews on behalf of Harold Connolly

Amend Rule 301 as follows:

Youth Division – Add Hammer (B-4k, G-3k)

Reason: Coaching in the Youth Division is provided in the other three throwing events, and there is evidence to support introducing the Hammer for 13-14 year olds. It will afford greater opportunity to obtain college scholarships and greatly assist in becoming Olympic quality. It is becoming increasingly popular with younger athletes.

Item 65 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 300.3(b):

Intermediate Division – ((5000)) 3000 Meter Race WalkYoung Men's/Women's Division – ((5000)) 3000 Meter Race Walk

Reason: Changing the distance from 3000m in 2001 was done to try to match the USA youth events with the World Youth Championships distance. However, only the girls' race is 5000m, while the men's is 10,000m. Any youth making the World qualifying times in the walk are already at the elite level for our U.S. Junior program, and even so, the U.S. has had but one qualifier ever in the walks for World Youth. The impact has gone the other way as the longer distance has discouraged participation in this grass roots program. While the walk is indeed an endurance event, we are dealing with novices and grass roots with JO race walking.

Item 66 – Submitted by Steve Vaitones, Rules Committee

Add new Rule 302.2(c) as follows and renumber:

In Association and regional meets where all rounds are held on one day, if the number of competitors in the 100, 200, or hurdles advance directly to a final, then that final shall be run at the time of the scheduled trial round.

Reason: All competitors need to be ready to run at the time of the first round, so run them at that time in the lower level meets. With youth often doubling up, this will eliminate needless additional warm-ups and makes better use of time. And, this prevents appeals for late check-ins/arrivals to run and turn the final into a multiple section final (which should not, but does, happen).

Item 67 – Submitted by Glenn Fortune, Rules Committee, on behalf of Inez Finch, Georgia Assoc.

Replace Rule 302.3 as follows, and renumber:

302.3 Junior Olympics Relays

(a) To enter a relay in the Junior Olympic Program, you must first complete a Relay Roster.

- i. List every athlete on your club on the roster by listing them by sex / division such as Bantam Girls. You must have a minimum of 4 athletes in the same age division and sex to form a relay roster.
- ii. To list an athlete on your roster, he /she must be a member of USATF and must have your club number listed on his/her membership number in the USATF Membership Data Base.
- iii. Participation of relay teams shall be limited to those clubs that hold current valid club membership in USATF prior to the first round of Junior Olympic Competition whether Preliminary or Association Meet.

(b.) The relay roster must be submitted at the first round of competition whether the preliminary or the Association meet by the entry deadline of the meet as specified in the entry material.

(c.) All participants shall wear a top of the same color. At Regional and National Championships, all participants shall wear a top of a same color as well as shorts of a same color. The Games Committee shall assign an individual to review colors of team uniforms in the clerking area.

(d.) To enter a relay into the meet, you must do as follows:

- i. Copy the relay roster for each age division and sex and enter one roster for each event- 4x100 A, B, C, etc.; 4x400 A,B, C, etc.; or 4x800 A, B, C etc.
- ii. To enter a relay, a club must check off a minimum of 4 athletes and maximum of 6 athletes on their relay roster and then enter them in the event on their individual entry forms for the cost of entering a relay.

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

- iii. All competitors listed on the official roster are eligible to compete if they are entered in the meet in individual events or other relays. If an individual is not entered in the meet by either of the methods stated above, that individual must complete and submit an entry form placing the word "roster" 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.
- iv. When the club's relay checks in at the clerking area, 4 athletes must be present to run. To change composition of the team, any athlete not listed on the heat sheet, can be substituted by the clerk provided he/ she has a competitor number and is listed on the club's relay roster and he/she does not exceed the required number of events.
- v. An athlete may drop an event to compete on a relay team as long as he/she has not competed in any round of that event. A "no show" in an event does not constitute a drop in an event. A change form must be submitted at registration 1 ½ hours prior to the event to be dropped. If an athlete is listed on the roster, but is not registered in the meet but is needed to run, he/she can be entered in a relay only provided he/she pays a late fee listed in the meet information.
- (e) To advance a Relay to the next level, a club must compete and qualify at the first round of competition, in order to qualify at the next round of competition. The make up of the relay need not be the same, but all athletes entered must be listed on the original relay roster submitted at the first round.

302.4 Youth Athletics National Championship Relays

- (a) In order to enter a relay in youth Athletics, all athletes must be USATF members and listed with a USATF Club Number on their USATF membership number in the USATF Membership Database. Participation of relay teams shall be limited to those clubs that hold current valid club membership in USATF prior to the Club Registration deadline of May 1. Any athlete listed in the membership data base with your club in the same division/sex is eligible to run on your Relay.
- (b) To change club affiliation in the membership database, the parent/guardian must contact their Association membership chair following procedures in Regulation 7 prior to on-line registration of the Relay.
- (c) To enter a relay, a club must enter on-line a minimum of 4 athletes and maximum of 6 in the event- 4x100 A, B, C, etc.; 4x400 A,B, C, etc.; or 4x800 A, B, C etc. for the cost of entering a relay.
- (d) When the club's relay checks in at the clerking area, 4 athletes must be present to run. To change composition of the team, any athlete not listed on the heat sheet, can be substituted by the clerk provided he/ she has a competitor number listing him/ her with their club in the right division/sex provided he/she does not exceed the eligible number of events.
- (e) An athlete may drop an event to compete on a relay team as long as he/she has not competed in any round of that event. A "no show" in an event does not constitute a drop in an event. A change form must be submitted at registration 1 ½ hours prior to the event to be dropped. If an athlete is listed in the USATF membership data base with a club, but is not registered in the meet but is needed to run, he/she can be entered in a relay "only" and issued a competition number provided he/she pays a late fee listed in the meet information.
- (f) All participants shall wear a top of a same color as well as shorts of a same color at this National meet. The Games Committee shall assign an individual to review colors of team uniforms in the clerking area.

Reason: *The rule needed rewritten for housekeeping and clarification. The process for relay advancement does not apply to the Youth Athletic National Meet.*

Item 68 – Submitted by Glenn Fortune, Rules Committee

Amend Rule 302.5(k) as follows:

In the High Jump and Pole Vault, an athlete may be assisted in establishing the location of marks prior to the start of competition. Rule ((181.4)) 181.3 will apply, except that no more than ((two)) three marks may be used, and such marks cannot exceed 3 inches in length. Otherwise, Rules 144.2, 144.3 and 144.7 will apply.

Reason: Please note that the reference in the existing rule is to Rule 181.4 and should be referenced to Rule 181.3. There is nothing in this rule which would prevent an athlete from putting down a continuous set of marks from take off to the uprights or from putting a continuous line of adhesive tape from take off to the uprights.

Item 69 – WITHDRAWN

Item 70 – Submitted by George Kleeman, Rules Committee, on behalf of Pat Pretty for Youth Combined Events

Add new Rule 302.6(g) as follows:

In the 800 meter run, the maximum number per heat shall be 12. When the number of competitors exceeds the number of lanes, the excess competitors shall share the even-numbers lanes starting from lane 8 working into lane 2. In the 1500 meters, the maximum number per heat shall be 18.

Reason: To conform to current practice.

Item 71 – Submitted by Ken Emerick, Rules Committee

((Delete Note at the end Rule 302.6))

Reason: The tables are no longer being published separately.

Item 72 – Submitted by Ken Emerick, Rules Committee

Add new Rule 303.4 as follows:

In the National Youth Athletics Championships, events of 100 meters to 800 meters inclusive, and relays up to and including the 4 X 400 meters, the fastest eight times from the preliminary round shall advance to the finals.

Reason: This is the way the youth meet been run the last three years

Item 73 – Submitted by Ken Emerick, Rules Committee, on behalf of the Youth Executive Committee

Amend Rule 304.2 as follows:

The Bantam ((and Midget divisions)) division shall run approximately 3km. The Midget and Youth divisions shall run approximately 4km. The Intermediate and Young Men's/Women's division shall run approximately 5km.

Item 74 – Submitted by Jimmy Stephens, President South Carolina Assoc. on behalf of Valerie Beesley

Amend Rule 305.1(a) as follows:

The Youth Athletics Committee shall conduct the Junior Olympics athletics program of USATF. Junior Olympic meets shall be ((solely)) sanctioned and conducted under the aegis of USATF and its procedures. ((There shall be no dual sanctioning of Junior Olympic meets of USATF.))

Reason: Particularly in the very tight XC season, it can be difficult to have separate Junior Olympics events. There are some Associations where it makes sense to hold a combined AAU/USATF XC Junior Olympics Championship.

Item 75 – Submitted by Ken Emerick, Rules Committee

Amend Rule 305.1(c) as follows:

... The hammer throw is an optional event in the Association and Regional Junior Olympics until January 1, ((2007)) 2010, when it becomes an official event. ((This date is based on the implementation plan developed by Youth Athletics.))

Reason: Conformance with the implementation plan developed by Youth Athletics.

Item 76 – Submitted by Bob Podkaminer, Rules Committee

((Delete Rule 305.2(a))); ((Delete Rule 305.3(h)))

Add new Rule 305.1(f) as follows:

With the approval of the Association, athletes who miss their Association Championships because of extraordinary circumstances may be advanced to the Regional meet so long as such advancement does not displace an athlete who competed in the Association meet and does not exceed the Association's allocation to the Regional meet.

Reason: This is a replacement. There seems to be no reason to have the same rule in two different sections.

Item 77 – Submitted by Ken Emerick, Rules Committee

Amend Rule 305.2(d) and Rule 305.3(g) as follows:

The Youth Athletics ((Executive Committee)) Chair or his/her designee may advance any athlete into the National Junior Olympics meet because of extraordinary circumstances. The request must be made through the Regional Coordinator in writing, who must submit it to the Youth Athletics Chairperson.

Item 78 – Submitted by Bob Podkaminer, Rules Committee

((Delete Rule 305.2(d))); ((Delete Rule 305.3(g)))

Add new Rule 305.1(e) as follows:

The Youth Athletics Executive Committee may advance any athlete into the National Junior Olympics meet because of extraordinary circumstances. The request must be made through the Regional Coordinator in writing, who must submit it to the Youth Athletics Chairperson.

Reason: This is a replacement. There seems to be no reason to have the same rule in two different sections.

Item 79 – Submitted by Ken Emerick, Rules Committee

Replace Rule 305.2(f) as follows:

Track and field shall advance athletes from each Regional to the National as follows:

i. Individual events, excluding the Hammer Throw, and relay events shall advance the top three placed individuals and top three placed relay teams. When fewer than three declare in the event from that Region for the National, successive event finishers may be advanced only if they have achieved a performance standard at the Regional Championship.

ii. The combined events and the Hammer Throw shall advance the top two placed individuals. A third shall advance only after meeting a performance standard at the Regional Championship.

iii. The performance standard within this rule, for each event except the Hammer Throw, is the average of the 8th place in the last three National Junior Olympic Championships. The performance standard for the Hammer Throw is 40m for males and 30m for females, which must be achieved at a USATF sanctioned event.

iv. The host Association shall qualify a like number.

Reason: Separate the large single paragraph into numbered items for clarification. Incorporate the Youth Athletics Committee Implementation plan for the Hammer.

Item 80 – Submitted by Glenn Fortune, Rules Committee, on behalf of Inez Finch, Georgia Assoc.

Amend Rule 305.3(c) as follows:

All members of the same club listed on the team declaration roster at the Association finals are eligible to compete on the club's team (minimum of 5, maximum of 8) in the next round of Qualifications up to and including the National Championships as long as the team qualifies. In order to declare a team, a club must enter a minimum of 5 and a maximum of 8 athletes by the entry deadline. ((At the National meet, team members shall be declared at least 1 1/2 hours prior to the scheduled start of the event.)) The composition of the team at each round can change if you submit a change form at the registration at packet pickup at least 2 hours prior to the race and any athlete changed must be listed on the declaration roster.

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Reason: In order to enter a team in the Hy-tek data entry, you must declare a team. You do not have a team if you do not enter a team. Waiting to get to the meet to declare a team causes registration and meet management problems. The team declaration roster gives instructions to declare a team, but this does not match the rules.

Item 81 – Submitted by Glenn Fortune, Rules Committee, on behalf of Inez Finch, Georgia Assoc.

Amend Rule 305.3(f) as follows:

Athletes who compete in their state high school or collegiate championship series may be advanced into their Regional if their Association meet date is in conflict with their school competition. Conflict means both meets are held within 48 hours of the other. A Team may also be advanced provided that all alternates listed on the declaration Roster were also in conflict with the school competition; therefore, not having a minimum of 5 athletes to participate. This Roster must have been submitted by the Registration Deadline of the Association meet and no additional names can be added. The final decisions on the granting of this waiver will be made by the Regional coordinator.

Reason: There has been a lot of conflict with Cross Country team Advancement. The term 'athletes' has been vague and has been questioned if it applies to teams.

Item 82 – Submitted by Glenn Fortune, Rules Committee, on behalf of Inez Finch, Georgia Assoc.

Replace Rule 305.4 as follows:

(a) USA Track & Field uses a multi level entry form. This form is posted on the website and is available for all athletes in the Junior Olympic Program to use. This form starts at the first round of entry whether the preliminary meet or the Association Meet.

i. This form must include all athlete information including name, address, city state, phone number, email address, and parent signature

ii. This form must include USATF Membership Number.

iii. This form must be verified with copy of birth certification (birth certificate, certified baptismal record, driver's license, passport or U.S. military identification).

iv. This form must be accompanied by entry fees.

v. Once this form is submitted at the first entry level, it is advanced to the next level of competition. Once the multi level form is submitted, it is not returned to the athlete, parent, or coach.

(b) Preliminaries meet directors shall forward all entry forms and complete results to their Association Championships meet director no later than the deadline set by the Association Championships meet director.

(c) Association Youth Chairmen shall forward all final entry forms, complete results, and team declaration forms to their Regional Championships meet director no later than the deadline set by the Junior Olympics Regional Coordinators.

(d) The Regional Coordinators shall forward all final entry forms, complete results, and team declaration forms to their National Championships meet director no later than the deadline set by the Junior Olympics National Organizing Committee.

Reason: We no longer use the entry procedures printed. We use the multi level on-line forms and procedures.

Item 83 – Submitted by Glenn Fortune, Rules Committee, on behalf of Marc Cizek

Amend Rule 305.5(o) as follows:

... In the National Junior Olympic Championships, the starting heights shall be ~~((three (3)))~~ two (2) increments below the national standard as determined ...

***Reason:** To standardize starting heights at Youth National meets. Coaches and Officials have asked for the change to avoid confusion. As you remember this is the rule we had modified 2 years ago that was submitted by me and is basically a friendly amendment*

Item 84 – Submitted by George Mathews, Chair, Masters Track & Field

Add a new Rule 264.4 as follows and renumber:

Separate indoor records shall be maintained for metal and soft throwing implements.

***Reason:** It has been clearly identified that there is a difference between the performance characteristics of these two different types of implement.*

Item 85 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 330.3 as follows:

... ((In National and Regional Outdoor Championships, ribbons or equivalent are recommended for U.S. citizens in places 4-6.)) In all National Championships, duplicates for all awards shall be provided for non-U.S. citizens who place 1-~~((6))~~ 3. In Regional Championships, equivalent awards shall be provided for non-residents who place 1-~~((6))~~ 3.

***Reason:** In many age divisions at nationals and regionals, there are not even 6 contestants. Reward excellence of the top 3, not simply participation.*

Item 86 – Submitted by George Mathews, Chair, Masters Track & Field

Amend Rule 331.1(a) as follows:

National Indoor Track and Field

... Shot Put, Weight Throw, Superweight Throw (~~(, Pentathlon)~~).

Amend Rule 331.1(b) as follows:

National Outdoor Track and Field

... Discus Throw, Javelin Throw, Hammer Throw (~~(, Pentathlon)~~).

***(Note:** For events in the Pentathlon, see Rule 200.)*

Add new Rule 331.1(i) as follows:

National Indoor Pentathlon. See Rule 222.

Add new Rule 331.1(j) as follows:

National Outdoor Pentathlon. See Rule 200.

***Reason:** With the growth of our indoor and outdoor championships we have been unable to conduct our indoor championships in three days and the outdoor championships without overworking our officials, local organizing committees and facilities. We need to split the outdoor championships into two part days in order to eliminate competition during the hottest part of the day for the health and safety of our officials, athletes and spectators. Pentathletes will be able to maximize performances in both championships by separating these championships*

Item 87 – Submitted by George Mathews, Chair, Masters Track & Field

Amend Rule 331.1(d) as follows:

Regional and Association Outdoor Track and Field

The following events shall be held:

... Hammer Throw, Weight Throw, Superweight Throw.

The following events may be held:

... 10,000 Meter Walk, ((Weight Throw, Superweight Throw,)) Pentathlon, ...

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Reason: These events are National Championship events and should be regional and Association events for athletes who can not afford to go to the National Championships. They also give athletes the competitive progression they need to improve for National and World competitions and it improves the economic viability of these meets.

Item 88 – Submitted by George Kleeman, Rules Committee, on behalf of Bob Springer, Pacific Northwest Assoc.

Amend Note at the end of Rule 331.1(d) as follows:

NOTE: For combined events use Master Implements and hurdle heights and spacing. See Rule 200 for conduct of the events.

Reason: To clarify that there are different implements and hurdle specifications for different age groups.

Item 89 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Ken Weinbel

Amend Rule 331.1(h) as follows:

National Outdoor Weight Throws

Weight Throw; Superweight Throw; Ultraweight Throw

Amend Rule 332.3(g)

SUPERWEIGHT AND ULTRAWEIGHT		
Ages	Superweight	Ultraweight
WOMEN		
30-49	35 lb	56 lb
50-59	25 kg	35 lb
60-79	25 kg	35 lb
80 & up	20 lb	35 lb
MEN		
30-49	56 lb	98 lb
50-59	56 lb	98 lb
60-69	56 lb	98 lb
70-79	35 lb	56 lb
80 & up	25 lb	35 lb

Reason: There has been much demand for this event to be elevated to Championship status. It has been contested for many years in all parts of the country. Implements are widely owned by athletes and clubs. Masters Track & Field Committee has had this event on exhibition status. Officiating technique are well known by USATF officials. Additional event will make weight championship more economically viable and encourage more participation.

Item 90 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Becky Sisley, Oregon Assoc.

Amend Rule 331.2(a) as follows:

National Championship: Scoring shall be in each five-year age group 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 athletes and relay teams representing USATF sanctioned clubs may score points. Scoring in the different age groups, for both men and women, shall be added together to determine ((team)) club champions. Awards shall be given to the top three clubs.

Reason: The scoring at our National championships is done solely for the purpose of determining the club champion. There is no reason to score athletes who do not belong to a club. Assigning points to the

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

performance of unattached athletes interferes with the true competition among the various clubs. The additions also clarify that men's and women's scores are added together and that awards are given for the top three places.

Item 91 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Carroll DeWeese, Michigan Assoc.

Amend Rule 331.2(a) by adding:

For purposes of Club scoring, no performance with less than a 65% age-graded performance standard will be awarded points toward Club Championships. Athletes may retain their finish place, but not be awarded points for their efforts.

Reason: *To protect the integrity of competition for Club Championships.*

Item 92 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Bob Fine

Add new Rule 331.2(c) as follows:

In all Championships, only those individuals who are members of the same Association as a club may score points for that club except, a member of an Association shall be permitted to maintain membership and compete for an Association club from an Association of prior residence provided such individual was a registered club member of that Association. Unattached athletes may compete for a club within an Association only if membership registration is completed at least thirty days prior to the start of competition. Proof of residency, such as driver's license, tax statement or other document deemed satisfactory to the Meet Director or designee of the National Committee can be required.

Item 93 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Becky Sisley, Oregon Assoc.

Add new Rule 331.3 as follows and renumber:

Awards and places given for relay team performances at National Championships shall be determined by times regardless of the type of relay team as defined in Rule 332.2(f).

Reason: *Needed for clarification.*

Item 94 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 332.2(e) as follows:

In events ((1500)) 800 meters and longer, timed finals shall be run. In indoor championships, events 400 meters and longer, shall be run as timed finals.

Reason: *While head to head competition is preferable, the reality of Masters events is that with no qualifying standards the range of abilities is quite wide and if athletes submit proper seed times, competitive sections can be accurately set up. Individuals at Masters meets enter two and more events. This change ensures they can avoid often unnecessary trial rounds and run fast. Finally, this is the case in practice as the schedule cannot accommodate rounds in the 400. Outdoors, rounds in many divisions are cancelled because there are not enough competitors, but athletes may be required to arrive several days before the final on the chance that there will be a trial round. The economics of the athletes' situation have to be considered. With additional rounds, there is also little room to change the schedule if necessary (as happened in 2006).*

Item 95 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Becky Sisley, Oregon Assoc.

Amend Rule 332.2(f) as follows:

Relay teams are defined as follows:

Club: In accordance with Regulation 7, all members must be resident in the Association in which the club is registered (or meet the residency exception of Regulation 7).

((**Ad Hoc:** Any team not meeting the club definition.))

Non-Club: Any team not meeting the club definition. Non-club relay teams may be further defined as follows:

i. **Association:** All members must hold current USATF membership in the same Association.

ii. **Region:** All members must hold current USATF membership in the same USATF Masters region.

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

iii. Unrestricted: Any relay team composed entirely of USATF members that does not meet one of the three definitions above.

At Association, Regional, and National Track and Field Championships, and all other meets, each relay team must ((be a Club or Ad Hoc team)) meet one of the definitions above, or be a foreign national team as guest competitors. ((For all other meets, a team may meet any of the definitions above.)) A team ((Teams)) meeting any of the above definitions may set a Masters record((s)). Separate records shall be maintained in the relays for (1) Club teams and (2) ((teams meeting any other ((composition)) Non-Club teams).

NOTE: This rule does not allow for a relay team to be composed of U.S. and foreign competitors.

Reason: *The use of the term 'ad hoc' was inappropriate when this rule was created. Ad hoc, by definition, means 'for this (special purpose) only'. It seems ridiculous to have so many 'ad hoc' teams announced at our championships. It is helpful to have definitions of the types of relay teams that are descriptive of their composition. Use of the terms: Association, region, and unrestrictive allow individuals to better identify the composition of the relay team. In the past we have had Association and region relay teams. The fourth type of team allows for teams that have not residency restrictions. The manner of maintaining relay records has not been altered. The note is added for a clarification, as this has occurred in the past.*

Item 96 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Carroll DeWeese, Michigan Assoc.

Amend Rule 332.2(g) as follows:

At National Masters Track and Field Championships, ((there must be at least six (6) USA citizens advanced to all finals if displaced by non-citizens)) the athletes advanced to the final in every event shall consist of at least 2/3rds who are USA affiliated as determined by WMA. If adjustments are needed to meet this requirement, then the reduction in guest finalists shall be determined by performance with no consideration to place. Those USA affiliated athletes that were advanced to the finals by place shall retain their position and the additional USA affiliated athletes that will be added to the final shall be selected by performance with no consideration to place. The number of finalists shall not be increased to include additional non-USA ((citizen)) affiliated athlete finalists.

Reason: *To provide reciprocity for non-USA affiliated athletes to compete in USA National Championships so the USA affiliated athletes can compete in non-USA National and other non-USA Championships, yet protect the integrity of the USA Masters National Championship.*

Item 97 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 332.2(i) as follows:

Change all references in table from 27" hurdles to 30" hurdles

Reason: *There is no supplier that makes 27" hurdles and sells them in their catalog; they must all be custom made. Is this a fair burden for event directors to have to order custom implements?*

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Item 98 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Jeff Brower
Amend Rule 332.2(i) as follows:

Women's Indoor

Age	Distance	Height	#	To 1st	Between	To Finish
((30-39)) <u>30-34</u>	60m	0.840m (33")	5	13.00m	8.50m	13.00m
((40-49)) <u>35-39</u>	60m	0.762m (30")	5	((12.00m)) <u>13.00m</u>	((8.00m)) <u>8.50m</u>	((16.00m)) <u>13.00m</u>
((50-59)) <u>40-49</u>	60m	((0.762m(30")) <u>0.686m (27")</u>	5	((12.00m)) <u>13.00m</u>	((7.00m)) <u>8.50m</u>	((20.00m)) <u>13.00m</u>
((60&up)) <u>50&up</u>	60m	0.686m (27")	((5)) <u>4</u>	((12.00m)) <u>21.5m</u>	((7.00m)) <u>8.50m</u>	((20.00m)) <u>13.00m</u>

Men's Indoor

((30-49)) <u>30-39</u>	60m	0.991m (39")	5	13.72m	9.14m	9.72m
((50-59)) <u>40-49</u>	60m	0.914m (36")	5	((13.00m)) <u>13.72m</u>	((8.50m)) <u>9.14m</u>	((13.00m)) <u>9.72m</u>
((60-69)) <u>50-59</u>	60m	0.840m (33")	5	((16.00m)) <u>13.72m</u>	((8.00m)) <u>9.14m</u>	((12.00m)) <u>9.72m</u>
((70-79)) <u>60-69</u>	60m	0.762m (30")	5	((12.00m)) <u>13.72m</u>	((7.00m)) <u>9.14m</u>	((20.00m)) <u>9.72m</u>
((80&up)) <u>70&up</u>	60m	0.686m (27")	((5)) <u>4</u>	((12.00m)) <u>22.86m</u>	((7.00m)) <u>9.14m</u>	((20.00m)) <u>9.72m</u>

Women's Outdoor Short

((30-39)) <u>30-34</u>	100m	0.840m(33")	10	13.00m	8.50m	10.50.m
((40-49)) <u>35-39</u>	((80m)) <u>100m</u>	0.762m(30")	((8)) <u>10</u>	((12.00m)) <u>13.00m</u>	((8.00m)) <u>8.50m</u>	((12.00m)) <u>10.50m</u>
((50-59)) <u>40-49</u>	((80m)) <u>100m</u>	((0.762m(30")) <u>0.686m(27")</u>	((8)) <u>10</u>	((12.00m)) <u>13.00m</u>	((7.00m)) <u>8.50m</u>	((19.00m)) <u>10.50m</u>
((60&up)) <u>50&up</u>	((80m)) <u>100m</u>	0.686m(27")	8	((12.00m)) <u>21.50m</u>	((7.00m)) <u>8.50m</u>	19.00m

Men's Outdoor Short

((30-49)) <u>30-39</u>	110m	0.991m (39")	10	13.72m	9.14m	14.02m
((50-59)) <u>40-49</u>	100m	0.914m (36")	10	((13.00m)) <u>13.72m</u>	((8.50m)) <u>9.14m</u>	((10.50m)) <u>14.02m</u>
((60-69)) <u>50-59</u>	100m	0.840m (33")	10	((16.00m)) <u>13.72m</u>	((8.00m)) <u>9.14m</u>	((12.00m)) <u>14.02m</u>
((70-79)) <u>60-69</u>	((80m)) <u>110m</u>	0.762m (30")	((8)) <u>10</u>	((12.00m)) <u>13.72m</u>	((7.00m)) <u>9.14m</u>	((19.00m)) <u>14.02m</u>
((80&up)) <u>70&up</u>	((80m)) <u>110m</u>	0.686m (27")	8	((12.00m)) <u>22.86m</u>	((7.00m)) <u>9.14m</u>	((19.00m)) <u>23.16m</u>

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Women's Outdoor Long

((30-49)) <u>30-34</u>	400m	0.762m (30")	10	45m	35m	40m
((50-59)) <u>35-49</u>	((300m*)) <u>400m</u>	((0.762m (30")) <u>0.686m (27")</u>	((7)) <u>10</u>	((50m)) <u>45m</u>	35m	40m
((60&up)) <u>50&up</u>	300m*	0.686m (27")	7	50m	35m	((400m)) <u>40m</u>

Men's Outdoor Long

30-39	400m	0.914m(36")	10	45m	35m	40m
((50-59)) <u>40-49</u>	400m	0.840m (33")	10	45m	35m	40m
((60-69)) <u>50-59</u>	((300m*)) <u>400m</u>	0.762m (30")	((7)) <u>10</u>	((50m)) <u>45m</u>	35m	40m
((70&up)) <u>60&up</u>	300m*	0.686m (27")	7	50m	35m	40m

* The locations for the hurdles in the 300m event are the same as those of the last seven hurdles of the 400m event. They are not the same as the high school 300m hurdle race, which uses eight hurdles.

Women's Steeplechase

Age	Distance	Height	#	To 1 st	Between	To Finish
All	2000m	0.762m(30")	See Rule 169			

Men's Steeplechase

((30-59)) <u>30-39</u>	3000m	0.914m(36")	See Rule 169			
<u>40-59</u>	<u>3000m</u>	<u>0.762m(30")</u>	<u>See Rule 169</u>			
60&up	2000m	0.762m(30")	See Rule 169			

Reason: *The goal is to create logical and fair specifications while increasing participation and retaining the spirit of the event.*

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Item 98a – Submitted by Graeme Shirley, Rules Committee
Confirm WMA Specifications in the tables in Rule 332.2(i).

HURDLE HEIGHTS AND SPACINGS

Age	Distance	Height	#	To 1st	Between	To Finish
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WOMEN'S INDOOR

30-39	60m	0.840m (33")	5	13.00m	8.50m	13.00m
40-49	60m	0.762m (30")	5	12.00m	8.00m	16.00m
50-59	60m	0.762m (30")	5	12.00m	7.00m	20.00m
60+	60m	0.686m (27")	5	12.00m	7.00m	20.00m

MEN'S INDOOR

30-49	60m	0.991m (39")	5	13.72m	9.14m	9.72m
50-59	60m	0.914m (36")	5	13.00m	8.50m	13.00m
60-69	60m	0.840m (33")	5	16.00m	8.00m	12.00m
70-79	60m	0.762m (30")	5	12.00m	7.00m	20.00m
80+	60m	0.686m (27")	5	12.00m	7.00m	20.00m

WOMEN'S OUTDOOR SHORT

30-39	100m	0.840m (33")	10	13.00m	8.50m	10.50m
40-49	80m	0.762m (30")	8	12.00m	8.00m	12.00m
50-59	80m	0.762m (30")	8	12.00m	7.00m	19.00m
60+	80m	0.686m (27")	8	12.00m	7.00m	19.00m

MEN'S OUTDOOR SHORT

30-49	110m	0.991m (39")	10	13.72m	9.14m	14.02m
50-59	100m	0.914m (36")	10	13.00m	8.50m	10.50m
60-69	100m	0.840m (33")	10	16.00m	8.00m	12.00m
70-79	80m	0.762m (30")	8	12.00m	7.00m	19.00m
80+	80m	0.686m (27")	8	12.00m	7.00m	19.00m

WOMEN'S OUTDOOR LONG

30-49	400m	0.762m (30")	10	45m	35m	40m
50-59	300m	0.762m (30")	7	50m	35m	40m
60+	300m	0.686m (27")	7	50m	35m	40m

MEN'S OUTDOOR LONG

30-49	400m	0.914m (36")	10	45m	35m	40m
50-59	400m	0.840m (33")	10	45m	35m	40m
60-69	300m	0.762m (30")	7	50m	35m	40m
70+	300m	0.686m (27")	7	50m	35m	40m

WOMEN'S STEEPLECHASE			
All	2000m	0.762m (30")	See Rule 169
MEN'S STEEPLECHASE			
30-59	3000m	0.914m (36")	See Rule 169
60&up	2000m	0.762m (30")	

Reason: Table provided for cleaning up typos, and for comparison with following submission.

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Item 99 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Mark Cleary

Add new Rule 332.2(j) as follows:

In all hurdle races, competitors shall hurdle with a continuous motion such that both feet shall be off the ground at least for an instant.

Reason: *This creates consistency with WMA Rule 9.2. In a number of situations in USA competitions, some competitors step over the hurdle instead of hurdling them. USA needs to be consistent with international standards.*

Item 100 – Submitted by George Mathews, Chair, Masters Track & Field, on behalf of Becky Sisley, and by George Kleeman, Rules Committee

Amend Rule 332.3(g) as follows:

Women: ((60&up)) 60-79
80 & up Shot: 3kg Discus: .75kg Hammer: 3kg Javelin: 400g Weight: 5.45kg
 Men 80&up: ((Shot: 4kg Hammer: 4kg)) Shot: 3kg Hammer: 3kg

Reason: *This complies with the WMA changes that went into effect in May, 2006.*

Item 101 – Submitted by George Mathews, Chair, Masters Track & Field

Amend Rule 332.3(g) as follows:

Superweight: ((Men 30-69 25.40kg (56lb)))
Men 30-59 25.40kg (56lb)
Men 60-69 20.00kg (44lb)

Reason: *For the Superweight --- Current weight differential between weight throw implement 9.08kg (20lb) and Superweight throw implement 25.40kg (56lb) is greatest of all age groups; 36 lbs. The reduction in weight for the 60-69 age group will encourage more participation in the Superweight throw. The 20kg (44lb) weight has been a Masters Track & Field demonstration event for this past year and has been enthusiastically embraced by athletes in the 60-69 age group. Both indoor and outdoor 20kg (44lb) weights are readily available from implement suppliers.*

Item 102 – Submitted by John Boyle, Masters LDR Chair, on behalf of Lloyd Stephenson Pacific Assoc.

Amend Rule 340.3 as follows:

... The form of proof, unless otherwise specified, shall be a certified copy of a ((certified)) birth certificate, a passport, or a U.S. driver's license. ...

Reason: *To correct sloppy wording.*

Item 103 – Submitted by Kenneth Brinker, President New Jersey Assoc.

Amend Rule 341.1 as follows:

Team Championships in cross country shall be conducted in 10-year age divisions for men and women: 40+, 50+, 60+ and 70+. Team Championships in these same divisions may be conducted in other Masters long distance events. Team scoring for distances up to and including 25 kilometers shall be as follows: M40+ and M50+ five (5) individuals shall score; M60+, Men 70+, and all women's teams three (3) individuals shall score; for distances over 25 kilometers all teams shall have three scoring members. In Association championships, the maximum number of entries for a team, and the number of members of each team to finish for scoring shall be determined by the Association's LDR committee.

Reason: *In Associations with large numbers of members in clubs, requiring more members for scoring adds value to those members and will increase participation of all club members that heretofore were excluded. As the number of men in the M60 and M65 divisions increases as the population ages, the number being required for team scoring in M60+ is not in sync with said populations in some Associations. The number of women runners have also increased and the number being required for team scoring is also not in sync with said populations. This change would give those Associations with such numbers to better balance their team requirements to fit their populations.*

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Item 104 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 341.7 as follows:

Teams must ((also)) be current members of USATF, which will be verified through the national office. ((and must provide proof to the race director in the form of a USATF club certificate or letter from their Association.)) USATF Association. Regional or National "all star" teams are not eligible to compete in Masters Long Distance Running Team competition. Team members must ((be able to show they are duly accredited representatives of a USATF member club)) be affiliated with the club they are representing on their USATF membership record prior to entering the competition.

Reason: *With online lists and verification possible, club membership can be easily verified by an event director. It should be made clear that no level of all star teams may compete (unlike track relays allowing "ad hoc" teams). And individuals need to be affiliated with their respective clubs by their national database membership profile to ensure proper pre-event affiliation.*

Item 105 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 341.10 as follows:

Regulation USATF medals shall be awarded to first, second, and third place individual in each age division and to the declared members of the first, second, and third place teams in each team division.

Championship patches ((shall)) may be awarded to the winners of each age division and to the declared members of the winning team in each division.

Reason: *An expense that can be large. Patches are archaic as awards.*

Item 106 – Submitted by John Blackburn, Rules Committee on behalf of the ADA Advisory Group

Placeholder item to define running as necessary.

Item 107 – Submitted by Graeme Shirley, Rules Committee

Amend Rule 332.1(c) as follows:

Every Championship event, including combined event championships, will use the implement weights hurdle heights and spacings, and race lengths approved as of January 1 of the current year. A specification will be considered to have been approved by WMA when it has been published in the most recent IAAF/WMA Handbook approved by the IAAF and WMA Councils. In the case of a new implement, this must include complete specifications. For those events included in combined events, this must also include revised scoring tables. If WMA approves a specification change prior to January 1 with an effective date after January 1, the Masters Committee may adopt the new specification with an effective date of either (1) January 1 prior to the WMA effective date, (2) the same date as the WMA effective date, or (3) the January 1 after to the WMA effective date, and publish such date in these Rules.

Reason: *to clarify the Committee's choices if WMA sets an effective date of May 1 for implement changes as they did for 2006.*

Item 108 - Submitted by Jackie DeVose, Michigan Assoc. President, for Eric D. Zemper

Amend Rule 110.4 and Rule 125.1 as follows:

Management Officials	Minimum Indoor	Minimum Outdoor
Technical Manager	1	1
Jury of Appeal	3	3
Referee - Track	1	1
<u>Referee - Start</u>	<u>1</u>	<u>1</u>
Referee - Field	1	1 ...

Rule 125.1

1. A separate Referee may be appointed for track events, for the start of track events, for field events, ...

Reason: *The position and duties of the Start Referee were previously defined in Rule 125.3; these amendments are housekeeping matters to add the Start Referee to the lists of Management Officials and Referees, which were inadvertently overlooked when Rule 125.3 was approved.*

Appendix A (for Item 1)

Article III

Section V

Rule 210 - Indoor Competitions Applicability to Indoor Competitions

With the exceptions stated in this Section, the Rules of Competition in Sections I to IV shall apply to Indoor Competitions.

Rule 211 The Indoor Stadium

1. The stadium shall be completely enclosed and covered. Lighting, heating and ventilation shall be provided to give satisfactory conditions for competition.
2. The arena should include an oval track; a straight track for sprints and hurdles; runways and landing areas for jumping events. In addition, a circle and landing sector for the Shot Put and Weight Throw should be provided, whether permanent or temporary. It is preferred that all facilities conform to the specifications in the IAAF Track and Field Facilities Manual.
3. All tracks, runways or take-off surface areas shall be covered with a synthetic material or have a wooden surface. The synthetic material should preferably be able to accept 6mm spikes in running shoes. Alternative thicknesses may be provided by the stadium management, who will notify athletes of the permissible length of spikes. See Rule 143.3.
4. As far as technically possible, each runway and take-off area shall have a uniform resilience throughout. This shall be checked before each competition. See Rules 218.1 & 2, 219.1, 220.1.

Note: *Full technical information on track construction, layout and markings is contained in the IAAF's Manual on Track and Field Facilities, which is available from the IAAF at www.iaaf.org.*

Rule 212 Track Lanes and Measurement

1. The lateral inclination of the straight track shall not exceed 1:100 and the inclination in the running direction shall not exceed 1:250 at any point and 1:1000 overall.
2. The nominal length of the oval shall be 200m. It shall consist of two parallel straights and two turns which may be banked and whose radii should be equal. The inside edge of the line or curb shall be horizontal throughout the length of the track with a maximum slope of 1:1000.

Lanes

3. The straight track should have a minimum of 6 and a maximum of 8 lanes separated and bounded on both sides by white lines 5cm wide. The lanes shall all be 1.22m ± 0.01m wide including the lane line on the right. On tracks whose width does not permit 6 lanes of that width, the minimum width of the lanes may be 1.07m ± 0.01m.
4. The oval should have a minimum of 4 and a maximum of 6 lanes. The lanes should all have the same width with a minimum of 0.90m and a maximum of 1.10m including the lane line on the right. The lanes shall be separated by white lines 5cm wide.

The Start and Finish

5. There should be a clearance on the straight track of at least 3m behind the start line and at least 10m beyond the finish line free of any obstruction with adequate provision beyond the finish for an athlete to come to a halt without injury.

Note: *It is strongly recommended that the minimum clearance beyond the finish line should be 15m.*

6. The start and finish of a race shall be denoted by white lines 5cm wide, at right angles to the lane lines for straight parts of the track and along a radius line for curved parts of the track.
7. The requirements for the finish line are: if at all possible there should be only one for all the different lengths of oval races; it shall be on a straight part of the oval; and as much of that straight as possible should be before the finish.
8. As far as possible, start lines (and take-over lines for relay races) should not be on the steepest part of the banking.

Banking

9. The angle of banking in all lanes should be the same at any cross section of the oval. In order to ease the change from the flat straight to the banked turn, the change may be made with a smooth gradual horizontal transition which may be extended up to 5m into the straight. In addition, there should be a vertical transition.

Oval Edge Markings

10. Although a raised border is preferred, an indoor track may be bordered with a white line 5cm wide and marked additionally with cones or flags. The cones shall be at least 20cm high. The flags shall be approximately 25cm x 20cm in size, at least 45cm high and set at an angle of 120° to the track surface. The cones or flags shall be placed on the white line so that the outward edge of the base of the cone or flag pole coincides with the outward edge of the white line closest to the track. The cones or flags shall be placed at distances not exceeding 1.5m on the turns and 10m on the straights.

Note: *For all indoor championships, the use of an inside curb is strongly recommended.*

Rule 214

Regulations for Forming Heats

1. The heats or sections for all rounds in the running events in the Open National Track and Field Championships, and to the extent feasible in all other meets, shall be formed according to the following:

(a) Qualification from Preliminary Heats

In indoor competitions, with an eight lane straight and a six lane oval, the following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds and the number of heats in each round to be held and the qualification procedure for each round of track events:

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

60m, 60mH

No. of Entries	No. Trial Heats	No. Qualifying on Place	No. Qualifying on Time	No. Semi Heats	No. Qualifying on Place	No. Qualifying on Time	No. in Final
9-16	0			2	3	2	8
17-24	0			3	2	2	8
25-32	4	3	4	2	3	2	8
33-40	5	4	4	3	2	2	8
41-48	6	3	6	3	2	2	8
49-56	7	3	3	3	2	2	8
57-64	8	2	8	3	2	2	8
65-72	9	2	6	3	2	2	8
73-80	10	2	4	3	2	2	8

200m, 400m, 4x200m, 4x400m

No. of Entries	No. Qualifying Heats	No. Qualifying on Place	No. Qualifying on Time	No. Trial Heats	No. Qualifying on Place	No. Qualifying on Time	No. Semi Heats	No. Qualifying on Place	No. Qualifying on Time	No. in Final
6-10							2	2	2	6
11-15							3	1	3	6
16-20							4	1	2	6
21-25				5	2	2	2	2	2	6
26-30				6	2	6	3	1	3	6
31-35				7	2	4	3	1	3	6
36-40				8	2	2	3	1	3	6
41-45	9	2	6	4	2	4	2	2	2	6
46-50	10	2	4	4	2	4	2	2	2	6

800m

No. of Entries	No. Qualifying Heats	No. Qualifying on Place	No. Qualifying on Time	No. Trial Heats	No. Qualifying on Place	No. Qualifying on Time	No. Semi Heats	No. Qualifying on Place	No. Qualifying on Time	No. in Final
7-12							2	2	2	6
13-18				3	3	3	2	2	2	6
19-24				4	2	4	2	2	2	6
25-30				5	2	2	2	2	2	6
31-36				6	2	6	3	1	3	6
37-42				7	2	4	3	1	3	6
43-48				8	2	2	3	1	3	6
49-54	9	2	6	4	2	2	2	2	2	6
55-60	10	2	4	4	2	2	2	2	2	6

1500m

No. of Entries	No. Trial Heats	No. Qualifying on Place	No. Qualifying on Time	No. Semi Heats	No. Qualifying on Place	No. Qualifying on Time	No. in Final
12-18				2	3	3	9
19-27				3	2	3	9
28-36				4	2	1	9
37-45	5	3	3	2	3	3	9
46-54	6	2	6	2	3	3	9
55-63	7	2	4	2	3	3	9

3000m

No. of Entries	No. Trial Heats	No. Qualifying on Place	No. Qualifying on Time	No. in Final
16-24	2	4	4	12
25-36	3	3	3	12
37-48	4	2	4	12

(b) Principles of assigning lanes

- i. Within each race, for all rounds of all events other than 800 meters, run wholly or partly in lanes around a turn, where there are successive rounds of an event:
 - a. In the first round in the 200 meters and 400 meters, lane one shall not be utilized;
 - b. A draw for lanes will be made for the outer two lanes between the two highest ranked athletes;
 - c. A draw for lanes will be made for the next two lanes between the third and fourth ranked athletes;
 - d. A draw for lanes will be made for any remaining inner lanes between the remaining athletes.
- ii. The rankings referred to shall be those identified in Rule 166.1(d).
- iii. For all other races the lane order shall be drawn in accordance with Rule 166.1(f).

2. Conduct of Races

- a. For races of 400m or less, each athlete shall have a separate lane at the start.
- b. Races of up to and including 200m shall be run entirely in lanes.
- c. Races over 200m and less than 800m shall start and continue in lanes until the end of the second turn.
- d. In races of 800m each athlete may be assigned a separate lane or a group start may be used, continuing in the same lane or group until the end of the first turn.
- e. Races longer than 800m shall be run without lanes using an arced start line or a group start.
- f. In the 400 Meters, at least one half-hour rest shall be allowed between heats, semi-final and final respectively. In races of 800m or longer, at least 45 minutes rest shall be allowed between heats and final.

Note: *Group starts shall utilize Rule 162.18.*

3. International Team Qualification

When the Open National Championship is used to select a team to represent the USA in international competition, the Chairs of the Men's and Women's Sport Committees may establish rounds and advancement procedures in oval events of less than 1500m that result in a two section timed final.

Rule 215
Shoes

When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 6mm, or as required by the Games Committee. These spikes shall have a maximum diameter of 4mm.

Rule 216
Hurdles

The standard distances and specifications for hurdle races shall be as set out in the following table, with the height of the men's hurdles at 1.067m (42in.) and the women's at 0.840m (33in.):*

	Distance of Race	No. of Hurdles	Distance from Start to 1st Hurdle	Distance between Hurdles	Last Hurdle To Finish
Men's	50m	4	13.72m	9.14m	8.86m
Events	55m	5	13.72m	9.14m	4.72m
	60m	5	13.72m	9.14m	9.72m
Women's	50m	4	13m	8.5m	11.5m
Events*	55m	5	13m	8.5m	8m
	60m	5	13m	8.5m	13m

* For experimental purposes, women's events may be conducted with a hurdle height of 0.914m (36in.).

Note: For specifications for Masters races see Rule 332.2(i).

Rule 217 **Relay Races**

1. In the 4x200 Meter Relay all of the first stage and the first turn of the second stage shall be run in lanes. At the end of this turn, there shall be a 5cm wide line (breakline) distinctively marked across all the lanes at this point to indicate where each athlete can break from their lane. Rule 170.7 shall not apply.
2. In the 4x400 Meter Relay, the first two turns shall be run in lanes. Thus the same breakline will be used as for the individual 400 meter race.
3. In the 4x800 Meter Relay, the first turn shall be run in lanes. Thus the same breakline will be used as for the individual 800 meter race.

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

Rule 218 **High Jump**

1. The take-off area shall be level with a maximum overall slope (up or down) of 1:250. If portable take-off mats are used, all references in the Rules to the level of the take-off area must be construed as referring to the level of the top surface of the mat. The foundation on which the surface of the take-off area is laid shall either be solid or, if of suspended construction (such as wooden boards mounted on joists), without any special sprung sections.
2. The runway, outside the take-off area, shall be level and unsprung in exactly the same way as the take-off area. However, the athlete may start an approach on the banking of the oval track provided that the last 5 meters of the run up is on the level runway.

Rule 219 **Pole Vault**

1. The foundation on which the surface of the runway is laid shall either be solid or, if of suspended construction (such as wooden boards mounted on joists), without any special sprung sections.

2. The athlete may start an approach on the banking of the oval track provided that the last 40 meters is on the level runway.

Rule 220
Horizontal Jumps

1. The foundation on which the surface of the runway is laid shall either be solid or, if of suspended construction (such as wooden boards mounted on joists), without any special sprung sections.
2. The athlete may start an approach on the banking of the oval track provided that the last 40 meters is on the level runway.

Rule 221
Putting the Shot

Shot Landing Sector

1. The landing sector shall consist of some suitable material on which the shot will make an imprint but which will minimize any bounce.
2. The landing sector shall be surrounded at the far end and on the two sides, as close to the circle as may be necessary for safety of the other athletes and officials, by a stop barrier which should stop a shot whether in flight or bouncing from the landing surface.
3. In view of the limited space inside an indoor arena, the area enclosed by the stop barrier may not be large enough to include a full 34.92° sector. The following conditions shall apply to any such restriction.
 - a. The stop barrier at the far end shall be at least 50cm beyond the current world Shot Put record for men or women.
 - b. The sector lines on either side shall be symmetrical about the center line of the 34.92° sector.
 - c. The sector lines may either run radial from the center of the Shot Put circle including a full 34.92° sector, or may be parallel to each other and the center line of the 34.92° sector. Where the sector lines are parallel, the minimum separation of the two sector lines shall be 9 meters.

Construction and Specifications of the Shot

4. For indoor competition, a shot which is solid metal cased or a latex covered metal shell or one made of soft plastic or rubber incasing a suitable material may be allowed. The shot used shall conform to the construction and weight specifications in Rule 188.3 and Rule 188.5. The indoor shot must not allow that indentations in the surface be created to improve a grip. The diameter for a synthetic covered indoor shot can be a maximum of 15mm larger than the corresponding outdoor men's shot and 20mm larger than the corresponding outdoor women's shot. Only one type of shot may be used in a competition.

Rule 222
Combined Events Competitions

Men (Pentathlon)

1. The Pentathlon consists of five events, which shall be held on one day in the following order:
60m Hurdles, Long Jump, Shot Put, High Jump, 1000m.

Men (Heptathlon)

2. The Heptathlon consists of seven events which shall be held over two consecutive days in the following order:
First day: 60m, Long Jump, Shot Put, High Jump.
Second day: 60m Hurdles, Pole Vault, 1000m.

((Double parentheses)) indicates removal. Underline indicates an addition. *Italics* is a rationale

Women (Pentathlon)

3. The Pentathlon consists of five events and shall be held on one day in the following order:
60m Hurdles, High Jump, Shot Put, Long Jump, 800m.

Heats and Groups

4. Preferably four or more, and never less than three, athletes shall be placed in each heat or group.