

### USATF RULES COMMITTEE SCORECARD

Committee Actions as of 12/8 Final Report

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

**Final Action:**

A=Approved as Submitted    AA=Approved as Amended    T=Tabled    R=Rejected    W=Withdrawn

((~~Double parenthesis/strikethrough~~)) indicates removal. Underline indicates addition. Renumbering of rule number is automatic as appropriate. Summarized by George Kleeman, Vice-Chair Rules.

**Item 1 – Tabled 2012 Item 6** – Submitted by George Kleeman, Rules Committee. Amend Rule 10.4(a)ii as follows:

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

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

**Item 2 – Withdrawn**

**Item 3 – Withdrawn**

**Item 4 – Withdrawn**

**Item 5 – Approved 2012 Item 67** – Submitted by Don Lien, Chair Masters LDR on behalf of Bill Quinlisk. Amend Rule 261.5 as follows: (Note this item was included in 2013 Rulebook by mistake. It now has been approved.

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

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

**Item 6 – Approved 2012 Item 69** – Submitted by Bill Hickman, Rules Committee on behalf of Becca Gillespy Peters. Add Rule 264.4(b) as follows:

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

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

**Item 7 – Rejected**

**Item 8 – Withdrawn**

**Item 9 – Rejected**

**Item 10 – Approved as Amended Tabled 2012 Item 107** – Submitted by Latashia Key, President – Indiana USATF on behalf of Robert Thomas. Delete Rule 320.3.

Replace submission with:

Amend Rule 320.3 as follows:

(a) There shall be the following age divisions (five-year age groups) for relay events which are contested at WMA World Championships (4x100 relay and 4x400 relay outdoor, 4x200 indoor).

<b>AGES</b>	<b>MEN</b>	<b>WOMEN</b>
30+	M30	W30
35+	M35	W35
40+	M40	W40
...	...	...
85+	M85	W85
90+	M90	W90

(b) There shall be the following age divisions for team and all other relays competition (ten-year age groups):

<b>AGES</b>	<b>MEN</b>	<b>WOMEN</b>
30+	M30	W30
40+	M40	W40
50+	M50	W50
...	...	...
85+	M80	W80
90+	M90	W90

**Item 11 – Rejected**

**Item 12 – Rejected**

**Item 13 – Approved** Amend Rule 125.10 as follows:

If, in the opinion of the appropriate Referee, circumstances arise at any meet such that justice demands that any event or any part of an event should be contested again, except as indicated in the authority of the Starter, the Referee shall have authority to declare the event or any part of an event void and that it shall be held again, either on the same day or on some future occasion, as the Referee shall decide.

**Item 14 – Rejected**

**Item 15 - Rejected.**

**Item 16 - Approved** Add Rule 132.4 as follows:

**COMPETITION SECRETARY / TECHNICAL INFORMATION CENTER (TIC)**

A Technical Information Centre (TIC) shall be established for competitions held under Rule 10 and Rule 11 and is recommended for other competitions held over more than one day. The main function of the TIC is to ensure smooth communication between each competitor, the Games Committee, the Meet Director and the Competition Director regarding technical and other matters relating to the competition.

**Item 17 - Approved** Amend Rule 137.3 as follows:

Before each event where the device is used, the Judge shall supervise the positioning of the measuring instruments, taking account of the technical requirements given by the ~~((technical-staff))~~ manufacturer, the instrument calibration specifications and the needs of the event chief.

**Item 18 - Tabled** Amend Rule 142.3 as follows:

In scored competitions, ~~((any athlete declared to compete must honestly participate in each round (trial, heat, or final, etc.) of each track event for which the athlete is declared or the athlete will be barred from further competition in that meet.))~~ except as provided below, an athlete shall be excluded from participation in all further events, including other events in which participation is occurring simultaneously, in the competition where:

(a) A final confirmation was given that the athlete would start in an event but then failed to participate;  
NOTE: A fixed time for the final confirmation of participation shall be published in advance.

(b) An athlete qualified in a preliminary round of an event for further participation in that event but then failed to participate further;

(c) An athlete failed to compete honestly, with bona fide effort. The relevant Referee will decide on this and a corresponding reference made in the official results.

NOTE: The situation foreseen in (c) shall not apply to the individual events of a Combined Event.

(d) Passing in a field event is an allowable action by the athlete and does not constitute failure to participate.

This rule shall not apply to track events in which only a final is held, but an athlete may be barred from such an event if previously he or she has not honestly participated in a track event within the purview of this rule.

**NOTE:** *For Youth Athletics exception, see Rule 302.2(g).*

**Item 19 – Approved** Amend Rule 142.4 as follows:

The Referee has the discretion to waive the honest participation rule in the event an athlete provides a medical certificate, ~~((endorsed))~~ based on an examination by a medical officer appointed or approved by USATF of the Games Committee, ...

**Item 20 – Approved** Amend Rule 143.4 as follows:

(a) When bib(s) are provided, every competitor shall wear them, as indicated in these rules, when competing.

(b) If one bib is provided, it must be worn visibly on the front. When two bibs are provided, they must be worn on the singlet, front and back. If, pursuant to Rule 143.2, a singlet is not worn, the bibs should be worn on the shorts, front and back. The competitors may also be required to wear start list identifying numbers on the hips and in other locations determined by the Games Committee.

(c) No athlete shall be permitted to participate in any competition without the appropriate bib, except as indicated in these rules. Bibs are to be worn as issued (cutting or folding numbers is not permitted). The identifying information on the bib need not be numeric. It shall be of sufficient font type, size and contrast for clear visibility. Not wearing an assigned bib may be grounds for disqualification under Rule 145.2.

NOTE: For Masters Exception see Rule 341.6.

**Item 21 – Approved** Delete Rule 143.5 as follows:

~~((If one bib is provided, it must be worn visibly on the front. When two bibs are provided, they must be worn on the singlet, front and back. If, pursuant to Rule 143.2, a singlet is not worn, the bibs should be~~

worn on the shorts, front and back. The competitors may also be required to wear start list identifying numbers on the hips and in other locations determined by the Games Committee.

**NOTE:** *For Masters Exception see Rule 341.6.)*

**Item 22 – Approved** Amend Rule 144.3 as follows:

The following shall be considered examples of assistance:

**Item 23 – Withdrawn**

**Item 24 – Tabled** Add Rule 144.3j as follows:

Viewing by athletes competing in field events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area (see Rule 144.3(b)). The viewing device or images taken from it shall not be taken into the competition area.

**Item 25 – Approved As Amended** Amend Rule 144.9 as follows:

(a) In races of 5000 Meters through 10,000 Meters, ((During hot weather)) the meet organizers may furnish competitors with water and sponging stations ((in races of 5000 Meters and longer)) on the track and in off-track events.

(b) In Track Events longer than 10,000m water shall be provided and sponging stations may be provided. Refreshments may be provided either by the Games Committee or the athlete and shall be placed so that they are easily accessible to, or may be put by authorized persons into the hands of the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Games Committee from the time that the refreshments are lodged by the athletes or their representatives.

See Rules 232 and 241.

**Item 26 – Approved** Amend Rule 146.4 as follows:

In races where a false start control apparatus is used, if an immediate oral protest is made regarding a decision by the Starter to charge a false start, the Referee may, if in any doubt, allow an athlete to compete under protest in order to ...

**Item 27 – Approved** Amend Rule 146.5 as follows:

A protest may be based on the failure of the Starter to recall a false start or under Rule 162.16 to abort a start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start or whose conduct should have led to the start being aborted, and who was subject to warning or disqualification according to Rule 162.13 or Rule 162.16, shall be warned or disqualified. Whether or not there is any warning or disqualification, the Referee shall have the authority to declare the event or part of the event void and that it or part of it shall be held again if in his or her opinion justice demands it.

**NOTE:** The right of protest and appeal for Rule 146.5 shall apply whether or not a false start control apparatus is used.

**Item 28 – Approved** Amend Rule 146.6b as follows:

Regarding an attempt during the first three rounds of trials of a horizontal field event that would have advanced the athlete to the final three rounds only if the protest or subsequent appeal was upheld; or regarding an attempt in a vertical field event that would advance the athlete to a higher height only if the protest or subsequent appeal was upheld; the Referee may allow the athlete to continue competing under protest to preserve the rights of all concerned. ((If the protest is upheld, no athlete is disenfranchised from

~~the final three rounds. The protested performance of the athlete and any other performance achieved while competing under protest will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and is allowed.)~~)

**Item 29 – Approved** Add Rule 146.7 as follows:

The protested performance of the athlete and any other performance achieved while competing under protest will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and is allowed.

**Item 30 – Withdrawn**

**Item 31 – Approved** Amend Rule 160.7 as follows:

NOTE: The 1500m start line may be extended out from the outside bend lane to the extent that the same synthetic surface is available.

**Item 32 – Approved** Amend Rule 161.4 as follows:

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

**Item 33 – Withdrawn**

**Item 34 – Approved** Amend Rule 162.12 as follows:

A competitor, after assuming a full and final set position, shall not commence his/ her start until first receiving the report of the pistol/starting device. If, in the judgment of the Starter, the athlete does so any earlier, it will be deemed a false start. When an IAAF approved false start control apparatus is in use, the Starter and/or an assigned Recall Starter with no other duties shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus indicates a possible false start, i.e. when reaction time is less than 0.100 seconds. As soon as the Starter and/or an assigned Recall Starter hears the acoustic signal, and if the gun was fired, there shall be a recall. The Starter shall immediately examine all the available numerical and graphical information generated by the false start control apparatus in order to confirm which athlete(s), if any, is/are responsible for the apparatus emitting a signal. Unless the apparatus was obviously not working properly, appropriate action, shall be taken with respect to the athlete(s) with a reaction time faster than 0.100 of a second.

**NOTE 1:** *Motion by a competitor that does not include or result in one or both hands leaving contact with the ground, or one or both feet losing contact with the foot plates of the starting blocks, shall not be considered commencement of the start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.*

**NOTE 2:** Athletes starting races in a standing position are more prone to over-balance. If such a movement is considered to be accidental, the start should be regarded as 'unsteady'. If an athlete is pushed or jostled over the line before the start, that athlete should not be penalized. Any athlete causing such interference may be subject to a disciplinary warning or disqualification.

**NOTE 3:** When an IAAF approved false start control apparatus is in operation, the evidence from this equipment, coupled with any resulting loss of contact, shall normally be accepted as conclusive by the Starter. See Rule 161.4.

**Item 35 – Approved** Amend Rule 162.17 as follows:

... with one group of approximately ~~((65 percent))~~ two-thirds of the competitors ...

**Item 36 – Tabled** Amend Rule 163.4 as follows:

~~((Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to impede his or her progress shall be liable to disqualification in that event. The Referee shall have the authority to order the race to be re held, excluding the disqualified competitor or, in the case of a heat, to permit any competitor(s) seriously affected by jostling or obstruction (other than the disqualified competitor) to compete in a subsequent round of the race. Normally, such an athlete should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to advance a competitor seriously affected by jostling or obstruction or to order the race to be re held if it is just and reasonable to do so.))~~

Where an athlete is jostled or obstructed during an event so as to impede his or her progress:

- (a) If the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if of the opinion that an athlete or team was seriously affected, order that the race be re-held or allow the affected athlete or team to compete in a subsequent round of the event;
- (b) If another athlete is found responsible for the jostling or obstruction by the Referee, such athlete or team shall be liable to disqualification from that event. The Referee may, if of the opinion that an athlete was seriously affected, order that the race be re-held excluding any disqualified athlete or allow the affected athlete or team, other than any disqualified athlete or team to compete in a subsequent round of the event.

In both cases, such athlete or team should normally have completed the event with bona fide effort.

**Item 37 – Approved** Amend Rule 163.5 as follows:

Each competitor must keep in the lanes outside the line or curb marking the inside of the track, including the curved part of the diversion from the track for the steeplechase water jump. In races run entirely in lanes, each competitor must keep in the allotted lane from start to finish. In races run partially in lanes, each competitor must keep in the allotted lane from the start to the marked cut-in points. ...

**Item 38 – Approved** Add Rule 163.5c as follows:

Steps or runs outside the lane on any straight part of the diversion from the track for the steeplechase water jump, or

**Item 39 – Approved** Amend Rule 163.6a as follows:

No competitor, after voluntarily leaving the track or course, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another competitor. The competitor shall be recorded as not finishing the event. A competitor attempting to re-enter the race shall be disqualified.

**Item 40 – Withdrawn**

**Item 41 - Approved** Add Rule 164.5 as follows:

In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be colored black in a suitable design. Any such design must be solely confined to the intersection, for no more than 2cm beyond, and not extended before, the leading edge of the finish line.

**Item 42 - Tabled** Amend Rule 165.1 as follows:

Four methods of timing are official, hand timing, fully automatic timing, video timing, and transponder timing as set forth in this Rule. A timing device that operates automatically at either the start or finish, but not at both, shall be considered to produce neither hand times nor fully automatic times and ~~((should))~~ shall not be used to obtain official times.

**Item 43 - Approved** Amend Rule 165.9 as follows:

- (a) If possible, there should be at least two fully automatic timing ~~((devices))~~ FAT systems of a similar make in operation, one from each side of the track at the finish line. At the Open and Junior National Championships, at least two ~~((fully automatic timing devices))~~ FAT systems of a similar type must be used and the placement should be with at least one at each side of the track at the finish line. Preferably, the two ~~((timing devices))~~ FAT systems should be technically fully separated, i.e., supported by different power systems and recording and relaying the report of the Starter's pistol, or approved starting apparatus, by separate equipment and cables.
- (b) Where two or more ~~((fully automatic timing devices))~~ FAT systems are used, one should be designated as the official one before the start of the competition. The times and places from the other ~~((device))~~ system(s) or camera(s) should not be considered unless there is reason to doubt the accuracy of the official ~~((device))~~ system or if there is a need to use the supplementary images to resolve uncertainties in the finishing order or times.
- (c) In the event that all FAT systems malfunction at the start of a race, the race should be recalled. See Rule 129.

**Item 44 - Approved** Amend Rule 165.10 as follows:

- (a) The ~~((timing equipment))~~ FAT system must be ~~((fully automatic and))~~ tested and certified to be accurate ~~((prior to))~~ within four years of the competition.
- (b) The FAT system shall record the finish through a camera positioned in the extension of the finish line producing a composite image. In each following case, the image must be synchronized with a uniformly marked time scale graduated in 0.01 seconds.
  - i. For competitions defined in Rule 10.1 and Rule 11.1, this composite image must be composed of at least 1000 images per second.
  - ii. For other competitions, this composite image must be composed of at least 100 images per second.
- (c) ~~((It must))~~ The system shall be started automatically by the ~~((discharge of the Starter's pistol or authorized starting device at the instance of the flash/smoke from the charge, or it must be synchronized with the start signal, and it must record the finish times automatically when any part of the competitor's body or torso (as distinguished from the head, neck, arms, hands, legs, or feet) reaches the perpendicular plane of the nearer edge of the finish line. The))~~ Starter's signal, so that the overall delay between the report from the ((pistol or the initial sound of the electronic tone)) muzzle, or its equivalent visual indication and the start of the timing system ((must be)) is constant and equal to or less than 0.001 ((of a second)) seconds.

- (d) If the ~~((fully automatic timing device))~~ FAT system is not started automatically in accordance with ~~((subparagraph (a)))~~ this rule, the image ~~((should))~~ shall so indicate automatically. In such case, the times recorded on the image will not, under any circumstances, per rule 165.1, be considered official. The image may, however, be used as a valid support to determine ~~((placings))~~ positions and to adjust time intervals between runners. See Rule 165.5.
- (e) The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.
- (f) The system must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of every athlete.  
~~((b) In the event that the fully automatic timing devices malfunction at the start of a race, the race should be recalled. A Recall Starter should be assigned for this purpose. See Rule 129~~  
~~(d) In all fully automatic systems, the picture production and the time system shall be synchronized generating a uniformly marked time scale graduated in 0.01 of a second. The photo finish system must be able to produce a printed picture that shows the time for each runner.))~~

**Item 45 - Approved** Delete Rule 165.15 as follows:

~~((A photofinish system based on a combination of a video CCD (Charge Coupler Device) camera with a minimum of 100 lines per second, a computer and an appropriate electronic timing device may be used, provided this system is calibrated by an independent testing laboratory. The system must record the finish through a camera with a vertical slit, positioned in the extension of the finish line, producing a composite of at least 100 component images per second. In order to confirm that the camera is correctly aligned and to facilitate the reading of the photo finish image, the intersection of the lane lines and the finish line shall be colored black in a suitable design. Any such design must be solely confined to the width of the intersection and not extending before the leading edge or more than 2cm beyond the finish line.))~~

**Item 46 - Approved** Delete Rule 165.16b as follows:

~~((the resolution is 0.1 second (i.e., it can separate runners finishing 0.1 second apart);))~~

**Item 47 - Rejected**

**Item 48 - Approved** Amend Rule 166.1(f)-i as follows:

**NOTE:** When there are more lanes than athletes, the inside lane(s) should always remain free.

**Item 49 - Approved** Add Rule 167.1 as follows:

Where qualifying for the next round is based on place and time, i.e., the first three in each of two heats plus the next two fastest, and there is a tie for the last qualifying position based on place, placing the tied athletes in the next round shall reduce the number of athletes qualifying based on time.

**Item 50 - Approved** Amend Rule 169.2 as follows:

... The water jump shall be the fourth if that is feasible. The jumps ~~((shall))~~ should be evenly distributed, i.e., the distance between the jumps shall be approximately one-fifth of the nominal length of the lap. ...

**NOTE 1:** Adjustment to the hurdle spacing may be necessary to ensure that safe distances from a hurdle / start line and to the next hurdle are maintained before and after the finish line respectively as indicated in the IAAF Track and Field Facilities Manual.

**Item 51 – Approved** Amend Rule 169.4c as follows:

~~((trails the leg or foot below the horizontal plane of the top of any hurdle at the instant of clearance.))~~  
has a leg or foot, at the instant of clearance, beside the hurdle (on either side) below the horizontal

plane of the top of any hurdle. Provided this Rule is observed, an athlete may go over each hurdle in any manner.

**Item 52 – Approved** Amend Rule 170.1 as follows:

NOTE 1: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 170.10, 170.13, 170.14 and 170.15.

**Item 53 – Approved** Amend Rule 170.3 as follows:

Each take-over zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each exchange conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their exchange zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.5 is observed.

**Item 54 – Approved** Amend Rule 170.10 as follows:

The ‘Swedish’ Medley Relay and the outdoor Sprint Medley Relay races ((shall)) should be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the break line marked and described in Rule 160.8(c), where runners may leave their respective lanes.

**Item 55 – Approved** Amend Rule 180.4d as follows: *(provide a clearer model)*

In non-championship competition, in the discretion of the Games Committee, the number of trials ~~((allowed to each competitor))~~ may be reduced ~~((to))~~ so that each competitor is allowed four trials. The Technical Material shall include the procedure for the competing order of the last round.

**Item 56 – Approved** Add Rule 180.5 as follows:

Trials shall be recorded as follows:

- (a) Except in High Jump and Pole Vault, a valid trial shall be indicated by the measurement taken. In High Jump and Pole Vault, it shall be indicated by the symbol ‘O’;
- (b) A failure shall be indicated by the symbol ‘X’;
- (c) If the athlete forgoes a trial, a pass, it shall be indicated by the symbol ‘-’.

**Item 57 – Approved** Amend Rule 180.5e, Rule 180.6, Rule 180.8a, Rule 180.13b & Rule 180.13c as follows:

Replace all occurrences of ‘warm-up’ with ‘practice trials’ as appropriate.

**Item 58 – Withdrawn**

**Item 59 – Approved** Amend Rule 180.15 as follows:

Each competitor shall be credited with the best of his/her attempts, including in the case of the High Jump and the Pole Vault those achieved in deciding a tie for first place. See Rule 262.7 in regard to records.

**Item 60 – Approved** Amend Rule 180.16a as follows:

In the jumping events, the length of the run is unlimited. The minimum length of runways is 40m for the Long Jump, Triple Jump and Pole Vault. The minimum length is measured from the relevant takeoff line or from the ‘zero’ line. ...

**Item 61 – Approved** Amend Rule 180.17 as follows:

In the Javelin Throw, the length of the runway shall be not less than 30m. For Championships, the minimum length (~~(should)~~) shall be 33.5m. Where feasible, the minimum length should be 36.5m. The runway shall be marked by two parallel lines 5cm wide and 4m apart.

**Item 62 – Approved** Add Rule 180.21 as follows:

A distinctive flag or marker may also be provided to mark the existing World Record and, when appropriate, the existing Area, National or Meet Record. The marker shall be placed along, and outside the landing area / sector.

**Item 63 – Approved** Amend Rule 181.16 as follows:

The supports for the crossbar shall be flat and rectangular, 4cm wide and 6cm long. They shall be firmly fixed to the uprights and immovable during the jump, and shall each face the opposite upright. The ends of the crossbar shall rest on them in such a manner that if the crossbar is touched by a competitor, it will easily fall to the ground, either forwards or backwards. The surface of the supports shall be smooth. The supports shall be the same height above the takeoff area immediately below each end of the crossbar.

**Item 64 – Tabled** Amend Rule 181.18 as follows:

The crossbar shall rest on horizontal pegs so that if it is touched by the competitor or the pole, it will fall easily to the ground in the direction of the landing area. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13mm in diameter. They must not extend more than 55mm from the uprights (~~(, which should)~~). The vertical peg backings, which shall also be smooth and be constructed in a way that the crossbar cannot rest on the top of them, may extend no more than 35-40mm above the pegs. The distance between the pegs shall not be less than 4.30m or more than 4.37m. The pegs (~~(may not be)~~) shall not be made of or covered with rubber or with any other material that has the effect of increasing friction.

**Item 65 – Rejected**

**Item 66 - Tabled** Amend Rule 181.20 as follows:

~~**Landing Areas** - ((Where it is feasible, the landing area for the High Jump should measure not less than 6m long (parallel to the crossbar) by 4m wide; for the Pole Vault it should measure not less than 6.15m long (perpendicular to the crossbar) by 6m wide. There shall be a minimum of 5 m of landing surface behind the box.)) The landing area for the High Jump and Pole Vault should be composed of soft material other than sawdust or shavings of such composition and construction to provide a soft landing. ((A front pad, similar in material and dimensions to the landing area, may be used to cover the area surrounding the take-off box of the Pole Vault and extending between the standards. In the High Jump, the landing area should be a minimum height of .712m (28 in.); in the Pole Vault, it should be a minimum height of .813m (32 in.) above the take-off. The side of the landing area nearest to the box shall be placed 10-15cm from the box and shall slope away from the box at an angle of approximately 30 degrees. The exposed area to the sides and back of the vault box shall have suitable padding.))~~

- (a) High Jump – The landing area for USATF Championships, and where otherwise feasible, shall measure not less than 6m long (parallel to the crossbar) by 4m wide and 0.7m in height behind the vertical plane of the crossbar. For other competitions, this minimum should be not less than 5m long by 3m wide and 0.7m in height.
- (b) Pole Vault – The landing area for USATF Championships, and where otherwise feasible, shall measure not less than 6m long by 6m wide and 0.8m in height behind the zero line and excluding the front pieces. For other competitions, this minimum should be not less than 5m long by 5m wide and 0.8m in height. Front pads, similar in material to the landing area and at least 2m in length, shall in all cases be used to cover the area surrounding the take-off box of the Pole Vault and extending between

the standards. The side of the landing area nearest to the box shall be placed 10-15cm from the box and shall slope away from the box at an angle of approximately 45 degrees. The exposed area to the sides and back of the vault box shall have suitable padding.

**Item 67 - Approved** Amend Rule 183.3 as follows:

In order to obtain a better grip, competitors are permitted to use ~~((an adhesive))~~ a substance ~~((such as resin, tape, or a similar substance))~~ on their hands or on the pole during the competition. Gloves may be used. The use of a forearm cover to prevent injuries shall be allowed. See Rule 183.8 in regard to the use of tape on pole.

**Item 68 - Approved** Amend Rule 184.8 as follows:

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

**Item 69 - Approved** Amend Rule 185.4 as follows:

**NOTE:** *This first contact is considered leaving.*

**Item 70 - Approved** Amend Rule 185.5 as follows:

- (e) in the course of landing, touches the border of or the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or
- (f) ~~(((when leaving the landing area, makes first contact by foot with the ground outside the landing area that is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing)))~~ leaves the landing area in any manner other than that described in Rule 185.4; or
- (g) If no plasticine or other marker material is being used, breaks the plane of the take-off line with the shoe/foot.

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

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

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

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

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

**Item 71 - Approved** Add Rule 185.6 as follows:

A competitor shall not be regarded to have failed if:

- (a) he or she runs outside the white lines marking the runway at any point; or
- (b) under Rule 185.1(b) a part of his or her shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or

- (c) if in the course of landing, he or she touches, with any part of his body, or anything attached to it at that moment, the ground outside the landing area, unless such contact contravenes Rule 185.5(d) or (e); or
- (d) he or she walks back through the landing area after having left the landing area in the manner described in Rule 185.4; or
- (e) except as described in Rule 185.5(b), he takes off before reaching the board.

## Item 72 - Withdrawn

### Item 73 - Approved Amend Rule 187.3 and Rule 187.4 as follows:

~~((3. A competitor shall not use any device of any kind, including the taping of two or more fingers together or the use of weights attached to the body, which in any way provides assistance when making a trial, except:~~

- ~~(a) If taping is used on the hands and fingers, it may be continuous provided that as a result, no two or more fingers are taped together in such a way that the fingers cannot move individually. The use of tape on the wrist is allowed. The tape should be shown to the Chief Judge of the event before the event starts.~~
  - ~~(b) The use of gloves is not allowed, except for protection of the hands in the Hammer and Weight Throw. The gloves must be smooth on the back and the front and the glove fingertips, other than the thumb, shall be cut to expose the fingers. Taping the glove to or at the wrist is permitted.~~
  - ~~(c) In order to obtain a better grip, competitors may use a suitable substance on their hands only or in the case of hammer or weight throwers, on their gloves. Shot putters may use such substances on their neck. Additionally, in the Shot Put and the Discus Throw, competitors may place chalk or a similar substance that is easily removed and does not leave any contamination on the implement.~~
- ~~4. Competitors may not spray or spread any substance within the circle or on their shoes or roughen or smooth the surface of the circle.))~~

3. The following shall be considered assistance and are therefore not allowed:

- (a) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
- (b) The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.
- (c) The use of gloves except in the Hammer and Weight Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.
- (d) The spraying or spreading by neither an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.

4. The following shall not be considered assistance and are therefore allowed:

- (a) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower or weight thrower on his or her gloves. A shot putter may use such substances on their neck.
- (b) The placement by an athlete, in the Shot Put and Discus Throw, on the implement, chalk or a similar substance. All substances used shall be easily removable using a wet cloth and shall not leave any residue.
- (c) The use of taping on the hands and fingers that is not in contravention of Rule 187.3(a).

### Item 74 - Approved Amend Rule 191.7 as follows:

The handle shall have a symmetric design, be rigid and without hinging joints of any kind, may have a curved or straight grip and/or brace (~~(and shall have a maximum length inside of 110mm)~~). Per IAAF specifications, the minimum handle breaking strength shall be 8kN (800kgf) and the handle shall be designed such that the total deformation of the handle under a tension load of 3.8kN shall not exceed 3mm. See Figure 14.

**Item 75 - Approved** Amend Rule 191.9 as follows:

**NOTE:** The weight of the implement includes the totality of the hammer head, wire and handle.

**Item 76 - Approved** Amend Rule 193.1c as follows:

No throw shall be valid or counted in which (~~(the tip or the point of)~~) the metal head, in contacting the ground, or any other object, when it first lands, is not completely within the inner edges of the lines of the sector before any other part of the javelin, or where the competitor touches with any part of the body, the arc as marked or the lines drawn from the extremities thereof at right angles to the parallel lines, or the ground beyond the arc or such

**Item 77 — Approved** Amend Rule 193.7 as follows:

**NOTE 1:** While the cross-section throughout should be circular, a maximum difference between the largest and the smallest diameter at any cross section of 2% is permitted. The mean value of these two diameters at any nominated cross section must correspond to the specification of a circular javelin.

**Item 78 — Approved** Amend Rule 193.9 as follows:

... The head shall be constructed completely of metal. It may contain a reinforced tip of other metal alloy welded on to the front end of the head, maximum 40 degrees, provided that the completed head is smooth and uniform along the whole of its surface.

**Item 79 — Approved** Add Rule 195.9 as follows:

9. The weight shall conform to the following specifications:

<u>Name</u>	<u>56 lb</u>	<u>44 lb 20 kg</u>	<u>35 lb</u>	<u>25 lb</u>	<u>20 lb</u>	<u>16 lb</u>	<u>12 lb</u>	<u>4 kg</u>
<u>Nominal Weight, kg</u>	<u>25.40</u>	<u>20.00</u>	<u>15.88</u>	<u>11.34</u>	<u>9.08</u>	<u>7.26</u>	<u>5.45</u>	<u>4.00</u>
<u>Min. Record Wt., kg</u>	<u>25.400</u>	<u>20.000</u>	<u>15.880</u>	<u>11.340</u>	<u>9.080</u>	<u>7.260</u>	<u>5.450</u>	<u>4.000</u>
<u>Diameter min., mm</u>			<u>145</u>	<u>130</u>	<u>120</u>	<u>110</u>	<u>100</u>	<u>95</u>
<u>Diameter max., mm</u>			<u>165</u>	<u>150</u>	<u>140</u>	<u>130</u>	<u>120</u>	<u>110</u>

**NOTE:** Maximum diameter for (~~(Masters)~~) indoor implements is 15 mm larger.

**Reason:** *This paragraph was accidentally deleted last year when incorporating a substantial change to Rule 195. Two other editorial changes have been made:*

- a. The 44 lb weight is renamed to 20 kg to reflect reality*
- b. The oversize provision for the indoor weight applies to all competition, not just to Masters.*

**Item 80 — Approved** Amend Rule 214.1 as follows:

The heats or sections for all rounds in the running events (~~(in the National Indoor Track and Field Championships, and)~~) to the extent feasible (~~(in all other meets)~~), shall be formed according to

the following tables. For Championship and selection meets, alternate formation or advancement procedures may be used as included in the published in the entry materials.

**Item 81 — Approved** Amend Rule 214.2d as follows:

In races of 800m each athlete may be assigned a separate lane, or no more than two per lane, or a group start may be used, preferably using lanes 1 and 3(~~(-continuing in the same lane or group until the end of the first turn)~~). In these cases, athletes may leave their lane, or those running in the outer group may join the inner group, only after the break line marked at the end of the first turn.

**Item 82 - Approved** Amend Rule 232.4d as follows:

Athletes shall be permitted to provide their own refreshments at refreshment stations. A competitor who receives or collects refreshment from a place other than ((a refreshment station is liable to disqualification by the Referee-)) official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offense, be warned by the Referee normally by showing a yellow card. For a second offense, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

**Item 83 - Approved as Amended** Amend Rule 241.2 as follows:

~~((a) Drinking/Sponging and Refreshment Stations:~~

- ~~i. Water and, optionally, other suitable refreshments should be provided at appropriate locations every 5km or more frequently if deemed necessary.~~
- ~~ii. Race management may provide refreshments (other than water) and/or sponging and/or misting stations~~

~~(b) Personal refreshments, which may be provided either by the Organizing Committee or the athlete, may be made available at the stations designated by the athlete. They shall be placed so that they are easily accessible to, or may be put by authorized persons, standing one meter or less from the table, into the hands of, the athletes. Personal refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizing Committee from the time that the refreshments are lodged by the athletes or their representatives. In National Championships, the Organizing Committee shall make provisions for the collection and distribution of personal refreshments for those competing for the championship, as determined by the Games Committee.~~

~~(c) A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee. An athlete may carry liquid or solid refreshments on his/her person from the start.)~~

**Drinking / Sponging and Refreshment Stations**

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

(b) For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.

NOTE 1: Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.

NOTE 2: Mist stations may also be arranged, when considered appropriate under certain organizational and/or climatic conditions.

(c) Refreshments may include drinks, energy supplements or foodstuffs. The Organizing Committee will determine which refreshments it will provide based on prevailing conditions.

(d) The Organizing Committee may permit athletes to provide their own refreshments, in which case the athlete shall nominate at which stations they shall be made available to the athlete. Refreshments

provided by the athletes shall be kept under the supervision of officials designated by the Organizing Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way. In National Championships of 20k and longer, the Organizing Committee shall make provisions for the collection and distribution of personal refreshments for those competing for the championship, as determined by the Games Committee.

- (e) The Organizing Committee shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water.
- (f) An athlete may at any time carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.
- (g) A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee.

**Item 84 - Approved** Amend Rule 242.5 as follows:

The races shall be started in accordance with Rule 162.5, including the use of a cannon, air horn or like device. The commands and procedures for races longer than 400m, Rule 162.8, shall be used. The method of starting to be used must be explained prior to the start in such a manner that all participants will receive and understand the information. The athletes shall assemble on the start line in the manner determined by the organizers. In races which include a large number of competitors, a five-minute, three-minute and one-minute warning before the start of the race should be given. False starts in road races should not be recalled.

**Item 85 – Approved** Amend Rule 250 as follows and renumber:

**SECTION VIII**

CROSS COUNTRY and MOUNTAIN RUNNING

- 1. Variability:** The varying circumstances in which cross country and mountain running is practiced preclude rigid legislation standardizing this sport. The Rules in this Section are intended as a guide for cross country running and mountain running.
- 2. (~~Season:~~** ~~The cross country season will normally extend throughout the fall and winter months after the close of the outdoor track and field season until the next World Cross Country Championships.~~)
- 3. Participation:** Cross country is basically a team sport, but participation is not limited to teams, and individual entries may be accepted.
- 4.** The provisions of Rule 241 shall apply.
- 5.** The general rules of Long Distance Running apply unless otherwise modified in this section.
- 6.** The responsibility for providing an acceptable, well-marked course, details of which should appear in the program, rests with the organizing body, which should station umpires or monitors on the course to direct competitors where necessary.
- 7.** If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has left the marked course thereby shortening the distance to be covered, the competitor shall be disqualified.

**Item 86 – Approved** Delete Rule 251.6 and Rule 251.7 as follows:

~~((6. The responsibility for providing an acceptable, well marked course, details of which should appear in the program, rests with the organizing body, which should station umpires or monitors on the course to direct competitors where necessary.~~

~~7. If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has left the marked course thereby shortening the distance to be covered, the competitor shall be disqualified.))~~

**Item 87 – Approved Amend Rule 251 as follows:**

**CROSS COUNTRY COURSE**

**Item 88 — Approved Amend Rule 252 as follows:**

1. Cross country and mountain running races shall be started by the firing of a pistol or other suitable device. . . .
3. Starting (~~positions~~) boxes shall be randomly assigned by the Games Committee or the Meet Director for each team in team races and the members of each team shall be lined up in an order of their own choosing within their assigned position. In non-team races, the competitors shall be lined up in the manner determined by the Games Committee.

**Item 89 — Approved as Amended Add Rule 252 as follows:**

**MOUNTAIN RACING**

**1. Course:**

- (a) Mountain Races take place on terrain that is mainly off-road, unless there is significant elevation gain on the route in which case a macadamized surface is acceptable;
- (b) Competitors shall not use supplementary aid(s) to assist their progress on course;
- (c) The profile of the course involves either considerable amounts of ascent (for mainly uphill races), or ascent/descent (for up and down races with start and finish at the same level);
- (d) The average incline should include a minimum of 5% (or 50 meters per kilometer) and not exceed 20% (or 200 meters per kilometer);
- (e) The highest point on the course should not exceed 3,000 meters altitude;
- (f) The entire course shall be clearly marked and include kilometer marks;
- (g) Natural obstacles or challenging points along the course should be additionally marked;
- (h) A detailed course map must be provided along with a profile using the following scales:  
Altitude: 1/10,000 (1cm = 100m)                      Distance: 1/50,000 (1cm = 500m)

**2. Race Types:**

**(a) Classic mountain races:**

For Championships, the recommended distances and total amount of ascent should be approximately:

	<b>Mainly Uphill</b>		<b>Up &amp; down races Distance</b>	
	<b>Distance</b>	<b>Ascent</b>	<b>Distance</b>	<b>Ascent</b>
<b>Senior Men</b>	12km	1200m	12km	600m/750m
<b>Senior Women</b>	8km	800m	8km	400m/500m
<b>Junior Men</b>	8km	800m	8km	400m/500m
<b>Junior Women</b>	4km	400m	4km	200m/250m
<b>Boys (Youth age group)</b>	5km	500m	5km	250m/300m
<b>Girls (Youth age group)</b>	3km	300m	3km	150m/200m

**(b) Long Distance mountain races:**

Long distance mountain race courses include distances of approximately 20km to 42km, with a maximum elevation of 4,000m. Participants under the age of 18 should not compete at distances exceeding 25km.

(c) Relay Mountain Races:

(d) Time Trial Mountain Races:

Mountain races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.

**Item 90 — Approved** Delete Rule 255 as follows:

~~((SECTION IX  
TRAIL AND MOUNTAIN RUNNING  
RULE 255  
GENERAL~~

~~Trail and Mountain Running races shall be run over courses of varying distances on terrain which is generally more rugged and challenging than standard cross country courses. These courses are akin to, and often the same as, hiking routes in generally more remote, woodland, or even uninhabited areas. Courses defined specifically as Trail courses are characterized primarily by terrain and topography. Courses defined specifically as Mountain Running courses are characterized primarily by significant changes in elevation between the start and the finish of the course. Some courses may be legitimately defined as both Trail and Mountain Running courses.~~

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

**Item 91 — Approved** Amend Rule 260.5 as follows:

Each athlete who sets a World Record, as per Rule 260.2, shall submit to a doping control at the end of the event, ...

**Item 92 — Withdrawn** (replaced by items 95 and 96)

**Item 93 — Approved** Amend Rule 265.6 as follows:

For all women's road running records, except Race Walking and Masters records, separate records shall be kept for women-only and mixed competition.

**Item 94 — Approved** Amend Rule 264.1 as follows:

No record claimed for the Hammer, Discus, Shot, Javelin, or Weight shall be allowed unless it has been made with an implement that complies with the specifications for the official implements adopted by the IAAF and USATF. The implement must be certified as to weight, measurement, and material on the date of and prior to the competition in accordance with Rule 139.2. ~~((The implement shall be impounded and re-certified as legal as soon as possible following the throw except in Combined Events.))~~ If the Referee becomes aware during an event that a record has been equaled or bettered, he shall immediately mark the implement used and undertake a check to ascertain whether it still complies with the Rules or if there has been any change in characteristics. Normally, such implement shall be checked again after the event.

**Item 95 – Approved as Amended** Delete Rule 265.3 and 265.8 and renumber:

**Item 96 – Approved as Amended** Amend Rule 265.5 as follows:

For road records:

- (a) The course must not have a net decrease in elevation from start to finish exceeding 1 part per thousand (i.e., 1m per km).
- (b) The start and finish of the race must lay no more than 50% of the race distance apart as measured along the straight line between them.
- ~~(c) The course must be verified (i.e. re-measured) as late as possible before the race, on the day of the race or as soon as practical after the race, in accordance with Rule 240.3.))~~
- (c) For World and National Open Records, the course, measurement and verification shall comply with the provision of IAAF Rule 260.28.
- (d) For all other records re-measurement may be required if the original measurement has not met criteria established by the RRTC validation chair, approved by the executive committee of the RRTC, and publicly available on the USATF website.

**Item 97 – Approved as Amended** Amend Rule 300.4 to move South Carolina and Georgia to Region 4.

Replace Rule 305.3(d) as follows:

Advancement to the National Junior Olympic Cross Country Championship shall be by Association Championship to Regional Championship to National Junior Olympic Cross Country Championship, except a region, for a good cause and by a majority vote of the Associations in the region, may provide for advancement directly from the Association Championship to the National Championship. Qualifiers for the National Championship shall be as follows: 1) Region: The top five teams and the top 30 individuals; 2) Association: The top two teams and the top 15 individuals.