

## **CLERK OF THE COURSE -- USATF RULES**

### **Uniforms**

- Uniforms must be clean, non-objectionable, and non-transparent when wet. (143.1)
- Relay runners must be identifiable as team members - meet-issued letters/numbers **or** identical shirt. (170.24)

### **Numbers/Bibs/Transponders**

- If bibs are provided, they may not be cut or folded. (143.4) & must be worn visibly on front if 1/front & back if 2 (1 only - HJ&PV) (143.5/6, 143.4). Transponder/timing device must be worn according to instructions (143.7)

### **Shoes**

- Runners may run in bare feet, or with shoes on one or both feet; no more than 11 spikes/shoe. (143.3)
- Max spike length for synthetic surfaces - 9mm (12mm for HJ & JT) or as further limited by meet mgmt; for non-synthetic surfaces - 25mm; no appliances in shoes for unfair advantage; max sole thickness: 13 mm for HJ & LJ, max heel thickness: 19mm for HJ (143.3) All other events - shoes may be any thickness.

**Electronic Devices** Visible possession of audio/video/communication devices not permitted in competition area. (144.3)

### **Starting Positions and Commands**

- For races of 400m or less, starting blocks and a crouch start must be used, both hands in contact with the ground and both feet in contact with the blocks; blocks may not be used in longer races. Block holders – OK. (161.2/5, 162.6) Commands are: “On your marks,” “Set,” and then the gun. (162.3)
- For races of more than 400m, must use a standing start and runners are placed 1-3m behind their starting line. The commands are: “On your marks” (runners advance to the starting line) and then the gun. (162.3, 162.6)

**False Starts** Athletes are disqualified after their 1st false start; exception: combined events; Masters; and Sub-Bantam, Bantam, Midget, and Youth - where a 2nd false start is a disqualification. (162.12; 200.3c; 302.2d)

### **Forming Heats** (See Rule 166)

### **Starting Lines (lanes/not in lanes) & Staggered Starts** (160.8, 162.18)

- 200m: entirely in lanes, 1 turn stagger; 400: entirely in lanes, 2 turn stagger
- 800m: in lanes for 1 turn stagger, then break. Place small cones at the intersection of each lane & the break line.
- Staggered alleys - 2/3 on waterfall at start line, and 1/3 on waterfall at stagger for a 1 turn stagger.
- Relays: 4x100m entirely in lanes, 2-turn stagger; 4x200m entirely in lanes, if not possible, 3 turn stagger; 4x400m in lanes, 3-turn stagger then break. (170.6)

### **Relays - Passing Zones**

- Passing zones are 20m long, centered on the starting line for each leg. (170.2)
- In the 4x100m, 4x200m, and any other relay where the incoming runner leg is 200m or less, the 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> runners may start 10m outside of passing zone in the international zone. (170.7)
- The zone center lines for the first exchange of the 4x400 and the second exchange of the 4x200m relays are the same as the start lines for the 800m run. (170.3)
- For exchanges in lanes, runners may place one tape check mark in their lane, max size of 5x40cm. (170.11)

### **Relays - Baton Exchange**

- The baton must be smooth, rigid, hollow, one-piece, with no material or other substance on it. (170.25)
- The baton must be carried by hand, if dropped it must be retrieved by the runner who dropped it. (170.12)
- The baton must be exchanged within the passing zone (position of baton is decisive). (170.14)

### **Relay Receiving Positions**

- In the 4x400m relay, 3<sup>rd</sup> & 4<sup>th</sup> runners are placed in the order of their incoming teammates as they complete 200m; after that they will not change positions. (170.9) (Also applies to other relays when lanes are not used.)
- For other relays with exchanges not made in lanes – no specific rule, but: outgoing runners are usually placed on the track in the order of the incoming runners as they enter the final straightaway. (170.10)
- Runners must remain in their lane until the course is clear. (170.16)

**Medley Relay Legs** Sprint medley: 200-200-400-800m; Distance medley: 1200-400-800-1600m (11.2, 12.2)