

**Approved Amendments USATF Rules Of Competition
2016 Annual Meeting – Orlando, FL**

APPROVED USATF RULES COMMITTEE SCORECARD
Committee Actions as of 3 December, 2016 – Final Report (Corrected #3 12/8/16)

	Action	Item	Action	Item	Action
1	T	21	A	41	T
2	AA	22	A	42	A
3	A	23	A	43	R
4	T	24	AA	44	W
5	A	25	A	45	T
6	A	26	A	46	A
7	A	27	A	47	W
8	A	28	A	48	A
9	A	29	W	49	R
10	A	30	A	50	A
11	A	31	AA	51	AA
12	A	32	A	52	A
13	R	33	W	53	A
14	A	34	A	54	A
15	R	35	R		
16	R	36	A		
17	A	37	A		
18	A	38	A		
19	A	39	T		
20	A	40	AA		

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W=Withdrawn**

((~~Double parenthesis~~)) indicates removal. Underline indicates addition.

TABLED ITEMS FROM 2015

There were no tabled items from the 2015 Annual Meeting.

NEW ITEMS

T Item 1 – Submitted by Jeff Porter / Dwight Phillips, AAC. Amend Rule 1 as follows:

1. Eligibility:

- (a) In the Open Men's and Women's Indoor and Outdoor Track and Field Championships, the Junior Men's and Women's Track and Field Championships, the Men's and Women's Race Walking Championships, the Men's and Women's Open, Junior, and Masters Cross Country Championships, and the Men's and Women's Long Distance Running Championships, only citizens of the United States who are eligible to represent the United States in all levels of international competition and who have NOT been selected or accepted their selection by another federation are eligible to compete. (In the Men's and Women's Race Walking Championships, Men's Long Distance Running Championships, and Masters Cross Country Championships, others may compete in a separate non-scoring division or race.)
3. When a National Championship is used as a selection meet for an international competition, a Sport Committee may permit competition in the National Championship by a non-US citizen if the Sport Committee has been provided with proof that the competitor will acquire eligibility to represent the United States after the Championship but prior to the international competition. If a US citizen is eligible to be selected to represent another federation, the Chair of the Sport Committee, prior to the start of competition, may disqualify that athlete from participating in the National Championship.

AA Item 2 – Submitted by Monique White, Rules Committee on behalf of Becca Peter. Amend Rule 13.1 as follows:

Women

- (a) Heptathlon (see Rule 200)
- (b) Indoor Pentathlon (see Rule 200)
- (c) Decathlon (see Rule 200)
- ~~(e)~~(d) Club Relay Championships (all events listed under Men (b) above).

Amend Rule 200.2(c) as follows:

The Decathlon, which shall be conducted on two consecutive days according to the order in rule 200.1(b) or the following order:

Reason: *This would allow (not require) USATF to contest a National Championship for the Women's Decathlon. This could be contested separately from the USA Track & Field Outdoor Championships. There are women who wish to contest the Decathlon and the IAAF continues to discuss adding the event at the international level.*

A Item 3 – Submitted by John Blackburn, Rules Committee on behalf of Bill Roe. Add Rule 4.3 as follows:
For the Track & Field Club Championship:

- (a) A club within an Association which is not located within any MSA is limited to scoring members who reside -- as defined by federal, state, and local tax protocols -- in the Association's territory.
- (b) A club within an Association in an MSA which is wholly within the Association's territory is limited to scoring members who reside in the Association's territory.
- (c) A club within an Association in an MSA which includes territory in one or more other Associations may draw from anywhere within its Association's territory and anywhere within the single MSA within which it is located, provided all members transfer their membership to the club's Association (see Regulation 4-C for more information on transfers.)

T Item 4 – Submitted by Phil Greenwald, Rules Committee on behalf of Andy Carr / Jason Bryant. Amend Rule 21.1 as follows:

The Mountain/Ultra/Trail Running Council may annually conduct Junior, Open and Masters Mountain (~~(and/or Ultra-Marathon)~~) and Trail Running Championships and Open and Masters Ultra-Marathon Championships at such distances as it deems appropriate. These Championships shall be conducted using the rules for each type of race. See Rules 240 – 256.

Rationale: *Conform to current practice – the Junior category was omitted when this rule was re-written in 2014*

A Item 5 – Submitted by Ed Gorman, Chair - Men's T&F; Bob Podkaminer, Rules Committee. Amend Rule 125.1 as follows:

... The Video Referee should operate from the Video Control Room and (~~(should)~~) shall be in communications with (~~(aH)~~) appropriate other Referees. ...

Rationale: *The function of the Video Referee is not to scour the video in order to find violations and then issue rulings, but to serve as additional input regarding noticed infringements of the rules for the decision making process by any and all Referees charged with making rulings on running or field event violations.*

A Item 6 – Submitted by Kenny Emerick, Rules Committee on behalf of Marc Cizek. Amend Rule 144.3(l) 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.

NOTE: See Rule 302.5(t) for Youth exception.

Rationale: *Often times at youth venues, the athletes, coach/parent can be immediately adjoining the completion area. So technically, they are outside of the completion area yet abutting said area to show replays on their devices. Rule 302.5(t) is insufficient to control the issue. See revision to 302.5(t).*

A Item 7 – Submitted by Ed Gorman, Chair - Men's T&F; Bob Podkaminer, Rules Committee. Amend Rule 146.3 as follows:

... (~~For National Championships, other than Youth, prior to filing a written protest or appeal, the person making the protest or appeal shall have the right to review any official material relevant to the incident.~~)

Rationale: *This is not an IAAF rule, but an adopted procedure which can be allowed and adopted with specific guidelines by the Sport Committees governing the competition. The elimination of this, as a rule, solves the issue of uncoordinated access witnessed at the Trials. Editorial: This means that it is not a rule or mandated that a person making a protest or appeal can review any evidence before filing but it is an acceptable option that the Games Committee can make available for its meet.*

A Item 8 – Submitted by Bob Podkaminer, Rules Committee on behalf of Jim Hanley. Amend Rule 148.2(a) as follows:

All measurements of field events must be read by the Field Judges or Electronic Measurement Judges. When (~~(H)~~) measuring the distances of throwing events and horizontal jumps with tape, the part of the tape (~~(or bar)~~) recording the distance achieved must be held by the official at the circle or takeoff point.

Rationale: *Common practice. As Rule 148.2(a) is written, most modern EDM measuring systems are illegal because the official reading the distance is not at the circle or take-off point! The rewording makes EDM systems compliant with the rule and allows officials to continue to use measuring tapes. To my knowledge, no bar has been used to measure throwing events or horizontal jumps in at least 50 years.*

A Item 9 – Submitted by Bob Podkaminer, Rules Committee on behalf of Eric Zemper. Delete Rule 125.7 and Delete Rule 129.5.

(~~To assist the Starter in races using crouch starts, a start information system may be used. When such a system is used, the Starter, or an assigned Recall Starter, shall wear headphones in order to~~

hear clearly acoustic signals that are emitted to indicate the orderly operation of the system and to indicate an illegal reaction time.)

Rationale: *Rule 125.7 is currently duplicated in Rule 129, which will be duplicated again in proposed new 162.14. Renumber as appropriate based on adoption of proposal for Rule 162.14.*

A Item 10 – Submitted by Bob Podkaminer, Rules Committee on behalf of Jim Hanley. Amend Rule 163.11 as follows:

The wind measuring instrument shall be placed beside the sprint track, adjacent to lane 1, preferably 50m from the finish line and, for the Long Jump and Triple Jump, 20m from the take-off board. The instrument shall be not more than 2m away from the track or straightaway and should be approximately 1.22m (4 ft.) above the competition surface.

NOTE: *When multiple boards are used, the 20m distance is from the board furthest from the pit.*

Rationale: *Officials need guidance on what to do if there are multiple boards. As the rule is currently written, it implies either having to move the wind machine between jumps or having a second wind machine and operator. Both seem ridiculous ways to do things. As the better jumpers (and likely record breakers) usually will use the board farthest from the pit, it makes sense to have the measurement from that board rather than the board closest to the pit.*

A Item 11 – Submitted by Duffy Mahoney, National Office Liaison. Amend Rule 170.17 as follows:

The baton shall be passed entirely within the exchange zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of only the receiving runner. Each of these actions (the first touch and the baton only in the hand of the receiver) shall occur within the exchange zone. In relation to the exchange zone, it is only the position of the baton that is decisive. Passing the baton outside the exchange zone shall result in disqualification.

Rationale: *There is a need for better written clarification regarding the act of passing and the position of the baton vs. the persons during the pass. The current wording is ambiguous.*

A Item 12 – Submitted by Bob Podkaminer, Rules Committee on behalf of John Shirey. Delete Rule 180.9(b)iii as follows:

~~((Rotating flights may be used until there are 12 or fewer competitors remaining in competition after the conclusion of jumping at any height. In rotating flights, four or five competitors, as determined by the Games Committee, constitute a flight. As the competitor clears the bar, passes a turn or is eliminated, the next competitor in order is moved up so that the number of competitors in the active flight remains approximately constant.))~~

Rationale: *The effect of this rule change is to eliminate the option of using rotating flights, or "Five Alive," from pole vault and high jump competitions. (1) This conforms the USATF Competition Rules with the IAAF Competition Rules wherein there is no such rule and never has been. (2) This brings American pole vault and high jump competitions into alignment with all other such competitions throughout the world where "Five Alive" is not used. (3) The current rule is no longer needed since time limit rules have been put in place to limit jumps to one minute. This has worked well in keeping competitions moving. (4) The current rule is often used incorrectly since many officials do not know how to use the rule properly despite availability of training clinics and other materials.*

R Item 13 – Rejected

A Item 14 – Submitted by Bob Podkaminer, Rules Committee on behalf of Ed Halik. Amend Rule 181.2 as follows:

All measurements must be made in accordance with Rule 148, perpendicularly from ~~((the ground))~~ a point on the same level as the takeoff to the lowest part of the upper side of the bar. Any measurements of a new height shall be made before competitors attempt such height. A new measurement shall also be made when a new crossbar is substituted for a broken one. In all cases of attempts at record heights, the judges ~~((should))~~

shall check the measurement of the bar when the bar has been placed at the record height and they must re-check the height before each subsequent record attempt if the bar has been displaced for any reason or touched since last measured.

Rationale: *Some pole vault runways have a roll up runway (1cm thick) on top of the regular runway to protect and prolong the life of the surface. The area immediately behind the planting box (behind the zero line) does not have a section of the roll up runway, creating a 1cm error when measuring the height of the crossbar. This needs to be corrected. In the last sentence, there is a requirement to 're-check' something that need not be done at all. Consistency is required.*

R Item 15 – Rejected

R Item 16 – Rejected

A Item 17 – Submitted by Graeme Shirley, Rules Committee on behalf of Gary Snyder. Amend Rule 189.3 as follows:

Thickness at center max. mm ((37)) 39

Rationale: *A WMA rules change for 2014 increased the allowable maximum diameter of the 750 gram discus to 182 mm. Recent discussions with Jerry Bookin-Weiner confirmed that the intent was to allow the use of a 750 gram discus that has the physical dimensions of a 1 kg discus. USATF adopted this change to maintain conformity with WMA. Unfortunately, the WMA rule change was incomplete: The maximum allowable thickness should have been simultaneously increased to 39 mm to match the 1 kg discus' actual size. As it is, large 750 gram discuses are now commercially available that have a diameter in the range of 180-182 mm and a body thickness in the range of 37-39 mm, which disqualifies them due to how the rule is currently written. The above rules change embodies the intent of the WMA change and allows the use of the "large" 750 g discus on the assumption that WMA will make a similar change at the next opportunity.*

A Item 18 – Submitted by Graeme Shirley, Rules Committee on behalf of Gary Snyder. Amend Rule 190 as follows:

It is required that all Hammer, Weight, Superweight, (~~Ultra~~weight) and Discus Throws be from an enclosure or cage to ensure the safety of spectators, officials, and competitors. ...

Rationale: *It is not feasible to throw the ultraweights (98#, 200#, 300#) from a cage, nor was it ever the intent for them to be thrown from a cage. The safety issues that exist for all of the other listed implements are not an issue with the ultraweights because of how they are thrown. All the others are thrown from a circle; the ultraweights are not.*

A Item 19 – Submitted by Bob Podkaminer, Rules Committee on behalf of Mike Armstrong. Add new Rule 193.1(c), amend current Rule 193.1(c) and amend Rule 187.6 as follows:

(c) A throw shall be valid only if the metal head strikes the ground before any other part of the javelin.

NOTE: For Youth Athletics exception, see Rule 302.5(h).

~~(e)~~ (d) No throw shall be valid or counted (~~(in which 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 lines.

~~((NOTE: For Youth Athletics exception, see Rule 302.5(h).))~~

Rule 187.6

~~((For a throw to be valid in the Shot Put, Hammer Throw, Weight Throw, and Discus Throw, the implement, excluding the handle and wire, and connection, as appropriate, must, in contacting the ground when it first~~

lands, be completely within the inner edges of the lines of the sector (see Rule 187.22) touching no other object except as provided in the note below. For the javelin see Rule 187.24 and 193.1(c).))

It shall be a failure if the head of the javelin or the implement in the Shot Put, Hammer Throw, Weight Throw and Discus Throw, excluding the handle, wire and connections as appropriate, in contacting the ground when it first lands touches the sector line or the ground or any object outside the sector line except as provided in the Note. See Rules 187.22 and 187.24 for sector description.

NOTE: *A throw may be valid even if any part of the implement has touched the cage provided no other rule is infringed.*

Rationale: *Separate the distinct requirement of a valid throw. Section 193.1(c) becomes the same as IAAF 193.1(b). New section (d) deals only with a runway violation. Revise general Rule 187.6 to use the same language as in IAAF 187.16, which includes the Javelin.*

A Item 20 – Submitted by Graeme Shirley, Rules Committee on behalf of Gary Snyder. Amend Rule 196.7(b) as follows:

Dimensions - The inside dimensions of the square shall measure 2.135m on each side. The (~~metal~~) square bands shall be 5cm wide. The top surface of the (~~metal~~) square bands shall be 20mm above the surrounding ground. However, the width of the bands may be increased if this assists in bolting or otherwise fastening the square to the ground.

Rationale: *Rule 196.7(a) states that the bands may be constructed of “iron, steel, or other suitable material and painted white.” Specifying that the bands must be metal restricts the categories of other suitable materials that may be used. One local group has been using wood for its bands for several years with no apparent impact on the integrity of the event while at the same time being considerably less expensive and less difficult to transport than metal bands. The proposed change would open up the categories of “suitable materials” to permit the use of wood or plastic as is the case for hammer inserts used to convert circles for the discus into acceptable hammer circles.*

A Item 21 – Submitted by Dan Pierce, Rules Committee and Ron Daniel, Race Walk Chair. Amend Rule 232.6 as follows:

National Championships and all other walking events that qualify or advance a competitor to subsequent events must be competitive, race walk only, events that comply fully with race walk Competition Rules.

Rationale: *This proposal would make it clearer that USATF National Race Walking Championships must be race walk only events.*

A Item 22 – Submitted by Dan Pierce, Rules Committee and Ron Daniel, Race Walk Chair. Add new Rule 232.7 as follows:

National Championships and International Selection Competitions shall be American Record eligible events, conforming with Rule 266.

Rationale: *This would codify what many people have believed or assumed for decades, athletes should be able to set American records at National Championships. Because of IAAF requirements, International Selection Competitions already conform with Rule 266. This proposed addition would give guidance to event organizers and make it clear that provisions must be made so American Records can be set at these events.*

A Item 23 – Submitted by Phil Greenwald, Rules Committee on behalf of Andy Carr / Jason Bryant, Add new Rule 241.2(h) as follows:

For Mountain, Ultra-Marathon, and Trail Races, athletes may receive physiotherapy (massage, etc.) at official stations. This may be done by personal representatives of the athletes or persons designated by the Organizing Committee.

Rationale: *Conform to current practice.*

AA Item 24 – Submitted by Phil Greenwald, Rules Committee on behalf of Andy Carr / Jason Bryant. Add new Rule 243.2(f) as follows:

In Trail or Mountain races of 100km or greater, the Games Committee may permit monitors for part or all of the race. Such monitors shall be designated and properly identified. Except for hands-on medical examination, or in designated refreshment stations, a monitor shall remain behind the competing athlete at an interval of at least 10 meters.

NOTE: Verbal or other pacing, conveying advice, exchanging supplies or providing non-safety related assistance is subject to Rule 144 and the athlete may be disqualified.

Rationale: *Conform to current practice*

A Item 25 – Submitted by Phil Greenwald, Rules Committee on behalf of Andy Carr / Jason Bryant. Amend Rule 253.2 as follows:

Race Types

(a) Classic Mountain Races of 5 to 20 km: ~~For Championships, the recommended distances and total amount of ascent should be approximately:~~ should be approximately:

	Mainly Uphill		Up & Down races Distance	
	Distance	Ascent	Distance	Ascent
Senior Men	42km	1200m	42km	600m/750m
Senior Women	8km	800m	8km	400m/500m
Junior Men	8km	800m	8km	400m/500m
Junior Women	4km	400m	4km	200m/250m
Boys (Youth age group)	5km	500m	5km	250m/300m
Girls (Youth age group)	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.

Rationale: *Conform to current practice where USA races are more varied than the IAAF guidelines for international championships.*

A Item 26 – Submitted by Phil Greenwald, Rules Committee on behalf of Andy Carr / Jason Bryant. Amend Rule 253.1 as follows:

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)~~ The Games Committee shall, prior to the race, announce the distance and total ascent / descent of the course which must have been measured and

provide a map and detailed profile of the course together with a description of the technical difficulties to be confronted during the race.

Rationale: *Conform to current practice where USA races are more varied than the IAAF guidelines for international championships.*

A Item 27 – Submitted by Phil Greenwald, Rules Committee on behalf of Andy Carr / Jason Bryant. Amend Rule 254 as follows:

~~3. Start The races shall be started in conformance with Rule 242.~~

~~4. Medical~~

~~(a) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Games Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.~~

~~(b) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.~~

~~6. Race Conduct Assistance may only be provided at aid stations~~

Rationale: *Since Trail Running follows LDR rules in general (Rule 250.4), these sections are redundant and may be confusing since they don't contain the full wording of the applicable rule.*

A Item 28 – Submitted by Jeff Hartwig, Rules Committee on behalf of Becca Gillespy Peter. Amend Rule 261.1 as follows:

~~((NOTE: In each of the above categories, a national record may be achieved indoors or outdoors, provided the facilities comply with applicable rules. There shall also be a specific national indoor record in each category.))~~

Rationale: *Last year's elimination of outdoor records was poorly communicated and is confusing to the public. The benefit of being able to set records on a hypothetical 400 meter indoor track is outweighed by the reality that this change at the IAAF and USATF level has only ever served to deprive female pole vaulters of tens of thousands of dollars in bonuses for outdoor records they could not get ratified. There are currently no concrete plans to host an outdoor World Championship on a 400-meter indoor track. The IAAF has never communicated their record-keeping policies very well (their website lists Indoor Record and Outdoor Records, with a 6.16i as the MPV outdoor record), we are not obligated to mirror their poorly implemented policy.*

W Item 29 – Withdrawn

A Item 30 – Submitted by Graeme Shirley, Rules Committee on behalf of Gary Snyder. Amend Rule 262.3(a) as follows:

Note: See Rule 320.8 for Masters Track and Field conditions.

AA Item 31 – Submitted by Phil Greenwald, Rules Committee on behalf of Andy Carr / Jason Bryant. Amend Rule 267 as follows:

MEN'S AND WOMEN'S LONG DISTANCE RUNNING – ((ALL)) DIVISIONS: 16 – 19*, Open and Masters

Track Events		
15,000 Meters	100,000 Meters	1 Hour
20,000 Meters	200,000 Meters	2 Hours
25,000 Meters	10 Miles	12 Hours
30,000 Meters	50 Miles	24 Hours
50,000 Meters	100 Miles	
Road Events		
5 km	25 km	10 Miles
8 km	30 km	50 Miles
10 km	50 km	100 Miles
12 km	100 km	12 Hours

15 km	200 km	24 Hours
20 km	1 Mile – Masters Only	Half-Marathon
		Marathon

Road and/or Track Events

1000 Miles	48 Hours	144 Hours
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* 18 and 19 for Ultra-Marathon and 2 hours and longer

A Item 32 – Submitted by Kenny Emerick, Rules Committee. Amend Rule 300.1(b) as follows:

The ~~Youth ((Track and Field individual))~~ programs are divided into divisions for boys and divisions for girls.

The athlete's year of birth shall determine the division in which the athlete shall compete. With each succeeding year each division shall be adjusted as shown in the table below:

W Item 33 – Withdrawn

A Item 34 – Submitted by Kenny Emerick, Rules Committee on behalf of John Padula. Amend Rule 301 as follows:

In the list of Indoor Events, add Weight Throw - B25#, G20# to the 15-16 and 17-18 age groups.

Rationale: *It make sense if we are doing indoor events we should do the weight throw*

R Item 35 – Rejected

A Item 36 – Submitted by Bob Podkaminer, Rules Committee on behalf of John Shirey. Amend Rule 302.5(r) as follows:

In the High Jump and Pole Vault, a competitor who has passed three consecutive heights after the competition has begun may be permitted a warm-up jump without the crossbar in place. One such jump may be taken for each three passed heights and shall be taken as earned, not cumulatively. As an alternative to this procedure, and at the competitor's choice, any competitor who has passed three consecutive increments or more shall be allowed one run-through, without the crossbar in place, at the height which he/she enters the competition.

Rationale: *This proposed rule change applies only to Youth Athletics, which unlike regular USATF competitions (except Masters), allows for a run-through during the competition in the high jump and pole vault. The current rule allows one run-through for every three consecutive passed heights. This proposed rule change would allow a competitor to take a run-through at the height he/she enters the competition, after three or more passed heights, instead of taking a run-through every three passed heights. Most athletes prefer to take a run-through at the height he/she enters the competition over taking one every three passed heights. There is confusion in interpreting the current rule. Some officials believe that a run-through is permitted only in increments of three passed heights. Other officials believe that an athlete may take a run-through upon entering the competition if he/she has passed three or more heights no matter if the height at which the athlete enters the competition is not a multiple of three. This proposed change clearly permits both options by a competitor. Perhaps a better variation is to eliminate the option of taking a run-through every three consecutive passed heights and allow a run-through only at the height the competitor enters the competition. In other words, make the USATF rule for Youth Athletics the same as the current NFHS rule. That would also eliminate the current confusion, give the competitor a run-through when entering the competition, and conform to the high school rule.*

A Item 37 – Submitted by Bob Podkaminer, Rules Committee on behalf of John Shirey and Marc Cizek. Delete Rule 302.5(s) as follows:

~~((At the National Junior Olympic Championship, when the field of pole vault competitors is reduced to 50% of the original number of vaulters, a 20 minute warm up period may be allowed for all remaining competitors who have not yet entered the competition. No cross bar will be allowed during the warm up period. After the~~

~~20 minute period, any athlete who has passed three consecutive increments will be allowed one run through, without the bar, at the height at which they enter the competition.~~

Rationale: *The current rule applies only to the National Junior Olympic Championships and not to any other competitions. Either eliminate or move to Rule 305. Additionally, (1) It is a cumbersome rule to implement that serves to disrupt the flow of the competition. (2) It is odd to have a rule that applies to only one competition annually. (3) The current rule at 302.5(r) already allows competitors who pass three or more consecutive heights to take a run-through, thus accomplishing the same purpose of allowing competitors who may sit through several jumps while awaiting their chance to enter the competition.*

A Item 38 – Submitted by Kenny Emerick, Rules Committee on behalf of Marc Cizek. Amend Rule 302.5(t) as follows:

In a field event, the viewing of images of previous trial of a competitor is forbidden. ~~((an athlete may not leave the immediate area of the event and engage in dialogue with persons outside the area.))~~

NOTE: *Athletes competing in an event on the infield may not, during the competition, cross to the outside of the track.*

Rationale: *It can and has been interpreted that no one can speak during the event. The goal of this rule was to specifically forbid the provision of Rule 144.3(l) but did not do that..*

T Item 39 – Submitted by Kenny Emerick, Rules Committee on behalf of Becca Gillespy Peter. Amend Rule 302.6 and renumber as follows:

(b) The 15-16 and 17-18 Girls Decathlon shall be offered whenever the 15-16 and 17-18 Boys Decathlon is offered, except it shall not be offered at the National Junior Olympic Championship. The order of events in Rule 200 may be used, or same order of events as the Boys.

(c) Boys and Girls may compete in mixed events where applicable as long as appropriate implements and hurdles are used for each gender.

Rationale: *This would allow the Girls Decathlon to be offered in the 15-18 divisions, excluding the JO National Championships. There are girls interested in participating in this event, and the IAAF continues to discuss adding it at the International level. This rule change would allow the opportunity to be created while minimizing the impact on officials.*

AA Item 40 – Submitted by Kenny Emerick, Rules Committee. Add new Rule 305 and renumber as follows:

INDOOR CHAMPIONSHIP

1. The Youth Regions are divided into 5 zones:

Northeast Zone [regions covered 1 & 2].

South Zone [regions covered 3, 4 & 6].

Midwest Zone [regions covered 5, 7, & 8].

West Zone [regions covered 10,11,13,14 & 15].

Southwest Zone [regions covered 9 &12].

2. Indoor Track and field qualifying procedures –

(a) An athlete must compete in one of the five Zone Championships to be eligible to compete in the Youth Indoor National Championship. The host association shall qualify a like number.

(b) Athletes who compete in the Junior National Championships indoor, World Youth Track and Field indoor, United States Olympic Selection Competition, Youth Olympic Games Trials-Track & Field or any additional event authorized by the National Youth Executive Committee may be entered in the National Indoor Championship without having to compete in the Zone Championship provided they meet the Youth Athletics age limits. Acquisition of the waiver and completion of the entry to the National Championship must be made at least two weeks prior to the Indoor Championships

(c) Athletes from the Department of Defense Dependent Schools (DODDS) may be entered in the National Indoor Championship without having to compete in a Zone Championship

provided they meet the Youth Athletics age requirements. They must enter through the Association hosting the National Indoor Championship.

- (d) Track and field shall advance eight individuals and eight relay teams from each Zone Championship to the National Championship. These shall be the top eight finishers in each event.
- (e) High school relays and competitors in the 15-16 and 17-18 age groups automatically qualify without competing in a zone.
- (f) Revise qualification procedure. (Item (f) tabled for consideration in 2017)

T Item 41 – Submitted by Kenny Emerick, Rules Committee. Amend Rule 305.1(c) as follows:
There will be competition for boys and girls in preliminary meets and in Association ((, ~~Regional and National~~)) Championships in age divisions by year of birth. Events and age divisions are the same as for the regular USATF Youth Athletics National Championships program. Regional Championships are in age divisions by year of birth 9-10, 11-12, 13-14, 15-16, 17-18 and National Championships are in age divisions by year of birth. Events and age divisions are 13-14, 15-16, 17-18.

A Item 42 – Submitted by Kenny Emerick, Rules Committee. Amend 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 by age division; 2) Association: The top two teams and the top 15 individuals by age division.

R Item 43 – Rejected

W Item 44 – Withdrawn

T Item 45 – Submitted by Graeme Shirley, Rules Committee on behalf of Gary Snyder. Amend Rule 261.1(c) as follows:

An American Masters Record, which shall be the best performance made by an American citizen or relay team composed entirely of U.S. citizens and in each case also USATF members. ...

Rationale: *This submission is consistent with WMA Rule 260.1.1.2 stating only performances by registered members of an affiliated country shall be recognized as WMA world records and the application must be certified as being correct by the National Body of the Affiliate.*

A tem 46 – Submitted by Graeme Shirley, Rules Committee on behalf of Gary Snyder. Add new Rule 331.2(a) and renumber as follows:

Team scoring is restricted to US citizens, using the adjusted places after removing non-US citizens per Rule 330.3.

W Item 47 – Withdrawn

A Item 48 – Submitted by Graeme Shirley, Rules Committee on behalf of Jeff Brower. Amend Rule 332.2(f) as follows:

... 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 meet one of the definitions above, or be a foreign national team as guest competitors in the Non-Club Division. A team meeting any of the above definitions may set a Masters record. Separate records shall be maintained in the relays for (1) Club teams

and (2) Non-Club teams. Only the Club record will be recognized if the Club mark is superior to the Non-Club mark.

Rationale: *Approved by the 2015 Masters TF Delegation at the Annual Meeting - Makes record handling consistent with that of Open records. See RULE 263.11.*

R Item 49 – Rejected

A Item 50 – Submitted by Bob Podkaminer, Rules Committee on behalf of Jim Hanley. Add new Rule 332.3(h) as follows:

In the Long Jump and Triple Jump, more than one take-off board may be used, even within a single age division. The take-off board may consist of material other than wood. Each jumper must declare prior to each jump which board he or she will use. (Add an xref for this rule to Rule 184.1)

Rationale: *Safety and common practice. Wording in Rules 184.1, 185 and 186 implies that only one take-off board be used. In Masters National Championships and International competitions, multiple take-off boards are always used. In this year's California Senior Games triple jump, the 60-64 age group had jumps between 7.15m (23' 5.5") and 12.51m (41' 0.5"). Youth Athletics has addressed using multiple take-off boards in Rule 302.5(d)*

AA Item 51 -- Submitted by George Kleeman, Rules Committee on behalf of Rory Osborne. Amend Rule 133 as follows:

MARSHAL

The Marshal shall have full charge of the areas used for competition, shall allow only persons with valid accreditations to enter or remain therein, and shall limit all persons from interfering with the fair, orderly and sportsmanlike conduct of the meet. Marshals shall be easily identifiable. The Chief Marshal shall supervise and assign respective duties to the Marshal's assistants.

Rationale: *The specific duties of marshals have become more articulated in the last decade but never listed.*

A Item 52 – Submitted by Bob Podkaminer, Rules Committee on behalf of Eric Zemper. Reorganize as follows:

1. Re-order current Rules 161.4, 161.5 and 161.6 so that current 161.4 becomes Rule 161.6.
2. Interchange current Rule 162.1 and Rule 162.2.
3. Move current Rule 162.14 to the end of Rule 162.

Rationale: *Better organization.*

A Item 53 – Submitted by Bob Podkaminer, Rules Committee on behalf of Eric Zemper. Add Rule 129.2 as follows and renumber:

The primary duty of the Starter and Recall Starters is to ensure a fair and equitable start for all competitors at the start line.

Rationale: *Nowhere in the rule book does it explicitly state the primary duty of the Starter and Recall starters. This new rule addresses this oversight.*

A Item 54 – Submitted by Bob Podkaminer, Rules Committee on behalf of Eric Zemper. Amend Rule 162 as follows:

12. 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. In races where starting blocks are used, commencement of the start is defined as movement resulting in one or both hands losing contact with the ground or one or both feet losing contact with the foot plates of the starting blocks. (~~If, in the judgment of the Starter, the athlete does so any earlier, it will be deemed a false start.~~

When an IAAF approved start information system 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 system 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 start information system in order to confirm which athlete(s), if any, is/are responsible for the system emitting a signal. Unless the system 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 start information system is in operation, the evidence from this equipment, coupled with any resulting loss of contact, (see Note 1) shall normally be accepted as conclusive by the Starter. See Rule 161.4.)

13. If, after the Starter has ascertained that all competitors are "set":

- (a) one or more athletes violate Rule 162.12 by leaving his/her mark before receiving the report of the pistol/starting device, this shall be deemed a false start and the race immediately recalled.
- (b) in races where starting blocks are used, there is initial movement prior to receiving the report of the pistol/starting device by one or more athletes that is not stopped and continues into a commencement of the start, this shall be deemed a false start and the race immediately recalled, even though one or both hands have not yet lost contact with the ground or one or both feet have not yet lost contact with the foot plates of the starting blocks at the time of the report of the pistol/starting device.
- (c) in races where starting blocks are used, there is initial movement by one or more athletes that is stopped before receiving the report of the pistol/starting device, such movement shall not be considered commencement of the start if it has not resulted in one or both hands losing contact with the ground or one or both feet losing contact with the foot plates of the starting blocks, but should be regarded as an unsteady start resulting in cancelling the start with a "stand up" command by the Starter, or a recall if the pistol/starting device has fired. Such instances may, if applicable, be subject to a disciplinary warning or disqualification. See Rule 162.17.

NOTE: Motion by an athlete that is stopped before the gun but causes a second athlete in an immediately adjacent lane to commit a false start should not result in a charge to that second athlete, but the first athlete causing that false start may be given a conduct warning per Rule 162.17(c).

- (d) in races starting from a standing position, one or more athletes moves or steps over the start line prior to the report of the pistol/starting device, such movement can be considered accidental and not a full commencement of a start because runners in a standing position are

more prone to overbalance. Such a situation should be regarded as an unsteady start, and the athletes given a “stand up” command by the Starter, or a recall if the pistol/starting device has fired. If an athlete is pushed or jostled over the line before the start, that athlete should not be penalized, and any athlete causing such interference may be subject to a disciplinary warning or disqualification. See Rule 162.17(c) and Rule 162.17 (d).

14. When an IAAF approved start information system is in operation, Rule 161.6, 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 hear the acoustic signal, and if the gun was fired, there shall be a recall. After conferring with the Recall Starters, the Starter shall examine all the available numerical and graphical information generated by the start information system in order to confirm which athlete(s), if any, is/are responsible for the apparatus emitting a signal. Unless the apparatus obviously was not working properly, the evidence from this equipment, coupled with any resulting loss of contact, Rule 162.12, normally shall be accepted as conclusive by the Starter and appropriate action shall be taken with respect to the athlete(s) with a reaction time faster than 0.100 of a second. See Rule 125.3.

Rationale: *These changes reorganize and clarify the rules regarding false starts, incorporating the recently added “Notes” from the IAAF as rules, where they should be. All the items and Notes from the current Rule 162.12 are contained in the proposed new 162.13 and 162.14 in a more logical presentation. The proposed 162.13 lays out the four primary reasons a Starter must abort or recall a start and the actions to be taken in each case, the first two being false start issues and the second two being unsteady start issues. Proposed Rule 162.13(a) is the ordinary false start situation, whether in races using starting blocks or stand-up starts. Proposed 162.13(b) covers the “flyer” in races using starting blocks, and is designed to clarify a common misinterpretation of the IAAF language currently in Note 1 (this interpretation has been discussed and agreed with by the Chair of the IAAF Technical Committee). Proposed 162.13(c) covers the “buck” or “flinch” situation in races using starting blocks. Proposed 162.13(d) covers unsteady starts in the stand-up start situation. Proposed Rule 162.14 lays out the use of the start information system as a separate subsection of the rule, not as it currently appears, mixed in with other issues regarding the start.*