

**USATF RULES COMMITTEE SCORECARD – 2006 Annual Meeting, Indianapolis, IN**  
**Final Committee Actions**

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

Final Actions: A=Accepted    AA= Accepted As Amended    R=Rejected    T=Tabled    W=Withdrawn  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

**Note if no approval, rejection or approved as amended shown, it means the item passes as submitted. These may be copied or printed for the purpose of free distribution to athletes, coaches and athletes.**

**Item 1** – Approved as amended. Previously was 2005 Tabled Item 2 – 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 as amended.

((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** for recommendation to IAAF. 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** – 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** – 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.

**Item 5 – TABLED as amended** for consideration next year. Amend Rule 7 as follows:

**RULE 7 – (TEAM) SCORING**

1. For meets that have team scoring, the procedure for scoring, including events and calculation methods, shall be included in the entry material. Prior to the start of the event, the team coach or other representative shall declare the team entries eligible for scoring.
2. Regional Championships may be scored on the basis of Association teams instead of club teams at the option of the Games Committee.

**Track and Field**

3. The team score shall be the total of all points earned by eligible competitors for a given team. Scoring shall be five (5) points for each first place scored, three (3) points for second, two (2) points for third, and one (1) point for fourth. Events not included on the entry blanks, and events (other than novice events) not open to all USATF member athletes shall not count in the scoring for team point trophies. Relay races shall be scored as any other event. In combined events, the team score shall be the sum of the scores of the top three members of each team.

**Long Distance Running, Cross Country, and Race Walking**

4. Two methods exist: scoring by place and scoring by time.

((Double parentheses)) indicates removal. Underline indicates an addition.

5. 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.

6. Scoring by place:

(a) The team score shall be the total of the finishing positions of the scoring members. The team with the lowest total points is the team winner.

(b) Runners of incomplete teams, team entries not declared eligible for team scoring, and unattached or individual competitors will be eliminated from team scoring. Non-scoring declared members of complete teams shall retain their finishing positions and thereby displace other runners.

(c) When separate competitions are conducted simultaneously, each shall be scored independently. Runners on teams not eligible for a given competition will be eliminated from team scoring in that competition.

(d) In the event of a tie between two or more individual runners, each shall score the number of points determined by dividing the total of the finish places by the number of runners who have tied.

7. Scoring by time:

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

8. In team Championships scored by time, if the Games Committee determines that scores for the winning teams cannot be determined because of clock failure or other reasons, team Championships shall be determined by scoring by place.

9. Whether scoring by time or place:

(a) If a team fails to finish with a complete scoring team, the team members finishing shall be counted as individuals in the race results and shall be eligible to receive individual awards.

(b) Ties between two or more teams shall be resolved by determining which team's last scoring member finished nearest to first place. If the tie still exists, the next-to-last scoring members are compared in the same way, etc.

**Item 6 – 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.

**Item 7 – Amend Rule 12.1 by adding:**

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

**Item 8 –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 ...

**Item 9 –Approved as amended:**

Amend Rule 4 by adding a new Rule 4.2 and renumber::

((Double parentheses)) indicates removal. Underline indicates an addition.

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

- (a) resides in an adjoining Association, or
- (b) neither the Association of residence nor any Association adjoining the Association of residence provides team competition in the relevant category (e.g. age group, distance, discipline).

**NOTE:** An athlete with historical membership (at least 3 continuous USATF membership years) in a club is eligible to compete for that club.

**Item 10** – 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.

**Item 11** – ((Delete Rule 15.8))

Amend Rule 15.5 as follows:

((Open      4000m      4000m      6      4))

**Item 12** – Approved as Amended. 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 for scoring may be determined by the Games Committee and shall be stated in the entry material

**Item 13** – **TABLED** for consideration by the L&L committee next year.

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.

**Item 14** – Add a new Article as follows and renumber

Article II – Doping (prior to Rule 32)

**Item 15** – **TABLED** for consideration by the L&L committee next year

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.

**Item 16** – 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

**Item 17** – Approved as amended by replacement. Add new Rule 131.2:

At the completion of each race, lap scoring cards shall be delivered to the Referee.

**Item 18** – 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.

((Double parentheses)) indicates removal. Underline indicates an addition.

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.

**Item 19 – WITHDRAWN****Item 20 – WITHDRAWN****Item 21** –Approved as amended by replacing submission with the following:

Add a new Rule 341.6 and renumber

In Masters LDR championships, to be eligible for individual or team scoring or awards, a bib, supplied by the games committee which identifies gender and age group, shall be worn on the back.

Add a NOTE to 143

**Item 22** – 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.))

**Item 23** – Tabled for further study. 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. ....

**Item 24 – Rejected****Item 25** – 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.

**Item 26 – Amend Rule 148.2(b)ii as follows:**

((Double parentheses)) indicates removal. Underline indicates an addition.

((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.

**Item 27** - Approved as amended by substitution. Add new Rule 148.2(c) as follows:

Only legal attempts shall be measured, unless an immediate protest is made per Rule 146.6.

**Item 28** – WITHDRAWN

**Item 29** - Approved as Amend by substitution. Add as a Note after Rule 165.4

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

**Item 30** – Rejected

**Item 31** – WITHDRAWN

**Item 32** – Approved as 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 may be applied to the baton.

**Item 33** –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:

**Item 34** - ((Delete Rule 180.19))

**Item 35** – Approved as amended by replacing the submission with ((Delete Rule 185.5(c)))

**Item 36** – ((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.

**Item 37** – ((Delete Rule 182.4)); ((Delete Rule 183.8))

**Item 38** – 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.

**Item 39** – Tabled for submission to IAAF. 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

**Item 40** – Add new Note after Rule 187.24 as follows:

(Double parentheses)) indicates removal. Underline indicates an addition.**NOTE 2:** For exception on limited space indoors, see Rule 221.3.**Item 41** – 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.

**Item 42** – Amend Rule 189.3 to add a new implement as follows:

Name	<b>0.75kg</b>
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>

**Item 43** - 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.

**Item 44** – Tabled for further study by subcommittee. 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

((Double parentheses)) indicates removal. Underline indicates an addition.

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.*

**Item 45** – 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).

**Item 46** – 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.

Change the women's 60-79 age group to 60-69 and 70-79 and the 80+ age group to 70+.

Amend 332.3(g)

Change the Superweight women's 50-79 age group to be 50-69 and the 80+ age group to 70+

**Item 47** – Rejected

**Item 48** – 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.

**Item 49** – Approved as amended by replacing the submission with:

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))) extended at the knee (not bent) from the moment of first contact with the ground until the leg is in the vertical ((upright)) position.

**Item 50** – Rejected

**Item 51** – Add new Rule 250.4 as follows:

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

**Item 52** – Add new Note to Rule 255 as follows:

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

**Item 53** – Approved as amended by replacing the submission with:

After the first sentence of Rule 262.3(a), add:

A record may be accepted in a handicap race, provided the mark is set in a race in which:

- 1) All competitors start from the same line,
- 2) No one has started before the competitor claiming the record, and
- 3) Is timed in accordance with Rule 165.4.

**Item 54** - Amend Rule 262.5 as follows:

((Double parentheses)) indicates removal. Underline indicates an addition.

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 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.

**Item 55** – Approved as amended by replacing the submission with:

Replace Rule 263.10(a) as follows:

Records for 10,000 meters or a shorter distance contested on a track can be set only on a track which either:

1) complies with Rule 160.3(a), or

2) has been measured 20cm from the white line in accordance with Rule 160.2, provided that the curves have been marked with cones or flags complying in size and placement with Rule 160.3.

**Item 56** – 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.

**Item 57** – 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.

**Item 58** – Amend Rule 267 as follows:**Women's Track and Field – Combined Events**

Pentathlon      Heptathlon      Weight Pentathlon

**Item 59** - 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.

**Item 60** – Housekeeping**Item 61** – 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

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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.)

**Item 62** - Approved as 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 provided the track has been measured 20cm from the white line in accordance with Rule 160.2

**Item 63** – Rejected**Item 64** – Rejected**Item 65** - Amend Rule 300.3(b):

Intermediate Division – ((5000)) 3000 Meter Race Walk

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

**Item 66** – Approved with the following substitution for the item submitted:

In Association and regional meets where all rounds are held on one day, and the competitors in the 100, 200, or hurdles advance directly to a final, the final may be run at the time of the scheduled preliminary.

**Item 67** – Approved with the following substitution for the item submitted:

Replace Rule 302.3 as follows:

(a) The procedure for entering a relay is given in the Youth Guide. Failure to comply with the procedure may result in disqualification.

(b) A Relay team shall consist of four (4) members.

(c) Participation of relays teams shall be limited to those clubs that hold a valid club membership in USATF.

(d) An athlete may drop an individual event to compete on a relay as long as the athlete has not competed in any round of that event. A 'no show' does not constitute a drop in that event. A change form must be submitted at registration 1 ½ hours prior to the scheduled start of the event being dropped.

**Youth Athletics Nationals**

(e) Any athlete listed in the USATF membership database with the club in the same division/sex is eligible for that relay team.

**Junior Olympics**

(f) To enter a relay in the Junior Olympics a relay roster is required.

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

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

(Double parentheses) indicates removal. Underline indicates an addition.

- (i) 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 above 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.

**Item 68 – 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.

**Item 69 – WITHDRAWN****Item 70 – 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.

**Item 71 – ((Delete Note at the end Rule 302.6))****Item 72 – 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.

**Item 73 – Rejected****Item 74 – Rejected****Item 75 – Approved as amend Rule 305.1(c) as follows:**

... The hammer throw is an optional event in the Association 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.))

**Item 76 - ((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.

**Item 77 – Rejected.****Item 78 – ((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.

**Item 79 – Rejected**

((Double parentheses)) indicates removal. Underline indicates an addition.

**Item 80 – 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.

**Item 81 - 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.

**Item 82 - Approved with the following substituted for the submission:**

Replace Rule 305.4 and 305.5 as follows: The entry information procedure and awards information can found in the Youth Guide.

**Item 83 - 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 ...

**Item 84 – Rejected****Item 85 – Rejected****Item 86 – Tabled for further study. 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.

**Item 87 – Rejected****Item 88 - WITHDRAWN.****Item 89 – Tabled for further study. Amend Rule 331.1(h) as follows:**

National Outdoor Weight Throws

**Approved Amendments to USATF Rules**

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(Double parentheses) indicates removal. Underline indicates an addition.Weight Throw; Superweight Throw; Ultraweighting Throw

Amend Rule 332.3(g)

SUPERWEIGHT AND ULTRAWEIGHT		
Ages	Superweight	Ultraweighting
<b>WOMEN</b>		
30-49	35 lb	56 lb
50-59	25 kg	35 lb
60-79	25 kg	35 lb
80 & up	20 lb	35 lb
<b>MEN</b>		
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

**Item 90** – Approved as 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. 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.

**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** – Rejected**Item 93** – Rejected**Item 94** – Rejected**Item 95** – Approved as amended by replacement of the submission with:

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 are defined as:

- i. Association: All members must hold current USATF membership in the same Association, or
- ii. Region: All members must hold current USATF membership in the same USATF Masters region, or
- iii. Unrestricted: Any relay team that does not meet one of the three definitions above.

**Approved Amendments to USATF Rules****2006 Annual Meeting pg. 14**(Double parentheses)) indicates removal. Underline indicates an addition.

Club and Non-Club relay teams shall be separate divisions. 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 in the Non-Club Division. ((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.

**Item 96** – 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.

**Item 97** – Rejected**Item 98 – WITHDRAWN****Item 98a** - 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
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**Approved Amendments to USATF Rules****2006 Annual Meeting pg. 15**(Double parentheses) indicates removal. Underline indicates an addition.

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 STEEPELCHASE**

All	2000m	0.762m (30")	See Rule 169
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**MEN'S STEEPELCHASE**

30-59	3000m	0.914m (36")	See Rule 169
60&up	2000m	0.762m (30")	

**Item 99** – 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.

**Item 100** – 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

**Item 101** – Approved as 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)

and add specification for the new implements to Rule 195.8.

**Item 102** – Approved as amended. Amend Rule 340.3 as follows:

... The form of proof, unless otherwise specified, shall be a certified copy of a ((certified)) birth certificate, or a passport ...

**Item 103** – Approved as amended. 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 score may be determined by the Games Committee.

**Item 104** – Approved as amended. Amend Rule 341.7 as follows:

Teams must ((also)) represent current member((s)) clubs of USATF, 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.

**Item 105** – Amend Rule 341.10 as follows:

(Double parentheses)) indicates removal. Underline indicates an addition.

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.

**Item 106** – Tabled Placeholder ADA accommodation to define running as necessary.

**Item 107** – Approve as amended. 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 as of January 1 of the current year 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.

**Item 108** - 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
Referee - Start	1	1
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, ...

**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](http://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 should be preferably 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  $1.22m \pm 0.01m$  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  $1.07m \pm 0.01m$ .
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:

**60m, 60mH**

No. of Entries	No. Trial	No. Qualifying on Place	No. Qualifying on Time	No. Semi Heats	No. Qualifying on Place	No. Qualifying on Time	No. in Final
		Heats	on Place	Heats	on Place	on Time	
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**

- 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:
  - In the first round in the 200 meters and 400 meters, lane one shall not be utilized;
  - A draw for lanes will be made for the outer two lanes between the two highest ranked athletes;
  - A draw for lanes will be made for the next two lanes between the third and fourth ranked athletes;
  - A draw for lanes will be made for any remaining inner lanes between the remaining athletes.
- 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 1 <sup>st</sup> 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**  
**Shot Put/ Weight Throw**

**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.

NOTE: The movement of the panels in Note 1 to Rule 190 should be modified to reflect the specifications of the landing sector.

### **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.

### **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.