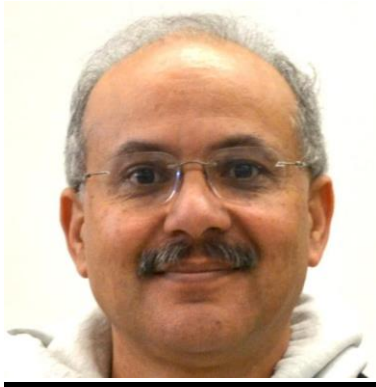




Northern California/Northern Nevada Association of USA Track & Field

Chair's Notes



Phil Leake, Chair

CHAIR'S NOTES

At the Officials Annual meeting held at the end of August, we celebrated the season, had a little bit of quizzing and testing your officiating knowledge and honored officials who had exemplified the best in officiating within the Pacific Association this year. The meeting took place at the Alumni Room in the UC Davis Football Stadium. This Hybrid Zoom/In-Person meeting had over 70 officials attending in person and another 30 or so on Zoom. A wonderful lunch was supplied by the UC Davis Cross Country and Track and Field Programs and then we had THE RAFFLE. Airline tickets, S.W.A.G. from the World Championships, USATF gear and items donated by the officials attending the meeting for the well-equipped official. A great time was had by all. A special THANK YOU to our Officials Committee Vice Chair, John Lilygren, who although attending the meeting via Zoom, set up a grand meeting. Also, THANKS go to John Shirey for collaborating with John L. and setting up the Raffle. ½ of the monies gathered from the raffle and tickets to the meeting go to the USATF Pacific Foundation, supporting upcoming athletes, training of officials and other objectives to the betterment of our sport. GREAT JOB GUYS!

As we look forward, the track and field season has not closed... YET. We still have the Bay Area Senior games and the PA Masters Championships coming up, both in the Bay area in October. Please look at the Officials Calendar on the www.pausatf.org website and contact the respective Officials Coordinators for these meets. These meets are important as all other PA Championship meets as National selection committees look for Association Championship meets on your resume when evaluating for selection.

Additionally, for those National and Master Officials, the time to apply for the NCAA West Regional Championships in May as well as the USATF Championships will be closed soon. I

encourage all to apply and show the rest of the country the training and expertise the Pacific Association Officials are known for.

Lastly, we are in the middle of Cross Country, Race Walk and LDR Season! Again, please take a look at your calendars and give the Officials Coordinators/Meet Management a call. These meets all can use your help. I look forward to seeing you at some of these meets this season. Of note, is the CIF Sac-Joaquin X-C Section Championships on 11/12 at Willow Hills XC course in Folsom, The California International Marathon on 12/4 in Sacramento and the USATF Club National Cross-Country Championships in San Francisco on 12/10. Please take the time and add one of these to your resume!

OFFICIALS ANNUAL MEETING AND AWARDS

As we are close out the 2022 Track and Field Season, it is important to remember and recognize those individuals who have been outstanding, shown leadership and have been most effective in their respective areas. These outstanding officials were recognized and honored at the Annual Meeting at the end of August. The AWARDS COMMITTEE actively solicited nominations for awards during the course of the Track and Field season. The committee comprised of Awards Committee Chair Leon Glover, Officials Chair Phil Leake and Certification Chair Ajay Padgaonkar handed out the Association's Major Officials Awards, National Officials Certificates, Association Certificates and Apprentice Awards. Also handed out were Chair's Awards for those officials who were exceptional in assisting the operation of PA activities.

The Major Officials Awards are:

The Officials Committee of the PA/USATF recognizes outstanding members—and friends of track and field—with five (5) major awards, normally presented at the officials' annual meeting. Along with the National USATF Officials Awardees, the year-by-year Pacific Association Officials Awardees are listed below.

The Dick Connors Meritorious Service Award: Recipient must have ten (10) years' experience as a Track & Field Official AND must be certified as Masters level official with the USATF. This award is not required to be awarded every year.

George Newlon Special Recognition Award: Recipient should normally have seven (7) years' experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Track event officiating. This award is not required to be awarded every year.

Dick Barbour Special Recognition Award: Recipient should normally have seven (7) years' experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Field event officiating. This award is not required to be awarded every year.

Horace Crow Special Recognition Award: Recipient should normally have seven (7) years' experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Field event officiating. This award is not required to be awarded every year.

Lori and Sonny Maynard Special Recognition Award: Recipient must be a person involved, other than as a spectator, in Track & Field, LDR, or Race Walking in any capacity AND has exhibited exceptional dedication to the sport of Track & Field, LDR or Race Walking. This award is not required to be awarded every year.

In addition, The National Officials Committee, upon recommendation from the Pacific Association Officials Committee, confers National Officials Certificates to those officials, association, national or master who are deemed to be outstanding officials for the year. Our own Official's Committee honored a large number of officials not recognized by the NOC. Apprentices who also did exceptionally well this season were recognized.

Those officials honored are listed below:

Dick Connors Meritorious Service Award	Leroy Milam
George Newlon Award (Track)	Mark Youmans
Horace Crow Award (Field)	Kathi Claussen DeConteras
Lori and Sonny Maynard Award	Jonathan Price
Dick Barbour Award	Rory Osborne

NOC Officials Certificates

Michael Baker
Richard Berman
Howard Clemente
Ryan Cowley
Don Mosbacher
Brendan O'Leary
Colleen Prather
Lawrence Rodriguez
James Starmer
Daniel Tinnel

Pacific Association Officials Awards

Laura Barger
Kelly Brown
Tori Busto
Sean Carey
Anthony W Davis
Patricia Delgrande

Don DeRosa
Bob Dietrich
Cori Evans
Bruce Fairchild
Nancy Flannery
Enrique Henriquez
Elsbeth Padia
Angela Paradise-Au
Paul Troppy
Joseph Van Zant

Apprentice Awards

William Ackerman
Sharon Adams
Bill Bradfield
Craig Brooke
Robert Burns
Jorn Jensen
Angela Longworth
Austin Mader-Clark
Margie Mader-Clark
Jason Mawdsley
Jeff McGallian
Jose Pena
David Sundin
Gavin Wilson

Chair's Awards

Ajay Padgoankar

Dennis Boyle

Jill Culbertson (Sacramento Sports Commission LOC)

John Lilygren

Cynci Calvin (PAUSATF Webmaster)

Emeritus Awards

Special Recognition was given to those officials who have over 20 years of service and are retiring from active officiating. Those officials are Bruce Colman, Jerry Coleman, Shirley Connors and Jim Hart.

FROM THE NATIONAL OFFICIALS COMMITTEE, USATF

New Officials "Town Hall": We are inviting all new officials and Certification Chairs to a virtual New Officials Town Hall on Monday, November 21, at 9:00 p.m. Eastern time. The purpose of this meeting is to let the NOC Executive Committee inform you about the Committee and our purpose, ways to serve within the NOC, and to answer any questions you might have as you start your USATF officiating career.

Topic: New Officials Meeting

Time: 9:00 PM (Eastern), November 21, 2022

Meeting Link:

<https://us02web.zoom.us/j/89656302667?pwd=TIppS0JycU1laDhsOGJnM3NnVG9UUT09>

Officials "Oval Table": One of the most helpful things in growing as an official is the ability to talk with other officials, ask questions, and learn from their experience. Unfortunately, because of their location, schedule, etc., many officials do not have that opportunity. Considering these barriers, we held our first "Officials' Oval Table" in June. It was a great success, so we are hosting another virtual one on Wednesday, October 26, at 9:00 p.m. Eastern time. NOC officers and other experienced officials will be on the call to share their knowledge and expertise. If you have questions you want to submit in advance, please send them to me: usatf.officials.chair@gmail.com.

Topic: Officials Oval Table

Time: 9:00 PM (Eastern), October 26, 2022

Meeting Link:

<https://us02web.zoom.us/j/84166914275?pwd=czloQU1vUFpjTkdHT3dMN3JkTktUQT09>

Officials Calendar

As I write this, Next year's Track and Field schedule is taking shape. Colleges and Universities are already planning their 2023 track and Field seasons and letting us know. You should be getting regular email blasts from Jim Manha letting you know which meets are coming up and their details. All meets are listed on the PAUSATF Officials Calendar. Please be sure to take a look as you are formulating your next year's schedule.

HS Calendar: As with last season, the Officials Calendar lists the major HS invitationals and Championships. But, it is highly advised that interested officials consult www.Athletic.net for an up-to-date calendar of all HS meets near you. Due to the sheer number of HS meets within CIF in Northern California, they could not be included on the PA Officials calendar. I highly encourage you to volunteer your assistance at your local high school. This only helps further promote the sport we all love.

MEETS NEEDING OFFICIALS

From Jon Price Re: Race Walks

Today we found out that there will be only one race walk at the Pacific Association/USATF West Region Masters meet on Sunday, October 23, at Chabot College in Hayward. It will be the first race of the day, at 8:00 am. **Please let both Jim Manha (see his email below) and me know if you can make it that day.** Also, Jim's email indicates that race walk judges are needed for Bay Area Senior Games on Sunday, October 30, also at Chabot College. **Please let both Jim Manha (see his email below) and me know if you can make it that day.**

October 23 (Sunday): USATF West Region/Pacific Association Masters Track & Field Championships, Chabot College, Hayward. This year they will have only one race walk, 1,500-meter race with combined women and men, beginning at 8:00 a.m., the first race of the day. Judges should arrive by 7:00 a.m.

JUDGES: Ajay Padgaonkar, (lead – bringing tally sheets, etc.), Enrique Henriquez, _____, _____, _____, _____

UNCERTAIN: Bob Hooper, Jim Manha

APPRENTICE JUDGES WELCOME to serve as Practice Judges or Shadow Judges: _____, _____, _____

DEFINITELY NO: Beth & Jon Price, Nicolle Goldman

October 30 (Sunday): Bay Area Senior Games, Chabot College, Hayward. At this time, we don't know what distances will be competed or times of day. Some senior games have 1,500-meter, 3,000-meter, and 5,000-meter races, but these are often on different days.

JUDGES: _____ (lead – bringing tally sheets, etc.), _____, _____, _____, _____

UNCERTAIN: Beth & Jon Price

APPRENTICE JUDGES WELCOME to serve as Practice Judges or Shadow Judges: _____, _____, _____

DEFINITELY NO: Beth & Jon Price, Nicolle Goldman

From Jim Manha Re: Stanford University Meets

Cardinal Classic Saturday, March 18

Stanford Invite Friday - Saturday, March 31st - April 1st

Payton Jordan Friday - Saturday, April 21 -22 (*Changing meet format from professional to collegiate friendly meet*)

From Rick Berman

PA LDR Officials:

You know the drill... To see the schedule and sign up, [please use this Google Form](#). 4 meets/races down. 12 more that can use your help. It's OK if you fill out this form multiple times in a season as you know more about your availability (or keep the link you are emailed after filling it out and resubmit).

Special call outs:

1. We're short on officials for this Saturday morning (17 September) for the **11th Annual Rebels XC Challenge** in Carmichael.
2. We've added the **Ruth Anderson 50K and 50M** on 8 October in San Francisco. We are expecting National and World Record attempts.

Don't forget, we host the **USATF National Fall (Club) Cross-Country Championships** in Golden Gate Park on Saturday, December 10, 2022. We will be looking for a large crew for this event. Working events during the 2022 seasons is a great way to refresh your skills or develop new ones to be ready in December.

Note: You will be notified of your assignment approximately one week prior to each meet. Water will be provided (and sometimes more).

Full year calendars, meet details, directions, etc....can be found here:

Road: <https://www.pausatf.org/road-racing/annual-road-racing-grand-prix-schedule>

XC: <https://www.pausatf.org/data/2022/2022-detailed-xc-schedule.htm>

Ultra

<https://www.pausatf.org/mut-running/usatf-pacific-mut-grand-prix-schedule/>

Any questions? I'd love to hear from you at the phone number or email address below.

Rick Berman

PA LDR Officials Coordinator

(415) 819-4865

rick-usatf@r2b.us:

From Dave Unterholzner

Sacramento Meet of Champions, American River College, April 22nd, 2023

From Rob Dewarr , Sac City College

NOR-CAL Junior College Championships at Sac City College

May 5th & 12th, 2023

From Phil Leake

NCAA D1 West Regional Championships

Sacramento State University May 24-27th, 2023

Submit Your NCAA Resume Form By September 30

NOTE: When you register and apply, REMEMBER TO APPLY FOR THE WEST REGIONAL!

REMINDER: Register on the NCAA RefQuest Platform

Milan Donley, the NCAA Track and Field National Assignor of Officials, announced on July 18 that the new NCAA RefQuest registration was open. You must be registered on this online platform in order to apply to be selected to work Division 1, Division 2, or Division 3 NCAA Championships in Cross Country, Indoor Track and Field, or Outdoor Track and Field.

[Follow this link to register](#). Click "Register" in the upper right corner. The registration closes

September 30, 2022. [Follow this link](#) to view the host locations for the D-1, D-2, and D-3 Championships for Cross Country, Indoor, and Outdoor Championships.

RQ+ is the new company providing online registration, education, assigning, and payment services to officials for selected NCAA championship events across several sports, including track and field. RQ+ replaces the previous provider, ArbiterSports.

You must register on the RefQuest website and submit your officiating resume if you would like to apply to work any of the eight NCAA Championship meets (Division 1, 2, or 3).

Recently, the NCAA added a track and field resume form to the RQ+ website. [Login to your RQ account](#) and select *RQ Forms* on the top right of the page. Your resume form must be submitted by **September 30, 2022.**

If you do not have an RQ+ account, [follow this link to register](#). Click “Register” in the upper right corner. The registration closes **September 30, 2022.** [Follow this link](#) to view the host locations for the D-1, D-2, and D-3 Championships for Cross Country, Indoor, and Outdoor Championships.

RefQuest (RQ+) is the new company chosen by the NCAA to provide online registration, education, assigning, and payment services to officials for selected NCAA championship events across several sports, including track and field.

The RQ+ platform allows USATF Officials to apply to officiate NCAA indoor and outdoor championship meets in 2022-2023. Registering also provides officials a method to be paid using direct deposit. Final selections for the eight championship events will be announced in mid to late December.



USATF Officials Committee Applications are available now to officiate the 2023 USATF Indoor, U20 Outdoor, and Senior Outdoor meets. [GO HERE](#) to submit your application. **The deadline to submit applications is October 15.**

To be considered for selection to one or more of these meets, you must be a National or Master level Certified Official in good standing in your USATF Association, and

three-step compliant with USATF [Safe Sport](#). However, all Certified Officials, regardless of certification level, are encouraged to apply.

Please note: Even though the location and dates of some meets may be unknown at the time of application, we strongly encourage all interested officials to apply, even if you need to decline your selection later. We would much rather you have the opportunity to be selected than to regret not applying when the meet dates and location are announced.

Here is why applying is important:

If you are an official at ANY level, and have an interest in officiating the Youth Indoor or Outdoor National Championships, the Masters Indoor or Outdoor Championships, or the National Junior Olympic Championships, the NOC really needs you to submit an application so we can 1) pass your information along to the respective officials coordinators and 2) be sure you are included in the NOC database for evaluations.

If you are selected and work any of these meets, you receive an evaluation of your performance that provides the Selection Committee a snapshot of your work, experience, and level of achievement. This allows the committee to conduct a more thorough evaluation of your application.

How does my evaluation help me if I am only an Apprentice or Association level official?

Evaluations help you in two ways: 1) When you do apply for one of the big 3 meets, you will have a record of performance that the Selection Committee can review. By beginning to build that record now, you could have several evaluations to be considered (the committee retains evaluations for three years). 2) You get informed and important feedback about how you have performed that helps guide your future training and learning. This allows you to grow and get better, and you work on increasing and improving your technical skills.

Remember, you must be three-step Safe Sport compliant with USATF, and your Safe Sport compliance should be valid until the day after the last day of the meet that you want to work. So, if the last day of the meet is June 10, your compliance must still be valid on June 11.

Selections will be made by the Officials Selection Committee and announced in December during the USATF Annual Meeting.

Major Meet Applications Accepted September 15

By Mark Heckel, NOC Training Chair

The selection application window for the 2023 USATF Indoor, U20 Outdoor, and Senior Outdoor meets opens at 3 a.m. Eastern and midnight Pacific on September 15. **The deadline to submit applications is October 15.** All Certified Officials, regardless of certification level, are encouraged to submit an application and here is why:

To be considered for selection to one or more of these "big 3" meets, you must be a National or Master level Certified Official in good standing in your USATF Association, and three-step compliant with USATF [Safe Sport](#).

If you are an official at ANY level, and have an interest in officiating the Youth Indoor or Outdoor National Championships, the Masters Indoor or Outdoor Championships, or the National Junior Olympic Championships, the NOC really needs you to submit an application so we can 1) pass your information along to the respective officials coordinators and 2) be sure you are included in the NOC database for evaluations.

Important Information About USATF Officials Grants

By Robert Kern, NOC Secretary

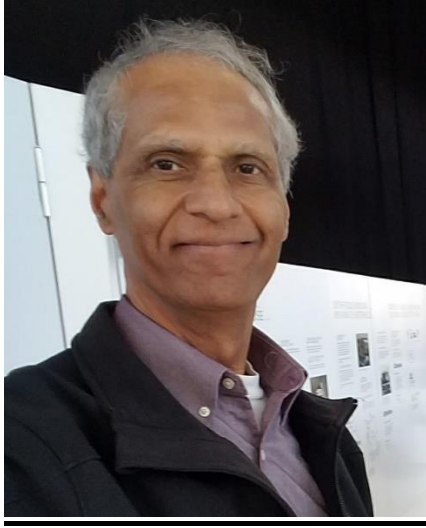
The National Officials Committee (NOC) recognizes the financial commitment faced by younger officials to travel to USATF National Championship meets. The NOC also recognizes the need to develop a larger pool of trained and experienced Implement Inspectors and Technical Managers. The NOC has established three grant programs to assist these officials:

1. **Young Officials Grant**
2. **Implement Inspectors Grant**
3. **Technical Managers Grant**

The deadline to submit applications for these grants is **December 15, 2022**. The grant recipients will be selected by the NOC Executive Committee from the pool of qualified applicants who meet the established criteria. Each grant recipient will be given \$500.

[Click here](#) for eligibility criteria, the process, and contact person for each type of grant.

CERTIFICATION



From Ajay Padgaonkar, Certification Chair

BE VIGILANT ON MAINTAINING YOUR 3-WAY COMPLIANCE

The recertification process for 2022 is near complete. Badges have been mailed out. If you have not gotten your badge or if there are omissions or errors on your badge, please send Ajay an email certification@pacific.usatf.org

Until late 2024 and early 2025, when we go through the recertification process again, you only need to maintain "3-way" compliance to keep your certification current

- No rules reviews unless you are upgrading or the credential change requires it. 3-way compliant means the following:

1. USATF membership has not expired (For about 110 of you the membership expires in 10 days, please renew now!)
2. Safesport training has not expired (This applies to 12 of you, please correct ASAP, for 10 more of you, the training expires in 10 more days, please take urgent action)
3. NCSI background check has not expired (For 2 of you the background check expires in the next 10 days, if you have not already done so, please take urgent action)

These are all done through your USATF connect sport80 portal now, so remember your login and update your password if needed. If you run into any issues with the login or membership renewal, send an email to Jamero Rainey jamrainey21@gmail.com at the USATF national office.

If you run into any issues with Safesport or NCSI background check, send an email to Lexie Ping (safesport@usاتف.org) of the USATF national office. Copy me on such emails so that I can help, if needed.

DO NOT LET YOUR CERTIFICATION CREDENTIALS LAPSE!

(This is what happened when officials were vetted for the Junior Olympics!)

The USATF national office sends reminders about a month before the expiration date. Please look for it and take immediate action. Also, you may want to make a note for your own self of the expiration date so you don't let your credentials lapse. USATF will send out emails to those who have lapsed one or more of those 3 requirements or are about to.

Frequently asked information can be found on the USATF Officials page

<https://www.usاتف.org/programs/officials/certification>

Keep your officiating record in the resume form on the pacific association website official's forms page: <https://www.pausاتف.org/officials/formsinformation/>

It is the Excel spreadsheet under the link titled (attached for your convenience):

- **PAUSATF Officials' Meet Resume Form** (Excel sheet; downloadable; may fill in on a computer)

You will need this record for any upgrade applications, meets that require applications and in 3 years when we undergo the recertification.

Send me an email or call me at 408-890-1123 if you have any questions.

SAFESPORT

USATF in cooperation with the Center for Safesport Training will notify you of your pending Safesport training update Typically, you will have this notice sent to you within 30 days of expiration. PLEASE RENEW AND UPDATE your training ASAP in order to for your Officials Certification to remain 3 ways compliant. An example of this notice is as follows:

You are receiving this notice because your Refresher 1 SafeSport training is due to expire. You are due to renew this training by completing the Refresher 2 course ("Preventing Misconduct"). Please follow the below instructions to complete this training:

1. Log on to USATF Connect (*please note: if you have more than one account associated with your name, choose your personal account*).
2. Click "View" on your profile card under "Members".
3. Access the Center for SafeSport Training tab from the menu to the left.
4. Click the blue "Add Center for SafeSport Training" button in the upper right-hand corner of the page.
5. Find the Refresher 2 course ("Preventing Misconduct") from the list of available trainings. Add it to your account by clicking the blue "Add" button next to this training.

6. A new window will appear. Click "Add" for this training one last time.
7. A final window will appear. Click "Start Training" in the middle of this window to begin your course.

This training should take you 20-30 minutes to complete. Once you complete the training, your USATF Connect account will be updated to reflect your new training date. Please note that if you do not complete the required SafeSport training on or before the expiration date, you will not be considered USATF 3-Step SafeSport Compliant and you will no longer be eligible to serve in a role that requires SafeSport training (coach, official, volunteer, among others).

Thank you for helping to make USATF a safe environment in which our athletes can train and compete. Please direct any questions to safesport@usatf.org.

USA Track & Field is committed to creating a culture that clearly advocates, and provides for, a safe environment in which our athletes compete and train. We believe this is paramount to the success of all our programs. All athletes deserve to participate in sports that are free from bullying, hazing, sexual misconduct or any form of emotional or physical abuse.

If you have a concern regarding the health and safety of our athletes, please make a report. For concerns of child sexual abuse, sexual misconduct, non-consensual sexual conduct, sexual harassment, or intimate relationships involving an imbalance of power, all individuals should report concerns to the U.S. Center for SafeSport [online](#) or by phone at 720-531-0340. Please notify USATF that a report(s) was made. All reports of child abuse or sexual assault of a minor must also be reported to local authorities. Reports of abuse not involving a minor may also be reported to local authorities.

For concerns of physical or emotional misconduct, bullying, harassment, hazing, or any other violation of [USATF's SafeSport Handbook](#), all individuals should report concerns to USATF [online](#) or by phone at 317-713-4688. Please note, neither criminal nor civil statutes of limitations apply to reporting a SafeSport complaint.

If the link doesn't work, please paste the following into your browser:

<https://usatf.sport80.com/login>

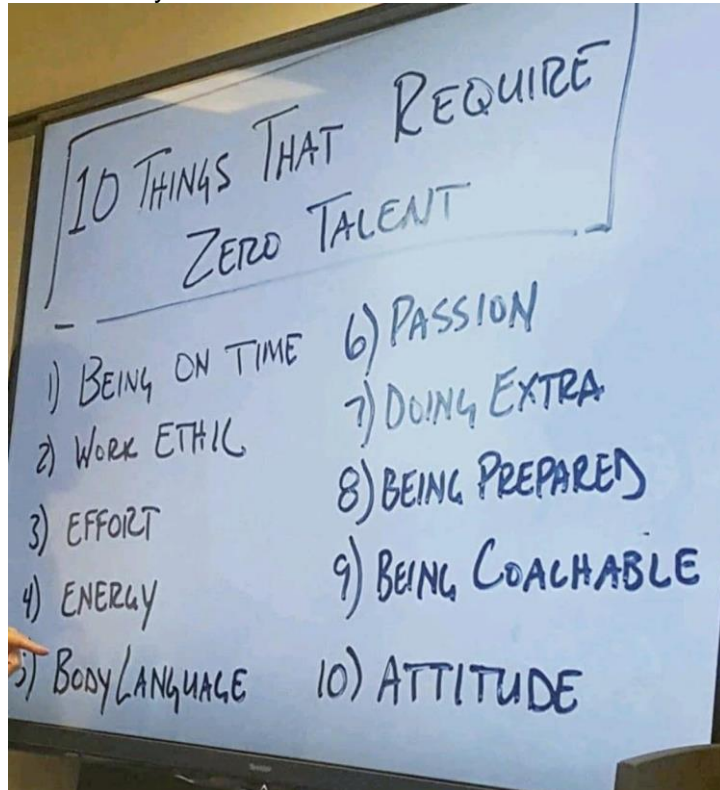
Code of Ethics and Performance Guidelines

The USATF National Officials Committee publishes the [Code of Ethics and Performance Guidelines](#) for officials. Item number 11 of the Code of Ethics:

Conduct an honest self-evaluation after each competition, to identify errors made and areas for improvement; and be receptive to suggestions for conducting events in the best possible manner in the future.



Start using this improvement method. Take a few minutes and review what you could have done better. Everyone benefits



RULES AND RULE CHANGES

From Bob Podkaminer., USATF Rules Committee

<https://www.worldathletics.org/about-aaf/documents/book-of-rules>

For USATF rulebooks:

The hardcopy USATF rule book for 2022 is now available for purchase on the USATF official's store: The book will have a 50% off code for Certified Officials to use at checkout (\$10 instead of \$20 to everyone else). This code is **Rules22**.

<https://team-usatf-store.myshopify.com/collections/accessories/products/2022-usatf-competition-rules>

Type that codes in the discount code box; see screenshot below for example

Note that the password is different from the one for the rest of the officials' store (which is Official2019).

Regards,

--

Ajay (Pacific Association Certification Chair)

And/or can be downloaded: <https://www.usatf.org/governance/rule-books>

For NCAA rulebooks

https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/rules/2022-23PRTF_MajorRulesChanges.pdf

Please read through these changes for the upcoming NCAA season.

For NFHS Rule Changes: <https://www.nfhs.org/sports-resource-content/track-field-and-cross-country-rules-changes-2022/>

NFHS Rule books, etc.: Print version: Training <http://www.nfhs.com/c-235-track-fieldcross-country.aspx>

E- Book Version: E book is delayed. Please go to www.nfhs.org for updates.

Julie Cochran from NFHS gave an interesting and helpful presentation at the USATF 2021 Annual Meeting. Here is her presentation. No audio on this one. Here it is:

<https://www.flipsnack.com/usatf/nfhs-presentation-at-general-session/full-view.html> **Eight**

New High School Rules Adopted

The National Federation of State High School Associations (NFHS) has approved eight rule changes for the 2023 high school track and field and cross country seasons.

Two key changes were made to Rule 3-4-3, defining specific case book guidelines, and the introduction of Rule 9, which creates a new indoor track and field rules section.

The rules committee's changes to Rule 3-4-3 defined specific case book guidelines to offer consistency and guidance to meet referees when ruling on reruns. New to the rule are scenarios to assist referees in determining when a rerun is necessary and stipulations that must apply for a rerun to be considered.

Due to recent changes to outdoor track and field rules and the growth of high school indoor track and field across the country, the NFHS Rules Committee felt it was necessary to create a section specifically for indoor track and field rules.



[Follow this link](#) to a summary of all the NFHS rule changes. [Follow this link](#) to a more in-depth review of the changes.

For USA Paralympic Rulebook: This can be found on the Adaptive Track and Field USA website <http://atfusa.org/RULES/RULES.htm>

FOR WA Paralympic Rules <https://www.paralympic.org/athletics/rules>

Best Practices for High School Disability (Para) Track and Field

By Carroll DeWeese

Across the USA, more high schools are providing opportunities for disability (para) athletes to participate in track and field. The United States Paralympic Committee has a nine-page “GUIDELINES – BEST PRACTICES for DISABILITY TRACK and FIELD” document you can read and download it [here](#).

Unless state high school associations have rules that are different, World Para Athletics Rules ultimately apply to any para-athlete 14 years of age or older on December 31 of the year of their competition. Any athlete 13 years of age or younger uses Adaptive Track & Field USA (ATFUSA) Rules for para track and field competition.

The guidelines address many of the questions about who is eligible to compete, what events are available for competition, advancement to state meets, and many other topics of concern.

Any high school official that may be working with para-athletes should download, read, and keep the guidelines document mentioned above as a reference for officiating para track and field at the high school level.

A quick reference comparison supplement of the rule changes and difference is annually compiled by Jim Hanley of the Southern Cal Assn.

Cost is \$18 (\$15 for the book and \$3 shipping) **Track and Field Rule Book Differences** © 2022 by Jim Hanley P.O. Box 6744, Thousand Oaks, CA 91359-6744 or www.jim.hanley.com

Free Online Resources from the NOC Newsletter:

USATF National Officials Committee Resources and Best Practices Library. [Go here](#).

Your local USATF Association. Many Associations have training documents, videos, and/or recorded virtual training sessions. Visit your USATF Association website. One example is the Oregon Association Zoom training sessions. [Go here](#) for a list of the recorded sessions and access codes. Also, [go here](#) to view an example about *Officiating Race Walking*.

National Federation of State High School Associations (NFHS) Learning Center. [Go here](#) for the officiating course. [Go here](#) to explore all the courses.

World Athletics E-learning Hub. You must create [a free account](#) to access the courses for technical officials.

USATF Associations Committee newsletter: [Go here.](#)

Officials Newsletter from Athletics Canada. Current issue and archive: [Go here.](#)

European Athletic Officials newsletter: [Go here.](#)

NOC Equipment & Facilities newsletter archive: [Go here](#)

A few newsletters from individual state Associations:

["Tracking 27"](#): Oregon Track Club and USATF Oregon Association

["Track and Field Iowa"](#): Iowa Association

["Official News"](#): Indiana Association

Current issue and archive of the World Athletics newsletters:

[Go here](#) (scroll down the page)

[Go here](#) to view the archive of **NOC newsletters.**

[Go here](#) to view the archive of **SafeSport newsletters.** Here are some free online learning programs and documents for officials. All you need is an internet connection:

Previous USATF Annual Meeting Training Clinics for Officials. Links to 2021 clinics: [EDR FieldLynx Horizontals.](#) [EDR FieldLynx Throws.](#) [Officials Clinic - Referee Scenarios.](#) [Officials Clinic – Lap Scoring.](#) [Junior Officials Clinic.](#) [Go here](#) and scroll to the bottom of the page for 2020 clinics and prior.

USATF SafeSport Training. [Go here](#) for information. Login to your [USATF Connect](#) account to access the SafeSport training.

Your local USATF Association. Many Associations have training documents, videos, and/or recorded virtual training sessions. Visit your USATF Association website. One example is the Oregon Association Zoom training sessions. [Go here](#) for a list of the recorded sessions and access codes. Also, [go here](#) to view an example about *Officiating*

Equipment

- VS Athletics Officials Equipment <https://www.vsathletics.com/store/home.php>
- M-F Athletics Everything Track and Field <https://www.everythingtrackandfield.com/>



The new online store for USATF Certified Officials is now open! This store is a one-stop-shop for all your apparel needs. The store features high quality Nike products. You can even have your USATF Association name embroidered on your new clothing.

The store currently offers short-sleeved and long-sleeved polo shirts and a variety of outerwear for all seasons in men's and women's sizes. There are also caps and visors available. Additional items will be added in the future.

[Explore the Officials Store Now](#)

[Visit the store today](#) and set up your account. Click “My Account” in the top navigation and select “New Customers-Create an Account.” This new store is exclusive for USATF Certified Officials. When you order, you will be asked to include your USATF member number to verify your status.

New officials will use this account to order their free polo shirt, which is a key part of the [USATF Certified Official's uniform](#). Once the account is set up, a credit will be added to it to cover the cost of the new shirt.