

USATF RULES COMMITTEE SCORECARD

Committee Actions as of _____ 13 October, 2019_ Conference Call_____

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Conference Call Actions:

1=Grammar / Punctuation

2=Housekeeping

3=Current Practice

4=Recommend Approval

5=Discuss / Refer

6=Recommend Reject

7=Recommend Table

W=Withdrawn

a=amended

Final Actions: A=Accepted

AA= Accepted As Amended

R=Rejected

T=Tabled

W=Withdrawn

((~~Double parenthesis~~)) indicates removal. Underline indicates addition. ## - Renumber required.

Item 1 – Tabled 2018 Item 36 – Submitted by Graeme Shirley, Rules Committee Masters. Amend Rule 264.1 as follows:
No record claimed for the Hammer, Discus, Shot, Javelin, or Weight shall be allowed unless it has been made with an implement that complies with the specifications for the official implements adopted by the IAAF and USATF, or, for Masters records, WMA. The implement must be certified as to weight, measurement, and material on the date of and prior to the competition in accordance with Rule 139.2. If the Referee becomes aware during an event that a record has been equaled or bettered, he shall immediately mark the implement used and undertake a check to ascertain whether it still complies with the Rules or if there has been any change in characteristics. Normally, such implement shall be checked again after the event.

Rationale: *Compliance WMA Rule 260.1.1.1. If the proposed amendment to 320.1(c) is adopted, the source of specifications will be WMA.*

Item 2 – Tabled 2018 Item 78 – Submitted by Graeme Shirley, Rules Committee Masters. Amend Rule 332.1(c) as follows:

Every Championship event, including combined event championships, will use the implement specifications ((~~weights~~)), hurdle heights and spacings, and race lengths approved by WMA as of January 1 of the current year. A specification will be considered to have been approved by WMA when it has been published in the most recent ((~~IAAF/WMA Handbook~~)) WMA Rules of Competition ((~~approved by the IAAF and WMA Councils~~)). ...

Rationale: *Compliance WMA.*

Item 3 – Tabled 2018 Item 93 – Submitted by Graeme Shirley, Rules Committee Masters. Amend Rule 332.3(g) as follows:

WMA ((~~specifications~~)) weights for throwing implements, including the Superweight, are shown in the following table: ...

As a companion: Add New Rule 332.3(h) ## as follows:

WMA specifications are in the individual implement specification tables. See Rules 188.4, 189.2, 191.9, 193.6 and 195.9.

As a companion: Amend Tables in Rules 188.4, 189.3, 191.9, 193.7 and 195.9 as follows:

NOTE: *The specifications for implements used by Masters competitors are those adopted by WMA.*

Rationale: *Compliance WMA Rules 188.5, 189.2, 191.9, 193.6 and 194.1.*

Item 4 – Amend Index as follows: (edit)

((~~Triple Jump~~ — ~~Wind measurement~~134, 163.10-14, 184.8))

Wind Gauge Measurement / Placement 163.10-14 Operator 110.4, 134

Item 5 – Amend Rule 1(a) and all occurrences as follows: (edit)

In the Open Men's and Women's Indoor and Outdoor Track and Field Championships, the ((~~Junior~~)) U20 (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~~)) U20, and ...

Item 6 – Amend Rule 10.2(a) as follows: (correction)

Men's Events

10,000 Meter Walk (U20)

Women's Events

3000 Meters (U20) 10,000 Meter Walk (U20) 10,000 Meters (Open)

As a companion: Delete 10.2(b) ##

Item 7 – Amend Rule 125.1 as follows: (correction / compliance)

One or more Referees, as appropriate, shall be appointed for the clerking area, for track events, for field events, for Combined Events, for video review, for Race Walking and for running (~~and Race Walking~~) events outside the stadium. ...

Item 8 – Add New Rule 170.17 as follows: (correction / compliance 2017) ##

If during the race a competitor takes or picks up the baton of another team, his/her team shall be disqualified. The other team shall not be penalized unless an advantage is obtained.

Item 9 – Amend Rule 184.7 as follows: (correction / edit)

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

As a companion: – Amend Rule 187.7 as follows:

The measurement of each throw shall be made immediately after (~~the throw~~) each valid trial or immediate oral protest. The (~~measurement~~) mark in the landing area, for all attempts, shall be preserved until removal is authorized by the official responsible for the event. ...

As a companion: – Delete Rule 180.4(g)

(~~All fair attempts in horizontal jumps and throws competitions should be measured immediately after each attempt.~~)

Item 10 – Amend Rule 218.1 as follows: (correction / compliance 2017)

The 4x200 Meter Relay shall be run in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the break line used for the individual 800m at the end of the first turn, as described in Rule 160.8(c), where runners may leave their respective lanes. Rule 170.13 shall apply. Each exchange zone shall be 20m long and each outgoing runner shall start within the zone.

Item 11 – Amend Rule 9 as follows: (8June-#1)

~~((NON-CHAMPIONSHIP))~~ **COMPETITIONS GENERAL**

1. So far as possible, the rules for the Championships shall apply to all other competitions conducted or sanctioned by USATF or any of its Associations. In all championship and non-championship competitions (~~other than National Championships~~), events may be held in a different format to that provided under the USATF Rules of Competition, but broader Rules, giving more rights to the athletes, cannot be applied. These formats shall be decided by the respective bodies having the control over the competition.

Item 12 – Amend Rule 111.3 as follows: (8June-#2)

This Committee shall be responsible for the correct conduct of the meet. It shall provide a place properly laid out and measured to conform to all the requirements of these rules, the appropriate sections of the IAAF Track and Field Facilities Manual and, shall also furnish all implements and equipment necessary for the satisfactory competition of the events scheduled in the official program, and shall have jurisdiction of all matters either before or during the competition not assigned by these rules to the Referee or other officials. They shall consult with the Competition Director and Referee as appropriate and may delegate operational responsibility for some or all of these areas to the Competition Director.

Item 13 – Amend Rule 125.2 as follows: (8June-#5)

The Referee shall ensure that the rules and applicable USATF competition regulations are observed and shall decide, where appropriate or necessary, in conjunction with the Games Committee. upon any matters which arise during the

meet, including any matter arising at competitor check-in, within the warm-up area and after the actual competition, including awards, and for which provision has not been made in these rules or any applicable competition regulation.

...

Item 14 – Amend Rule 125.3 as follows: (8June-#4)

A (~~Track~~) Referee, when appointed to oversee the starts, is designated the Start Referee. ...

Item 15 – Amend Rule 125.9 as follows: (8June-#7)

A Referee shall have the authority to warn or disqualify from competition any competitor or relay team for acting in an unsporting or improper manner or under Rule 162.17. Warnings may be indicated to the competitor by showing a yellow card, disqualifications by showing a red card. Warnings and disqualifications shall be entered on the results card. Those warnings and disqualifications decided by the Referee shall be communicated to the Competition Secretary and to the other Referees. In disciplinary matters, the clerking area Referee has authority starting from the warm-up area up to the competition area. In all other instances, the Referee applicable to the event in which the competitor is or was competing, shall have authority.

NOTE 1: *The Referee may, where the circumstances justify it, disqualify a competitor or relay team without a warning having been given, such as in Rule 144.3(a).*

NOTE 2: *When disqualifying a competitor or relay team from competition under this Rule, if the Referee is aware that a yellow card has already been given, the Referee should show a second yellow card followed immediately by a red card.*

NOTE 3: *If a yellow card is given and the Referee is not aware that there is a previous yellow card, it shall, once this is known, have the same consequence as if it was given in association with a red card. The relevant Referee shall take immediate action to advise the competitor or relay team or their representative of the disqualification.*

Item 16 – Amend Rule 125.12 as follows: (8June-#6)

The Combined Events Referee shall have jurisdiction over the conduct of the Combined Events competition. This Referee shall also have jurisdiction over the conduct of the respective individual events within the Combined Events competition except in matters within the jurisdiction of an appointed and available Start Referee.

Item 17 – Amend Rule 129.2 as follows: (8June-#8)

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

Item 18 – Amend Rule 135.4 as follows: (8June-#9)

To ensure that the equipment is operating correctly, the Judge shall, before (~~and after~~) each event, personally supervise or conduct a set of measurements in conjunction with the equipment operator under the supervision of the Referee to verify the accuracy of the device against a known distance, such as certified steel tape or an independently certified distance such as 100m. A form of conformity shall be issued, signed by all those involved in the test and attached to the results card.

Item 19 – Amend Rule 141.1(b) and globally as follows: (8June-#10)

(~~Junior~~) U20: The U20 (Junior) classification shall be limited to athletes who are fourteen (14) years or older on the day of competition and will not become twenty (20) years of age during the year of the competition.

NOTE: *The IAAF U18(16-17) age category is included within U20 for USATF.*

As a companion: – Change all occurrences of the (~~Junior~~) Classification to U20.

Item 20 – Amend Rule 143.1 as follows: (8June-#11)

In all events competitors must wear clothing that is clean, designed, and worn so as not to be objectionable. The clothing must be made of a material that is not transparent even if wet. The competitors must not wear clothing that could impede the view of the judges. (~~Athletes' vests should have the same color on the front and back.~~) The size or number of logos on athletes' attire shall be restricted only when required by the IAAF or USOC. This rule shall be enforced by the Clerk of the Course for track and road events and the Chief Judge of each field event.

Item 21 – Amend Rule 143.3(c) as follows: (8June-#12)

NOTE: For Cross Country competitions, the entry material or the Games Committee may allow the use of an increased spike length.

Item 22 – Amend Rule 144.4 as follows: (8June-#13) ##

(d) Receiving physical support from an official or other person designated by the Games Committee to recover to a standing position or to access medical assistance.

(g) Electronic lights or similar appliance indicating progressive times during a race, including a relevant record.

As a companion: – Amend Rule 144.3(a) as follows:

Pacing in running or walking events by persons not participating in the event, by competitors lapped or about to be lapped, or by any kind of technical device other than those permitted under Rule 144.4(d) and Rule 144.4(g).

Item 23 – Add New Rule 144.8(c) as follows: (8June-#21) ##

A competitor may, at any time, carry water or refreshment by hand or attached to his/her body provided it was carried from the start or collected or received at an official station.

Item 24 – Add New Rule 145.3 as follows: (8June-#14) ##

If a relay team is excluded from competition under Rule 125.9, the team shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. Such disqualification shall not prevent any competitor or relay team from taking part in all further events, including individual events of a Combined Event or other events in which an individual or relay is simultaneously participating, in that competition.

Item 25 – Add New Rule 146.7 as follows: (8June-#15) ##

When a protest is made by or on behalf of a competitor or team which did not finish a race, the Referee shall first ascertain whether the competitor or team was or should have been disqualified for a breach of the Rule unrelated to the matter raised in the protest. Should that be the case, the protest shall be denied.

Item 26 – Amend Rule 146.8 as follows: (8June-#16)

The protested performance of the athlete and any other performance achieved while competing under protest will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and the performance is allowed. In Field Events where, as a result of a competitor competing ‘under protest’, another competitor is allowed to continue in the competition when he/she would otherwise not have done so, such competitor’s performances and eventual results shall remain valid irrespective of whether the ‘under protest’ competitor’s immediate oral protest is successful.

Item 27 – Amend Rule 147 as follows: (8June-#17)

2. Other than under Rule 147.1, for all other competitions held completely in the stadium, mixed events between male and female participants shall not normally be permitted. However, authorization for such mixed competition (~~in~~ field events and) in races of 5000 meters or longer may be made for a competition by the Chair or designee of the appropriate sport committee or council and shall always be granted for field events. (~~For mixed competitions conducted in Field Events, separate result cards shall be used and results declared for each gender. For races, the gender of each competitor shall be shown in the result.~~)

~~NOTE 1: Mixed Competitions in Track Events as permitted under this Rule shall be conducted only where there are insufficient competitors of one or both genders competing to justify the conduct of separate races.~~

~~NOTE 2: Mixed Competitions in Track Events shall not, in any case, be conducted so as to allow competitors of one gender to be paced or assisted by competitors of another gender.~~

~~NOTE 3:)~~ **NOTE:** For Masters exception see Rule 320.8.

3. Mixed Competitions in Track Events as permitted under this Rule shall be conducted only where there are insufficient competitors of one or both genders competing to justify the conduct of separate races. The gender of each competitor shall be shown in the result. Such races shall not, in any case, be conducted so as to allow competitors of one gender to be paced or assisted by competitors of another gender.
4. Field Events for men and women may be conducted simultaneously at one or more event sites. Separate result cards shall be used and results declared for each gender. Each round of trials of such events may be conducted either by calling all competitors of one gender followed by the other or by alternating them. For the purposes of Rule 180.12, all competitors shall be regarded as if they were of the same gender. Where Vertical Jumps are conducted on a single event site, Rules 181 to 183 must be strictly applied including that the bar must continue to be raised in accordance with a single set of previously announced increments for the entire competition.

Item 28 – Add New Rule 149.3 as follows: (11March-#2) ##

Performances made in accordance with these Rules in Qualification Rounds, in deciding ties in High Jump and Pole vault, in any event or part of an event which is subsequently decreed void under the provisions of Rules 125.11, 146.5, 163.4 or 180.1, in Race Walking events in which Rule 230.3(j) is applied and the competitor is not disqualified or in individual events in Combined Events competitions, regardless of whether or not the athlete completes the whole Combined Events competition, will normally be regarded as valid for purposes such as statistics, records, rankings and the achievement of entry standards.

Item 29 – Amend Rule 162 as follows: (8June-#35)

5. Except for time handicap races, all running and walking events shall be started by the sound of an approved starting device. The starting device should be held or positioned to provide a background against which the flash is clearly discernible.

...

(d) For events held completely outside the stadium, the use of a cannon, air horn or like device is permitted.

8. (a) In races longer than 400 Meters, all starts shall be made from a standing position. Each competitor must, after the “on your marks” command, assume a position behind the start line and if applicable, completely within the assigned lane, without a starting block and shall not touch the ground with his/her hand or hands during the start. After the Starter has ascertained that all competitors are steady and in the correct starting position, the starting device shall be activated.

(b) In races which include a large number of competitors, a five-minute, three-minute and one-minute warning before the start of the race should be given.

As a companion: – Amend Rule 242.5 as follows:

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

As a companion: – Amend Rule 252 as follows:

See **Item 53** for reorganization for Rule 250-255.

Item 30 – Amend Rule 162 as follows: (8June-#18)

12. A competitor, after assuming a full and final set position, shall not commence his/ her start until first receiving the sound of the starting device. Commencement of the start is defined:

(a) In races where starting blocks are used, ~~((commencement of the start is defined))~~ as any ~~((movement))~~ motion by a competitor that includes or results 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.

(b) In races where a standing start is used, as any motion resulting in one or both feet losing contact with the ground not attributable to ‘accidental overbalancing’.

If the Starter determines that prior to receiving the sound of the starting device, a competitor commences as above, or initiated a movement prior to receiving the sound of the starting device that was not stopped and continued into a commencement of the start, it shall be charged as a false start. See Rule 129.4.

NOTE 1: ‘Continues into a commencement’ does not require lost contact with the ground by one or both hands or lost contact with the foot plates of the starting blocks by one or both feet before the sound of the starting device.

NOTE 2: Any other movement by a competitor, including that which is stopped before the start signal, shall not be considered commencement of a start. A false start should also not be charged to another competitor who commences a start caused by this movement. Such instances may, if applicable, be subject to a disciplinary warning or disqualification. See Rule 162.17.

NOTE 3: Competitors who start races in a standing position are more prone to overbalance. If such a movement is considered to be accidental, the start should be regarded as ‘unsteady’ and no one penalized. If a competitor is pushed or jostled over the line before the start, that competitor should not be penalized, and any competitor causing such interference may be subject to a disciplinary warning or disqualification. See Rule 162.17.

13. All instances not satisfying Rule 129.2 shall be recalled. A violation of Rule 162.12 is not required.

~~((13. If, after the Starter has ascertained that all competitors are “set”:-~~

~~(a) one or more competitors violate Rule 162.12 by leaving his/her mark before receiving the sound of the 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 sound of the starting device by one or more competitors 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 sound of the starting device.~~

~~(c) in races where starting blocks are used, there is initial movement by one or more competitors that is stopped before receiving the sound of the 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 starting device sounded. Such instances may, if applicable, be subject to a disciplinary warning or disqualification. See Rule 162.17.~~

~~NOTE: Motion by a competitor that is stopped before the start signal but causes a second competitor in an immediately adjacent lane to commit a false start should not result in a charge to that second competitor, but the first competitor 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 competitors moves or steps over the start line prior to the sound of the 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 competitors given a “stand up” command by the Starter, or a recall if the starting device sounded. If a competitor is pushed or jostled over the line before the start, that competitor should not be penalized, and any competitor causing such interference may be subject to a disciplinary warning or disqualification. See Rule 162.17(c) and Rule 162.17(d).~~

Item 31 – Amend Rule 163.6(a) as follows: (8June-#19)

No competitor, after voluntarily leaving the track or course, except in compliance with Rule 170.16, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another competitor. The competitor shall be recorded as not finishing the event. A competitor attempting to re-enter the race shall be disqualified.

~~((NOTE: For relay exception, see Rule 170.16.))~~

Item 32 – Amend Rule 163.15 as follows: (8June-#20)

Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise such times must not be communicated to the athletes by persons in the competition area without the prior approval of the Referee who may authorize or appoint no more than one person to call times at each of no more than two agreed timing points.

~~((This permission shall only be given when there are no time displays visible to athletes at the relevant point and in circumstances where such times will be provided to all athletes in the race.))~~ Competitors who receive intermediate times that have been communicated in violation of this Rule shall be considered to have received assistance and shall be subject to the provisions of Rule 144.2(e).

Item 33 – Amend Rule 165.1 as follows: (8June-#23)

Four methods of timing are official, hand timing, fully automatic timing, video timing, and transponder timing as set forth in this Rule. ~~((A timing device that operates automatically at either the start or finish, but not at both, shall be considered to produce hand time.))~~

(a) A system which operates automatically at the finish, but not at the start, shall be considered to produce hand times provided that the system was started in accordance with Rule 165.4 or with equivalent accuracy.

(b) A system which operates automatically at the start but not at the finish shall be considered to produce neither hand nor fully automatic times and shall not therefore be used to obtain official times.

Item 34 – Amend Rule 165 as follows: (8June-#22)

2. ~~((Where practical,))~~ A fully automatic timing and photo-finish system should be used. ~~((Such times))~~ The times from such a system, governed by paragraphs 9 through 12, shall be the official times ~~((for those events))~~ unless the Referee determines that the equipment is not operating properly.

3. When hand times must be used, timing procedures shall be governed by sections 5 through 8. ~~((When properly functioning fully automatic timing is available, timing procedures shall be governed by paragraphs 9 through 12))~~

Item 35 – Amend Rule 166.2(c)i as follows: (8June-#24)

At least one half of the qualifiers for a succeeding round in any event shall be on the basis of place; no more than one half on the basis of time.

NOTE: It is recommended that only a small number of competitors qualify by time.

Item 36 – Amend Rule 168.3 as follows: (8June-#25)

All races shall be run in lanes. Each athlete shall go over each hurdle and shall keep to his or her own lane throughout. Failure to do so will result in a disqualification unless Rule 163.5 applies.

In addition to the applicable provisions of Rule 163, a competitor shall be disqualified if:

(a) His/her leg or foot is, at the instant of clearance, beside the hurdle (on either side) below the horizontal plane of the top of any hurdle; or

(b) ~~((In the opinion of the Referee, he/she deliberately))~~ He/she knocks down or displaces any hurdle by hand, body or the upper side of the lead leg; or

~~((NOTE: Provided that this Rule is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, a competitor may go over the hurdle in any manner.))~~

- (c) He/she directly or indirectly knocks down or (~~(significantly))~~ displaces a hurdle in his/her or in another lane (~~((unless there is no effect or obstruction upon any other competitor(s) in the race)))~~ in such a manner that there is effect or obstruction upon any other competitor(s) in the race and/or another rule is also infringed.

NOTE: Provided that this Rule is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, a competitor may go over the hurdle in any manner.

Item 37 – Amend Rule 169.3 as follows: (8June-#26) ##

NOTE 2: IAAF hurdle height for the U18(16-17) age category is 83.8cm (30 in.). April 1, 2020

Item 38 – Amend Rule 169.5 as follows: (8June-#27)

- (a) The water jump, including the hurdle, shall be 3.66m (\pm 2cm) in length and 3.66m (\pm 2cm) in width. At the start of a race, the surface of the water shall be level with the surface of the track, within a margin of 2cm. The depth of the water closest to the hurdle shall be (~~(70cm for approximately 30cm))~~ 50cm (\pm 5cm) for approximately 1.20m . From there, the bottom shall have a uniform slope of 12.4° (\pm 1°) upwards to the level of the track at the farther end of the water pit. (~~(The hurdle at the water jump shall be 3.66m (\pm 2cm) wide, and shall be firmly fixed to the ground, so that no horizontal movement is possible. The top bar shall be 12.7cm x 12.7cm (5 in. x 5 in.) in thickness and the same height as the others.))~~)

NOTE: Construction complying with 2019 specification (70cm for approximately 30cm) remains valid.

(b) ...

- (c) The hurdle at the water jump shall be 3.66m (\pm 2cm) wide, and shall be firmly fixed to the ground, so that no horizontal movement is possible. The top bar shall be 12.7cm x 12.7cm (5 in. x 5 in.) in thickness and the same height as the others. See Rule 169.3.

Item 39 – Amend Rule 170.1 as follows: (11March-#3)

The standard distances for outdoor shall be: 4x100m, 4x200m, 4x400m, 4x800m, 4x1500m, Shuttle Hurdle Relay, ‘Swedish’ Medley Relay (100, 200, 300, 400) and Sprint Medley Relay (200, 200, 400, 800). The standard distances for indoor shall be: 4x400m, 4x800m, Shuttle Hurdle Relay, Sprint Medley Relay (400, 200, 200, 800) and Distance Medley Relay (1200, 400, 800, 1600).

In the case of relay events not covered by this Rule, the relevant competition regulation shall specify any particular rules to be applied and the method by which the relay is conducted.

NOTE 1: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 170.10, 170.14, 170.15 and 170.16.

NOTE 2: For indoor relay event procedure, see Rule 217

Item 40 – Amend Rule 170.20 as follows: (4December,2018-#1) ##

(~~(In all relay races, not more than six (6) athletes may be entered for each team.))~~ Any four athletes from among those entered for the competition, whether for the relay or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only (~~(two additional))~~ four athletes may be used as substitutes in the composition of the team. The composition of the relay team and the order of running shall be officially declared no later than one hour before the published first call time (the time by which the competitors must be present in the call room) for the first heat of each round of the competition. Further alterations may be made only on medical grounds (verified by a medical officer appointed by the Games Committee) and only until the final call (the time at which the competitors are listed to depart the call room) for the particular heat in which the team is competing. Each member of a relay team may run one leg only. Except for Youth competitions, the team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.

((NOTE 1: The Games Committee may specify in the competition entry material that the number of additional athletes that may be used once a relay team has started in a competition may be a number more than two.))

Item 41 – Amend Rule 180.4(b) as follows: (11March-#4)

NOTE: *The Games Committee may specify an alternate number of competitors (more or less) who may have additional trials after the third and specify (~~provided~~) the number of such trials provided that number of trials is no more than six.*

Item 42 – Amend Rule 180.4(e) as follows: (11March-#4)

In all competitions, the order of competition for (~~any~~) all subsequent rounds of trials shall be in reverse order of the best performance in the first three rounds of trials (~~(, unless the entry material provides otherwise)~~). The entry material may specify that the competing order be changed again after any further round of trials after the third. When the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw. If a competitor is permitted by the Referee to continue in a competition under protest in accordance with Rule 146.7(b), such competitor shall compete in subsequent rounds of trials before all others continuing in the competition and if more than one, then in the same relative order according to the original draw.

Item 43– Amend Rule 180.12(e) as follows: (11March-#5)

The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.5, the trial shall be recorded as a failure:

Total # of Athletes remaining in the competition at the Start of the Round	Individual Event			Combined Event		
	HJ	PV	Other	HJ	PV	Other
More than 3 or the very first trial for a competitor	((0.5[±])) <u>1*</u>	1	((0.5[±])) <u>1*</u>	((0.5[±])) <u>1*</u>	1	((0.5[±])) <u>1*</u>
2 or 3	1.5	2	1	1.5	2	1
1	3	5	-	2	3	-
Consecutive Trials	2	3	2	2	3	2

(* For Youth Athletics, this time shall be one minute.)
* For Masters Athletics, this time shall be 0.5 minute.

Item 44 – Amend Rule 180.22(c) as follows: (8June-#29) ##

In the High Jump, the maximum overall downward inclination of the runway and take-off area in the last 15m shall not exceed (~~((1:250))~~) 1:167 (0.6%) along any radius in the direction of the center of the semicircular area located midway between the uprights and having the minimum distance specified in Rule 180.20. The landing area should be placed so the competitor’s approach is up the inclination.

NOTE: Construction complying with 2019 specification (1:250) remains valid.

Item 45 – Amend Rule 181.2 as follows: (8June-#28)

... A new measurement shall also be made when a new crossbar is substituted (~~(for a broken one)~~). ...

Item 46 – Amend Rule 184 as follows: (8June-#30) ## **November 1, 2020**

2. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there (~~shall~~) may be placed a plasticine indicator board for the assistance of the Judges.

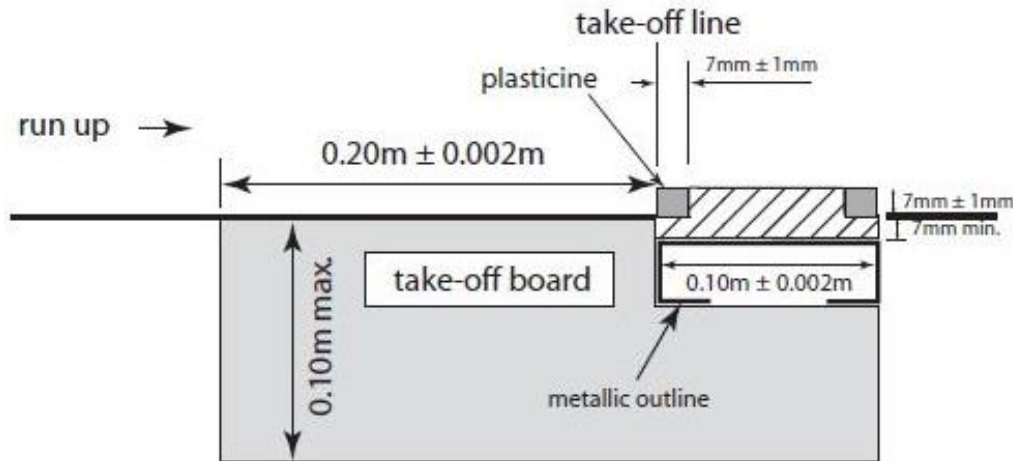
NOTE: Where in the construction of the runway and/or take-off board there was previously provision for the placement of a plasticine indicator board and such board is not used, this recess should be filled by a blanking board flush with the take-off board.

3. **Construction** - The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete’s shoe will grip and not skid and shall measure 1.22m ±0.01m long, 20cm (±2mm) wide and

not more than 10cm deep. It shall be white. In order to ensure that the take-off line is clearly distinguishable and in contrast to the takeoff board, the ground immediately beyond the take-off line shall be in a color other than white.

4. The use of video or other technology, to assist the Judges in deciding the application of Rule 185.5(a) is recommended at all levels of competition. However, if no technology is available, a plasticine indicator board may still be used.
5. Plasticine Indicator Board - This shall consist of a rigid board, 10cm (± 2 mm) wide and 1.22m \pm 0.01m long made of wood or any other suitable material and shall be a contrasting color to the take-off board. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of 7mm (± 1 mm). ~~((The edges shall either slant at an angle of 45 degrees with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45 degrees.))~~ Any recess shall be filled with plasticine such that the surface of the plasticine nearer to the take-off line shall be at an angle of 90 degrees. Where possible, the plasticine should be of a third contrasting color. ~~((The upper part of the indicator board shall also be covered by a plasticine layer for approximately the first 10mm along its entire length.))~~ See Figures 6(a and 6b)). When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot. The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid. The ~~((layer of))~~ plasticine ~~((shall))~~ can be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprints of the competitors. ~~((NOTE 1: When weather conditions dictate, particularly in very hot or wet weather, the plasticine boards should be protected from the elements before they are installed.~~
~~NOTE 2: It is helpful to have spare plasticine boards available so that competition is not delayed.))~~

As a companion: – Replace Figure 6 as follows:



Item 47 – Amend Rule 185.5(a) as follows: (8June-#31) **November 1, 2020**

While taking off, ~~((touches the ground (including any part of the plasticine board) beyond))~~ breaks the vertical plane of the take-off line with any part of his or her ((body)) foot or shoe, whether running up without jumping or in the act of jumping; or

Item 48 – Amend Rule 187.10 as follows: (8June-#32)

In all throwing event competitions, Championship and non-championship, implements should be provided by the Games Committee. However, implements that comply with required specifications and belong to individuals may also be accepted by the Games Committee as implements provided by it. And as so accepted, they shall lose their identity as privately owned implements for the duration of the competition and no modification may be made to these implements during the competition. Unless specified by the Games Committee in the entry material, not more than two

implements may be submitted by a competitor for any throwing event in which he/she is competing. No additional implements may be taken to the area for competition or practice.

NOTE: *For Youth Athletics exception see Rule 302.5(g). For Masters exception see Rule 332.3(f).*

Item 49 – Amend Rule 190 as follows: (8June-#33)

NOTE 2: The hammer cage movable panels may be used when the cage is being used for the discus throw to limit the danger zone. The cage side, particularly alongside the track, may be lengthened and/or provided with a movable panel(s) and/or increased in height to provide greater protection to athletes competing on the adjoining track during a discus competition.

Item 50 – Amend Rule 200.1 as follows: (11March-#6)

(b) The Decathlon, which shall be conducted on two consecutive (~~(days)~~) 24-hour periods in the following order: ...

Item 51 – Amend Rule 200.2 as follows: (11March-#6)

(b) The Heptathlon, which (~~(may be conducted on the same day or)~~) shall be conducted on two consecutive (~~(days,)~~) 24-hour periods in the following order: ...

(c) The Decathlon, which shall be conducted on two consecutive (~~(days)~~) 24-hour periods according to the order on Rule 200.1(b) or in the following order: ...

As a companion: – Amend Rule 223.1(b) as follows:

Heptathlon: The Heptathlon consists of seven events which shall be held (~~(over)~~) on two consecutive (~~(days)~~) 24-hour periods in the following order: ...

Item 52 – Amend Rule 230.3 as follows: (11March-#7)

Replace all occurrences of (~~(Pit Lane)~~) with Penalty Zone.

Item 53 – Delete Rule 250 through 256 and replace with Rule 250 through 252 as follows (1January-#1)

SECTION VIII

CROSS COUNTRY, MOUNTAIN AND TRAIL RUNNING

RULE 250

GENERAL

1. **Variability** - The varying circumstances in which cross country mountain and trail mountain running is practiced preclude rigid legislation standardizing this sport. The Rules in this Section are intended as a guide for cross country mountain and trail running.

2. The rules of Long Distance Running, Rule 240 through Rule 246, shall apply unless otherwise modified in this section.

NOTE: The LDR Rules include Course Certification, Medical / Refreshment Services, Start Line Requirements / Procedure, Course Markings, Course Monitoring, Finish Line Requirements / Procedure, Timing / Placing / Results Recording Procedure and Team Scoring.

3. Finishers should be recorded and timed according to Rule 244.6.

NOTE: For Cross Country exception see Rule 251.12

As a companion: Amend Rule 243.1 as follows:

Running courses shall be adequately marked at strategic points to keep the competitors on course. The details of which should be published in the entry material as a responsibility of the organizing body.

RULE 251
CROSS COUNTRY

1. **Participation** - Cross country is basically a team sport, but participation is not limited to teams, and individual entries may be accepted.
2. The race distance must be declared and the course briefly described at the time invitations are extended. See Rule 15 for required distances.
3. The jersey or singlet worn by the members of a team in cross country shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty. Individuals not complying may be disqualified from scoring for a team.

Course

4. The race shall be run over a course confined, to the extent possible, to open country, fields, parks, golf courses, and grasslands. The traversing of paved roads should be kept to a minimum.
5. The course shall be marked, preferably with red flags to indicate a left turn, yellow flags to indicate a right turn and blue flags to indicate continuing straight ahead. All flags must be visible from the point where the runner passes the previous flag, with a maximum interval of 50m. Each kilometer point should be clearly recognizable. The course should be laid out so that there are no sharp turns at the beginning of the course and so that it is not less than 9m (approximately 10 yds.) wide at any point. See Rule 243.
6. Courses should be designed so as to avoid very high obstacles, deep ditches, dangerous ascents or descents, thick undergrowth, and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition. The starting area should avoid any significant turns for at least the first 400m. The width of the starting area should be such as to accommodate the competitive field.
7. It is preferable that artificial obstacles not be used, but if the requirements of the event render them unavoidable, they should be made to simulate natural obstacles encountered in open country. In World Trials competition, barriers simulating those that are planned to be used in the World Championships should be constructed. In races where there are large numbers of competitors, narrow gaps, or other hindrances that would deny to the competitors an unhampered run, obstacles must be avoided for the first 1500 meters.

Start

8. Starting boxes shall be randomly assigned by the Games Committee or the Meet Director for each team in team races and the members of each team shall be lined up in an order of their own choosing within their assigned position. In non-team races, the competitors shall be lined up in the manner determined by the Games Committee. See Rule 242.

As a companion: Amend Rule 242.5 as follows:

... False starts in road races should not be recalled. A Cross Country race may be recalled upon a false start or a fall which impacts the field within the first 100m.

Finish

9. The finish area for a cross country race should include a final straightaway of at least 200m with clear visibility of the finish line by all runners and clear visibility of the runners by spectators. A straightaway of 400m is preferred. Alternatively, the race may finish with one half or more of a lap on a standard track.

10. The finish line shall be marked both with a solid line and an overhead banner or other indicator of the finish line. Judges, when used, shall be stationed at the finish line to determine the order of finish.
11. Where transponders are not used to determine a preliminary order of finish, a finish chute system of sufficient capacity should be constructed to enable the race officials to hold each runner until the method or methods of scoring are applied. It is recommended that at least two independent systems (e.g., pull tags and recording of competitor numbers) be used to score. At the Open, Junior and Masters Cross Country Championships, three independent systems shall be used, at least one of which shall produce a visual record of the finishers as approved by the Games Committee.
12. Transponder timing shall not be used to determine the final order of finish in USATF Championships.

Relays

13. For Cross-Country Relays, lines 50mm wide 20m apart shall be drawn across the course to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the Games Committee, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

RULE 252

MOUNTAIN RUNNING, TRAIL RACING

Course

1. (a) The discipline of Mountain and Trail Running takes place on various types of natural terrain (sand, dirt roads, forest paths, single track footpaths, snow trails etc.), and in various kinds of environment (mountains, forests, plains, deserts etc.). Races take place mostly on off-road surfaces; however sections of paved surfaces (e.g. asphalt, concrete, macadam etc.) are acceptable as a way to reach or link the trails of the course but should be kept to a minimum. Preferably existing roads and trails should be used.
- (b) For Mountain races only, some special exceptions do exist where races are held on a paved surface but are only acceptable when there are large elevation changes on the course.
- (c) The course shall be marked in such a way that no navigation skills will be required from the competitors.

Race organization

2. The Organizer shall, prior to the race, publish specific regulations of the race including at minimum:
 - Details of the organizer responsible (name, contact details),
 - Program of the event,
 - Detailed information about the technical characteristics of the race: total distance, total ascent / descent, description of the main difficulties of the track,
 - A detailed map of the course,
 - A detailed profile of the course,
 - Course marking criteria,
 - Location of the control posts and medical/aid stations (if applicable),
 - Allowed, recommended or mandatory equipment (if applicable),
 - Safety rules to be followed,
 - Penalties and disqualification rules, and
 - Time limit and cut-off barriers (if applicable).

Equipment

3. Mountain and Trail races do not imply the use of a particular technique (alpine or other) nor the use of specific equipment such as mountaineering equipment. The use of hiking poles is permitted if authorized by the appropriate USATF Committee. The Race Organizer may recommend or impose mandatory equipment due to the conditions

expected to be encountered during the race, which will allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.

Start

4. Mountain and Trail races typically have mass starts. Competitors can also start separated by gender or age-related categories. See Rule 242.

Water, Sponging, Refreshment, Aid Stations, Environment

5. Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations should be provided at suitable places along the course. Specific conditions, such as course length, difficulty, high altitude, changing weather conditions and available infrastructure should be respected.

Aid stations in Trail races shall be sufficiently spaced so as to respect the ‘principle of self-sufficiency’. See IAAF Rule 251.9 for provisions and restriction regarding Aid Stations.

The event organizer is responsible for taking care for the environment when planning the course, during and after the competition.

6. Specific provisions for Mountain Races

(a) Mountain Races are classified as follows: “Classic Uphill”, “Classic Up & Down”, “Vertical”, “Long Distance” and Relays

(b) In all categories other than Vertical, the overall average incline should be between 5% (or 50m per km) and 25% (or 250m per km). The most preferable average incline is approximately 10%-15% provided that the course remains runnable. These limits do not apply to the Vertical category, where the incline shall be not less than 25%.

(c) The distance can vary from 1km up to 42.2km. Long Distance Mountain Running courses include distances of approximately 20km to 42km.

NOTE 1: World Championships races shall be based on the following categories and distances:

“Classic Uphill”: 5 to 6 km for Juniors (men and women); 10 to 12 km for Seniors (men and women).

“Classic Up & Down”: 5 to 6 km for Juniors (men and women); 10 to 12 km for Seniors (men and women)

“Vertical”: it should have at least 1,000m of positive vertical elevation and be measured in a certified manner to an accuracy of +/- 10m.

“Long Distance”: the race distance should not exceed 42.2 km and the nature of the course maybe mainly uphill or up and down. The total amount of ascent in the race should exceed 2,000m. The men’s winning time should be between two and four hours and less than 20% of the distance should be paved surfaces.

“Relays”: Any course or team combinations, included mixed gender/age group, are possible as long as they are defined and communicated in advance. Distance and elevation gain of each individual leg should respect the parameters of the “Classic” categories.

NOTE 2: Classic Uphill and Classic Up & Down events traditionally alternate at each edition of the World Championships.

(d) Distances longer than 42km may only be contested with the authorization of the appropriate USTAF Committee.

7. Specific provisions for Trail Races

(a) Trail races have no limits to distance or altitude gain or loss and the course must represent the logical discovery of a region.

(b) Sections of paved surfaces shall not exceed 25% of the total course

(c) Races are classified by “km-effort”; the km-effort measure is the sum of the distance expressed in kilometers and a hundredth of the vertical gain expressed in meters, rounded to the nearest whole number (for example, the km-effort of a race of 65 km and 3500 m ascent is: $65 + 3500/100 = 100$); accordingly races will be classified as follows:

category	km-effort
XXS	0 – 24
XS	25 – 44
S	45 – 74
M	75 – 114
L	115 – 154
XL	155 – 209
XXL	210 +

(d) A survival blanket, a whistle, a supply of water and a food reserve are the minimum elements each competitor should possess during the competition.

Item 54 – Amend Rule 251.4 as follows: (8June-#36)

... In races where there are large numbers of competitors, narrow gaps, or other hindrances that would deny to the competitors an unhampered run, obstacles ~~must~~ shall be avoided for the first ~~((1500 meters))~~ 300 meters.

Item 55 – Amend Rule 252.1 as follows: (11March-#8)

Cross country and mountain running races shall be started ~~((by the activation of a suitable starting device. The commands for races longer than 400m should be used. See Rule 162.8.))~~ in accordance with Rule 162.5, including the use of a cannon, air horn or like device. The commands and procedures for races longer than 400m, Rule 162.8, shall be used.

Item 56 – Amend Rule 252.3 as follows: (11March-#8)

Starting boxes ~~((shall be))~~ should be used and randomly assigned by the Games Committee or the Meet Director for each team in team races and the members of each team shall ~~((be lined))~~ line up in an order of their own choosing within their assigned position. In non-team races, the competitors shall be lined up in the manner determined by the Games Committee.

Item 57 – Add New Rule 262.4(c) as follows: (8June-#38)

The record should recognize the best performance achieved at any edition of the applicable competition in accordance with the Rules, with the exception that wind velocity readings may be ignored if so stated in the applicable regulations for the competition.

Item 58 – Amend Rule 267 as follows: (8June-#37)

Remove from Men’s and Women’s Long Distance Running Track list ~~((20,000m, 25,000m, 30,000m)).~~

Item 59 – Amend Rule 187.22 as follows:

Sector - The sector within which all throws from a circle must fall shall be clearly marked on the ground with white lines 5cm wide, the inner edges of which shall form the sector boundary. These sector lines are radii from the center of the circle. The outer ends of the radii should be marked with flags. Sectors shall be 34.92 degrees (± 0.1 degree).