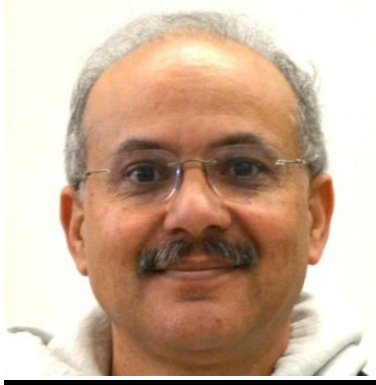




Northern California/Northern Nevada Association of USA Track & Field

## **Chair's Notes**



Phil Leake, Chair

## **CHAIR'S NOTES**

A great Fall season is upon us. IT'S CROSS COUNTRY/LDR SEASON!!!! As we have completed the high school season, the USATF Club Championships are scheduled for December 10<sup>th</sup> in San Francisco, the USATF National Marathon Championship is scheduled for December 4<sup>th</sup> and there are multiple opportunities to participate in upcoming racewalks in January and February of 2023. This is also the time of year to plan for the upcoming 2023 Track and Field Season!!! Look at the PAUSATF Officials Calendar to plan your officiating schedule for the next year. In addition, it is time to renew your USATF membership, update SafeSport and update background checks. It is also time to update your resume and apply for upgrading your certification level. Please log onto the [www.pausatf.org](http://www.pausatf.org) and [www.usatf.org](http://www.usatf.org) websites for updates as well as the latest news from the USATF Annual meeting on December 1-4.

Additionally, for those National and Master Officials, although the time is past to apply for the NCAA West Regional Championships in May, it may be possible to help with this meet as a support official. I encourage all to apply and show the rest of the country the training and expertise the Pacific Association Officials are known for. If you need information on this, please let me know.

Lastly, please log onto the National Officials Webpage <http://www.noc.mach2k.net> to study and update your skills in areas by taking the written certification tests in the various disciplines. You won't regret it. Special thanks go to our Training Chair, Bill Bartel who is planning the 2023 Training Schedule. Coupled with taking the upcoming training classes online and the clinics held in early 2023, you will be well prepared for the 2023 season as well as maintain your training and skills as part of the best trained officials in the USATF! Keep your eyes peeled on your emails for upcoming training dates and locations!

## CONGRATULATIONS TO DAVE SHROCK AND DENNIS BOYLE

Congrats to Dave Shrock, winner of the 2022 USATF Robert Geigenack Award

Robert Giegengack Award was established in 1982 in recognition of the late Yale track & field coach's half-century of "superior and outstanding contributions as an official, a coach, and an administrator in the sport and to the organization." It is awarded annually to a person "who excels in contributing to the excellence and high standards of the sport of Athletics." The Award is USA Track & Field's only accolade not limited to one of the sport's three disciplines (track & field, long distance running, and race walking), or to any one of the three principal areas of consideration (official, coach, or administrator).

Jack of "all" trades?

Congratulations to Dennis Boyle, nominated for the NOC Andy Bakjian Award for Outstanding Service at the upcoming USATF National Meeting! Well Deserved!!!

See the full Officials Nomination lists for the Bakjian and the other NOC awards/nominees at [https://mcusercontent.com/1a0346e06922886956c10c4e0/files/6634fb63-879b-47fd-3a33-2858fee7bb6c/Awards\\_Finalists\\_for\\_2022.pdf?utm\\_source=USATF+Certified+Officials&utm\\_campaign=fdeaf27b31-January+2022+issue\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_e4884c838e-fdeaf27b31-308706989](https://mcusercontent.com/1a0346e06922886956c10c4e0/files/6634fb63-879b-47fd-3a33-2858fee7bb6c/Awards_Finalists_for_2022.pdf?utm_source=USATF+Certified+Officials&utm_campaign=fdeaf27b31-January+2022+issue_COPY_01&utm_medium=email&utm_term=0_e4884c838e-fdeaf27b31-308706989) The winners of the six awards will be announced at the Officials Awards Ceremony and Hall of Fame Induction Banquet scheduled for December 2 during the USATF Annual Meeting in Orlando, FL.

## Officials Calendar

## RACE WALK UPDATE

***This is a part of officiating that gets the least notice and participation of officials. This is a great part to add to your resume as an official and can assist in increasing odds of being selected to officiate at National Meets. I encourage you to get trained, certified and participate.***

**From Jon Price** TO: Race Walk Judges (including Apprentice-level judges) in the USATF Pacific Association

Robyn Stevens, our Pacific Association Race Walk Committee Chair (and Olympian), is working on the schedule for race walks in 2023, including three races at Cal. **Please let me know if you can help judge any of these races.** Unfortunately, Beth and I have another commitment for February

18. We need five judges (at least one Master-level and at least three with National- or Master-level certification) to have races that will stand for records. A sixth Judge can serve as Recorder.

**Saturday, February 4, 2023** (with the first race starting at 9:30 am, judges should report at 8:30 am), Edwards Stadium, 2223 Fulton Street, Berkeley, CA 94704 – USATF Pacific Association Grand Prix **1,500-meter** Race Walks (separate female and male races) as part of the Cal All Comers Track & Field meet that day. You are welcome to stay to help officiate the rest of the meet; please let Jennifer Oliver, Cal Officials Coordinator, know by emailing her at [sportyjoliver@gmail.com](mailto:sportyjoliver@gmail.com).

**Saturday, February 18, 2023** (with the first race starting at 9:30 am, judges should report at 8:30 am), Edwards Stadium, 2223 Fulton Street, Berkeley, CA 94704 – USATF Pacific Association Grand Prix **one-mile** Race Walks (separate female and male races) as part of the Cal All Comers Track & Field meet that day. You are welcome to stay to help officiate the rest of the meet; please let Jennifer Oliver, Cal Officials Coordinator, know by emailing her at [sportyjoliver@gmail.com](mailto:sportyjoliver@gmail.com).

**Saturday, March 4, 2023** (with the first race starting at 9:30 am, judges should report at 8:30 am), Edwards Stadium, 2223 Fulton Street, Berkeley, CA 94704 – USATF Pacific Association Grand Prix **3,000-meter** Race Walk (**combined female and male race**) as part of the Cal All Comers Track & Field meet that day. You are welcome to stay to help officiate the rest of the meet; please let Jennifer Oliver, Cal Officials Coordinator, know by emailing her at [sportyjoliver@gmail.com](mailto:sportyjoliver@gmail.com).

We anticipate several additional judging opportunities

- Grand Prix 5,000-meter at the Pacific Association T&F Championship, usually in late May or early June;
- Grand Prix One-Hour;

- Grand Prix 10-km and 20-km in the early fall in Sacramento; and
- Pacific Association Masters Championship in the fall)

and at several Youth meets,

- Shor-Sheppard Classic;
- Pacific Association Championship;
- Pacific Association Junior Olympics Top 8 Meet;
- Region 14 Junior Olympics Top 5 Meet, which will be the qualifier for the National Junior Olympics this coming summer in Eugene, Oregon.

We'll let you know when these get scheduled.

As I write this, the 2023 Track and Field schedule is taking shape. Colleges and Universities are already planning their 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. Interested officials should consult [www.Athletic.net](http://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. CIF is finally understanding that the USATF official is a great benefit to running and judging meets effectively. I highly encourage you to volunteer your assistance at your local high school. This only helps further promote the sport we all love.

**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).

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](mailto:rick-usatf@r2b.us):

## **From Dave Unterholzner**

Sacramento Meet of Champions, American River College, April 22<sup>nd</sup>, 2023 See the best in HS Track and Field

## **From Rob Dewarr , Sac City College**

NOR-CAL Junior College Championships at Yuba College, Marysville CA (Sac City College is running the meet) May 5<sup>th</sup> & 12<sup>th</sup>, 2023

**From Phil Leake** [pgal1@sbcglobal.net](mailto:pgal1@sbcglobal.net)

**Sacramento State University**

Hornet Invite: March 17-18

Sac State Open: April 8

New throws coach, upgraded facilities, Stipends, Lunch. A relaxed atmosphere and two great meets to add to your resume.

**NCAA D1 West Regional Championships**

**Sacramento State University May 24-27<sup>th</sup>, 2023**

**Event though the Deadline has past, we are still accepting applications due to the selection/acceptance/attrition process.**

**Submit Your NCAA Resume Form**

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. Although registration deadline has past, we are in need of support officials. [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.

If you do not have an RQ+ account, [follow this link to register](#). Click "Register" in the upper right

corner. [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.



## Renew Your USATF Membership Today

You can now renew your USATF membership for 2023. All memberships have the same expiration date, December 31, unless you have a multi-year membership. **A reminder:** You must be a current USATF member to maintain your certification as a USATF official.

USATF Certified Officials have a choice of memberships:

A one-year [individual adult membership](#).  
A one-year [VIP adult membership](#).  
A discounted [four-year adult membership for Certified Officials](#). Save \$20 with the four-year option.

**RENEW YOUR  
MEMBERSHIP**



[Go here](#) for information about all the membership options including a special discounted Youth Membership (18 years and under).

You must use your USATF Connect account to check your membership expiration date and, if necessary, renew your membership. [Go here](#) to login to your account. Note: You can establish an automatic annual renewal of your membership if you wish. Auto renewal is an option in the memberships area in your USATF Connect account.

Anyone joining USATF for the first time between November 1 and December 31 of the current calendar year will enjoy membership at no additional cost for the following calendar year as well.



## 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](https://list-manage1.us2.list-manage.com/track/click?u=1a0346e06922886956c10c4e0&id=471ea57050&e=b20f947887) or copy and paste this url <https://list-manage1.us2.list-manage.com/track/click?u=1a0346e06922886956c10c4e0&id=471ea57050&e=b20f947887> for eligibility criteria, the process, and contact person for each type of grant.



Are you going to apply for an NOC Grant? The application deadlines are next month. Avoid the rush, apply now!

These grant applications are due **December 15**: Implement Inspectors Grant, Technical Managers Grant, and Apprentice Referee Grant. Applications for the Young Officials Grants are due **December 20**.

**Click here** for eligibility criteria, the application process, and contact person for each type of grant. Note: the contact person for the Young Officials Grants (YOG) is **Don Berry**. Use this email address to submit your YOG application: [chemman@fairpoint.net](mailto:chemman@fairpoint.net).

## TRAINING



# BEST PRACTICES

**From Rich Schornstein (USATF-Colorado Assn.)**

***Rich Schornstein***

Cell: 314-960-3271 [kidz1023@comcast.net](mailto:kidz1023@comcast.net)

The [Officials' Best Practices Library](#) contains materials which go beyond the rulebook, with detailed information, procedures, and tips on the conduct of events and the management of officials and competitions. Many of the documents are one or two pages about a specific officiating discipline and are suitable for placement on clipboards for ready reference. We welcome suggestions for changes or new documents.

There are 134 Best Practices documents in the library and during 2022, 35 of them were updated and 4 new items were added, including: Starter's Duties; Field Event Time Limits; most field event Rules Comparisons and Briefings to Athletes for NCAA Competitions; Resolving Ties in Verticals; and several documents for Officials Coordinators and Meet Management. As we head into the indoor season, be sure to check the date on any items you've printed off, to be certain you have the most current version.



## OFFICIALS ROUNDTABLE MEETINGS

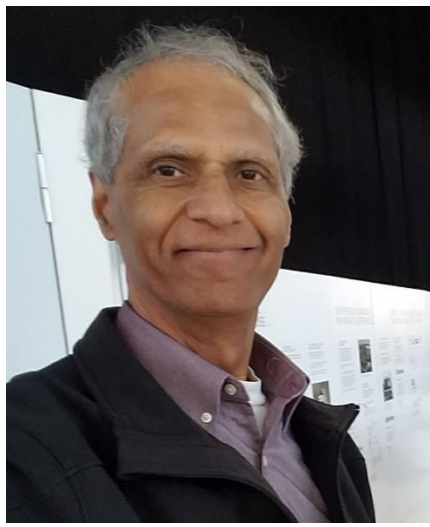
### **Second Oval Table of 2022 Draws over 170 Attendees**

*By Robert Kern, NOC Secretary*

NOC Chair **Mike Armstrong** hosted the second *Officials Oval Table* virtual meeting on October 26. The purpose of the meeting was to provide officials a platform to ask questions, and to receive accurate and immediate information, together with feedback. Discussion with other officials is one of the best ways to increase one's knowledge and improve one's skills. These *Oval Table* meetings provide that opportunity.

The talking points elicited a lively and interactive 70-minute discussion attended by over 170 officials. Members of the NOC Executive Committee as well as experienced officials nationwide provided responses to prior submitted questions as well as questions asked by attendees during the meeting. [Go here](#) to view the meeting recording.

## **CERTIFICATION**



From Ajay Padgaonkar, Certification Chair

### **BE VIGILANT ON MAINTAINING YOUR 3-WAY COMPLIANCE**

The recertification process for 2022 is 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](mailto: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
2. Safesport training has not expired
3. NCSI background check has not expired

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](mailto: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@usatf.org](mailto:safesport@usatf.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!**

**NOTE: This is what happened when officials were vetted for the 2022 Junior Olympics! If you let your credentials lapse, it will create problems for you to officiate meets and will affect your potential for selection at USATF National/Regional Meets**

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.usatf.org/programs/officials/certification>

Keep your officiating record in the resume form on the pacific association website official's forms page: <https://www.pausatf.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](mailto: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>

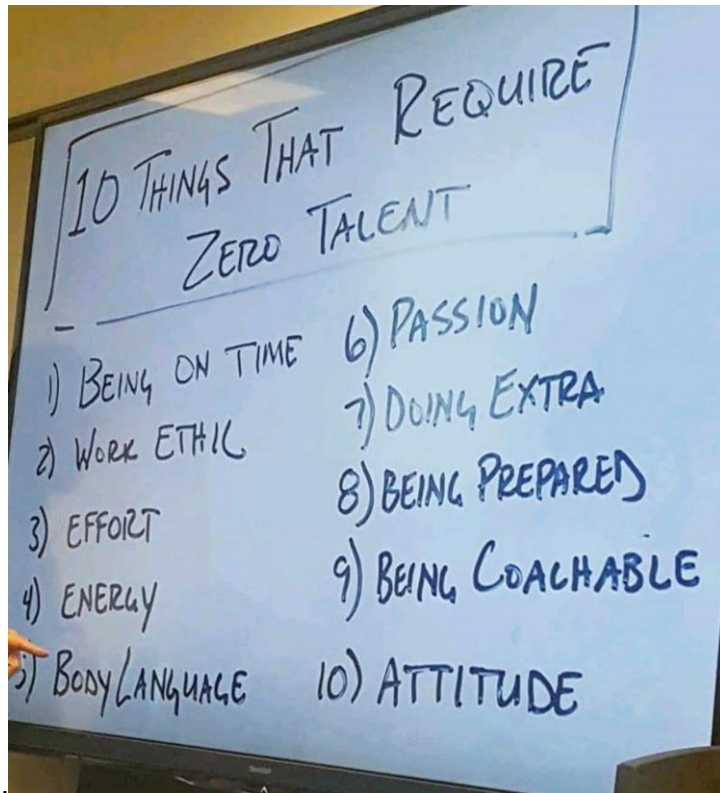
## Code of Ethics and Performance Guidelines

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





## MENTORING

Dennis Boyle, our Mentoring Chair, has been hard at work with the newly created group of Officials Regional Resource Coordinators. Together with our Certification and Training chairs, this committee's mission is to help provide officials with a knowledgeable official to act as a resource for Certification, Training, and Mentoring at the local level.

Your **Regional Resource Coordinator** is your **FIRST** source for information or questions regarding:

- - - Membership / Application / Resume / Personal Profile
    - Obtaining / Maintaining / Renewing Your Credential
    - Steps Leading to Upgrading Your Level of Certification
    - Creation of a Strategic Plan for Development
    - Mentoring Assistance / Training
    - Use of our National and Association websites
    - Introductions to Meet Coordinators / Head Coaches / Head Officials

Along with the streamlined process for becoming an official, this committee is now working on a frequently asked questions (FAQs) sheet to be published on the PAUSATF.org website to help the potential/new/experienced official navigate the process and upgrade. Look for the FAQ sheet in the very near future on the PA Officials Page <https://www.pausatf.org/officials/>

Ultimately, this committee's work will help the official obtain and maintain his/her training to be a more knowledgeable and impartial official. For more information, you can refer to the Regional Resource Coordinators. They are:

Brendan O'Leary, John Murray, Ryan Cowley, John Busto, Dave Mantooth and Dennis Boyle

More information and contact information can be found at the Regional Resource Coordinators page on the PAUSATF Officials Page <https://www.pausatf.org/officials/officials-regional-resource-coordinators/>

## RULES AND RULE CHANGES

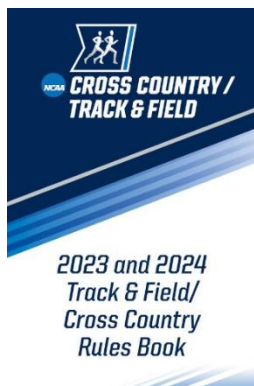
### From Bob Podkaminer., USATF Rules Committee

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

**For USATF rulebooks:** This is a Rules Year!!! 75 Rule changes will be voted on at the upcoming Annual Meeting in Orlando, FLA. After these are voted and approved/disapproved, they will be collated and put into the 2023 Rulebook. If this process follows as previous years, the Rulebook should be available online in January 2023 with the printed versions available sometime during the 1<sup>st</sup> quarter of 2023.

2022 edition and later the 2023 Edition can be downloaded: <https://www.usatf.org/governance/rule-books>

### **For NCAA rulebooks New NCAA Rule Book is Available**



The 2023-2024 NCAA Cross Country and Track and Field Rule Book is now available as a free download [here](#). Hardcopies are not yet available for purchase but will be soon. See the Best Practices article in this newsletter.

The updated USATF Competition Rules will be available at the end of February 2023. The NFHS and World Athletics rule books will be available early next year.



For the 2022-2023 rulebook, click the url below:

[https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/rules/2022-23PRTF\\_MajorRulesChanges.pdf](https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/rules/2022-23PRTF_MajorRulesChanges.pdf)

**Please read through these changes for the upcoming NCAA season.**

## **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 NFHS Rule Changes:** <https://www.nfhs.org/sports-resource-content/track-and-field-rules-changes-2023/>

**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](http://www.nfhs.org) for updates.

Julie Cochran from NFHS gave an interesting and helpful presentation on HS rules 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>



**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](http://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.

## Equipment and Uniforms

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

Update on [www.NBNSports.com](http://www.NBNSports.com)

This longtime vendor of Pacific Association Officials uniforms has recently undergone new ownership. The new owner, Chad Saranillo, is willing and has agreed to revamp and combine the two Officials company stores on the NBNSports.com website into one with a new look, a wider cadre of items and a simpler, quicker ordering process for the well equipped Pacific Association official to purchase. Please look for the availability notice in future newsletters.

### THE USATF CERTIFIED OFFICIALS STORE



The new online store for USATF Certified Officials is now open! The [USATF Certified Officials Store](#) has been open for two months now and over 213 orders have been placed in that time. 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.

We are excited about what the store has to offer now and what it will provide in the future. It has also been a great avenue for new officials to order their free uniform shirts. If you haven't visited the store yet, take some time to do so.

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.

## OTHER RESOURCES

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*